

## Thanksgiving



**Menu** (consider allergies, sensitivities, strong likes/dislikes, and do you really need 10 different carbs and no veggies?)

Protein:

Sides:

Desserts (if it's a small gathering, you may want to limit your number of desserts):

Leftovers/Planned Overs:

## Holiday Meal Planning



## Christmas

Christmas may include Christmas Eve, Breakfast/Brunch, AND a big meal. Plan items for Christmas Eve that can be used on Christmas, or frozen for later.

**Menu** (consider allergies, sensitivities, strong likes/dislikes, and do you really need 10 different carbs and no veggies?)

Protein:

Sides:

Desserts (if it's a small gathering, you may want to limit your number of desserts):

Leftovers/Planned Overs:

## New Year's (or another big meal)



New Year's may be a New Year's Eve dinner and/or a New Year's Day brunch. You may keep it really simple for New Year's, so use this space if you have another big meal (birthday, Christmas Eve, etc.).

**Menu** (consider allergies, sensitivities, strong likes/dislikes, and do you really need 10 different carbs and no veggies?)

Protein:

Sides:

Desserts (if it's a small gathering, you may want to limit your number of desserts):

Leftovers/Planned Overs:



<https://www.uaex.edu/counties/white/small-steps-to-healthy-habits/>