



Table for days 11-14 (火, 水, 木, 金). Each day includes a meal name, calorie count, and a list of ingredients with checkboxes. Includes illustrations of a character, a girl with a cat, a fish, and a bowl of food.

Table for days 17-21 (月, 17, 18, 19, 20, 21). Each day includes a meal name, calorie count, and a list of ingredients with checkboxes. Includes illustrations of a character, a snowman, and a bowl of food.

Table for days 24-28 (24, 25, 26, 27, 28). Each day includes a meal name, calorie count, and a list of ingredients with checkboxes. Includes illustrations of a character, a cherry blossom branch, and a bowl of food.

Table for day 31 (31). Includes meal name, calorie count, and list of ingredients with checkboxes.

Table titled '<3つの食品グループと多くふくまれる栄養素>' (3 food groups and nutrients they contain). Columns include food groups and nutrients like energy, body-building, and body-adjusting.

☆材料購入の都合により献立を変更することがあります。

