

menu-planner-all-months-2025-2026

Date	Day	Month	Breakfasts	Lunch	Dinner	Snack
01-Apr-2025	Tue	Apr 2025	No meal planned	Roti2, Dall Makni, Oats, TestD, TestG	Roti2	Roti2
02-Apr-2025	Wed	Apr 2025	Roti2, Dall Makni	Roti2	Roti2, Dall Makni	Roti2, Dall Makni, Oats
03-Apr-2025	Thu	Apr 2025	No meal planned	No meal planned	No meal planned	No meal planned
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19-Dec-2025	Fri	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
20-Dec-2025	Sat	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
21-Dec-2025	Sun	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
22-Dec-2025	Mon	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
23-Dec-2025	Tue	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
24-Dec-2025	Wed	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
25-Dec-2025	Thu	Dec 2025	No meal	No meal planned	No meal planned	No meal planned

Date	Day	Month	Breakfasts	Lunch	Dinner	Snack
			planned			
26-Dec-2025	Fri	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
27-Dec-2025	Sat	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
28-Dec-2025	Sun	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
29-Dec-2025	Mon	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
30-Dec-2025	Tue	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
31-Dec-2025	Wed	Dec 2025	No meal planned	No meal planned	No meal planned	No meal planned
01-Jan-2026	Thu	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
02-Jan-2026	Fri	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
03-Jan-2026	Sat	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
04-Jan-2026	Sun	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
05-Jan-2026	Mon	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
06-Jan-2026	Tue	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
07-Jan-2026	Wed	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
08-Jan-2026	Thu	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
09-Jan-2026	Fri	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
10-Jan-2026	Sat	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
11-Jan-2026	Sun	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
12-Jan-2026	Mon	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
13-Jan-2026	Tue	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
14-Jan-2026	Wed	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
15-Jan-2026	Thu	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
16-Jan-2026	Fri	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
17-Jan-2026	Sat	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
18-Jan-2026	Sun	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned

Date	Day	Month	Breakfasts	Lunch	Dinner	Snack
19-Jan-2026	Mon	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
20-Jan-2026	Tue	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
21-Jan-2026	Wed	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
22-Jan-2026	Thu	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
23-Jan-2026	Fri	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
24-Jan-2026	Sat	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
25-Jan-2026	Sun	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
26-Jan-2026	Mon	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
27-Jan-2026	Tue	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
28-Jan-2026	Wed	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
29-Jan-2026	Thu	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
30-Jan-2026	Fri	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
31-Jan-2026	Sat	Jan 2026	No meal planned	No meal planned	No meal planned	No meal planned
01-Feb-2026	Sun	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
02-Feb-2026	Mon	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
03-Feb-2026	Tue	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
04-Feb-2026	Wed	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
05-Feb-2026	Thu	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
06-Feb-2026	Fri	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
07-Feb-2026	Sat	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
08-Feb-2026	Sun	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
09-Feb-2026	Mon	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
10-Feb-2026	Tue	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
11-Feb-2026	Wed	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
12-Feb-2026	Thu	Feb 2026	No meal	No meal planned	No meal planned	No meal planned

Date	Day	Month	Breakfasts	Lunch	Dinner	Snack
			planned			
13-Feb-2026	Fri	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
14-Feb-2026	Sat	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
15-Feb-2026	Sun	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
16-Feb-2026	Mon	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
17-Feb-2026	Tue	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
18-Feb-2026	Wed	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
19-Feb-2026	Thu	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
20-Feb-2026	Fri	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
21-Feb-2026	Sat	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
22-Feb-2026	Sun	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
23-Feb-2026	Mon	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
24-Feb-2026	Tue	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
25-Feb-2026	Wed	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
26-Feb-2026	Thu	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
27-Feb-2026	Fri	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
28-Feb-2026	Sat	Feb 2026	No meal planned	No meal planned	No meal planned	No meal planned
01-Mar-2026	Sun	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
02-Mar-2026	Mon	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
03-Mar-2026	Tue	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
04-Mar-2026	Wed	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
05-Mar-2026	Thu	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
06-Mar-2026	Fri	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
07-Mar-2026	Sat	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
08-Mar-2026	Sun	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned

Date	Day	Month	Breakfasts	Lunch	Dinner	Snack
09-Mar-2026	Mon	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
10-Mar-2026	Tue	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
11-Mar-2026	Wed	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
12-Mar-2026	Thu	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
13-Mar-2026	Fri	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
14-Mar-2026	Sat	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
15-Mar-2026	Sun	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
16-Mar-2026	Mon	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
17-Mar-2026	Tue	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
18-Mar-2026	Wed	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
19-Mar-2026	Thu	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
20-Mar-2026	Fri	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
21-Mar-2026	Sat	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
22-Mar-2026	Sun	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
23-Mar-2026	Mon	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
24-Mar-2026	Tue	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
25-Mar-2026	Wed	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
26-Mar-2026	Thu	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
27-Mar-2026	Fri	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
28-Mar-2026	Sat	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
29-Mar-2026	Sun	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
30-Mar-2026	Mon	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned
31-Mar-2026	Tue	Mar 2026	No meal planned	No meal planned	No meal planned	No meal planned