

August 2023						
S	M	T	W	T	F	S
				17	18	
	21	22	23	24	25	
	28	29	30	31	1	

September 2023					
S	M	T	W	T	F
	4	5	6	7	8
	11	12	13	14	15
	18	19	20	21	22
	25	26	27	28	29

October 2023						
S	M	T	W	T	F	S
	2	3	4	5	6	
	9	10	11	12	13	
	16	17	18	19	20	
	23	24	25	26	27	
	30	31				

November 2023						
S	M	T	W	T	F	S
			1	2	3	
	6	7	8	9	10	
	13	14	15	16	17	
	20	21	22	23	24	
	27	28	29	30		

December 2023						
S	M	T	W	T	F	S
					1	
	4	5	6	7	8	
	11	12	13	14	15	
	18	19	20	21	22	
	25	26	27	28	29	

1. 2015-2020 Dietary Guidelines for Americans
2. USDA. MyPlate.gov. <http://www.myplate.gov>.