

Calendar table with columns for days of the week (日, 月, 火, 水, 木, 金, 土) and rows for meal types (朝食, 昼食, 夕食). Each cell contains a recipe name and its nutritional information (kcal, 糖質, 脂質, 炭水化物, 塩分量). Includes illustrations of a bee, a rabbit, and a giraffe.