

Main table containing meal plans for 2024 December, organized by month and week. It includes columns for '目安月' (Target Month), '献立' (Menu), and '食材' (Ingredients). The table is divided into sections for '水' (Water), '木' (Wood), '金' (Gold), '土' (Earth), and '月' (Moon).

Special section titled 'かぼちゃについて' (About Pumpkins). It contains text explaining the benefits of pumpkins, such as being rich in vitamins and antioxidants, and suitable for winter consumption. It also includes a small illustration of a pumpkin.

