



## A.R.T. Creations 1 Month - Bi-Weekly, Groceries, Dinner Menus and Preparation Planner

Groceries only 2 times this month! Prep meals only once a week!

This planner will cut your time cooking, shopping and worrying about dinner in half!

	Sunday Groceries/Prep	Monday	Tuesday	Wednesday	Thursday Prep	Friday	Saturday
<b>W1</b>	<p>TO DO AFTER SHOPPING</p> <p><b>Freeze:</b> Shrimp, steaks, Chicken (all but 1 whole), ground beef (split in 3) Salmon, Buns</p> <p><b>Prep:</b> wash &amp; boil potatoes, wash &amp; cut 1/2 lettuce, and broccoli</p>	<p><b>Breakfast:</b> Fruit, Milk</p> <p><b>Dinner:</b> Roast Chicken, Potatoes, Salad</p>	<p><b>Breakfast:</b> Fruit, Yoghurt</p> <p><b>Dinner:</b> Seafood Spaghetti, broccoli, garlic bread</p>	<p><b>Breakfast:</b> eggs, toast</p> <p><b>Dinner:</b> Lasagna, Garden Salad</p> <p><b>*Defrost salmon, 1/3 ground beef</b></p> <p><b>FREEZE HALF LASAGNA</b></p>	<p><b>Breakfast:</b> fruit, PB &amp; J</p> <p><b>Dinner:</b> Salmon, brussels sprouts, rice (cook for 2 meals) Wash/cut cauliflower, make meatballs for Friday</p> <p><b>FREEZE HALF MEATBALL</b></p>	<p><b>Breakfast:</b> Fruit, cereal, milk</p> <p><b>Dinner:</b> Meatballs, rice, asparagus</p> <p><b>*Defrost steaks</b></p>	<p><b>Breakfast:</b> Bagels, cream cheese, tuna, veggies</p> <p><b>Dinner:</b> Steak, mushrooms, onions, cauliflower, spinach</p> <p><b>*Defrost 1/3 ground beef</b></p>
<b>W2</b>	<p><b>Prep:</b> Cut veggies for Chili and Fajitas (Monday and Tuesday)</p>	<p><b>Dinner:</b> Chili, bread</p> <p><b>Cook beef for chili, separate 1/2 for fajitas</b></p> <p><b>FREEZE HALF CHILI</b></p>	<p><b>Dinner:</b> Tacos or Fajitas</p>	<p><b>Dinner:</b> Spaghetti (add chili to make meat sauce)</p>	<p><b>Dinner:</b> salmon patties, green beans</p> <p><b>*Defrost Chicken for soup and roasting</b></p> <p>Cut veggies for soup, wash cut and boil sweet potatoes</p>	<p><b>Dinner:</b> Chicken Soup, roast chicken, sweet potatoes, broccoli</p> <p><b>FREEZE HALF SOUP</b></p> <p><b>*Defrost Ground beef</b></p>	<p><b>Dinner:</b> Hamburgers, salad</p>

You choose your own recipes, variations of menus and extra ingredients.  
 Stick to this bi-weekly plan for ZERO worries about grocery shopping and dinner throughout the week.  
 Prepping meals and freezing leftovers make for much easier weekly cooking schedules.



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	Sunday Groceries/Prep	Monday	Tuesday	Wednesday	Thursday Prep	Friday	Saturday
<b>W3</b>	<p>Grocery Shop Round 2 <b>Freeze:</b> trout</p> <p><b>Prep:</b> Wash, boil potatoes</p>	<p><b>Dinner:</b> Chicken Breast with mushroom sauce, asparagus, potatoes</p>	<p><b>Dinner:</b> Stuffed Peppers with ground beef, rice or quinoa, Salad, Beans <b>*Defrost trout</b></p>	<p><b>Dinner:</b> Trout, Broccoli, Potatoes</p>	<p><b>Dinner:</b> Spaghetti <b>*Defrost Chili</b></p>	<p><b>Dinner:</b> Chili, Leftover sides</p>	<p><b>Dinner:</b> Bake Meatballs from frozen, Leftover Spaghetti</p>
<b>W4</b>	<p><b>Freeze:</b> Bag vegetables for stew, and chicken wings</p> <p><b>Prep:</b> Make Shepherd's pie Dinner: Chicken Quesadilla Cut vegetables for stew, bag and <b>FREEZE</b></p>	<p><b>Dinner:</b> Shepherd's pie, Salad</p>	<p><b>Dinner:</b> Ribs, Rapini, Potatoes</p>	<p><b>Dinner:</b> Pasta Alfredo, asparagus <b>*Defrost lasagna</b></p>	<p><b>Dinner:</b> Lasagna, Zucchini, mushrooms, peppers and onions</p> <p>Cut and wash root vegetables for cooking Friday</p>	<p><b>Dinner:</b> Chicken Wings, Roasted Root Vegetables <b>*Defrost chicken thighs for stew</b></p>	<p><b>Dinner:</b> Stew, Risotto <b>FREEZE HALF STEW</b></p> <p><b>*Defrost vegetables for stew</b></p>

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Fruit/Produce		Dairy		Pantry	
<input type="checkbox"/> Apples	<input type="checkbox"/> Bananas	<input type="checkbox"/> Yoghurt	<input type="checkbox"/> Table Cream	<input type="checkbox"/> Crackers	<input type="checkbox"/> Peanut Butter, Jam
<input type="checkbox"/> Peaches	<input type="checkbox"/> Plums	<input type="checkbox"/> Milk	<input type="checkbox"/> Chocolate Milk	<input type="checkbox"/> Bread Crumbs	<input type="checkbox"/> Bread
<input type="checkbox"/> Strawberries	<input type="checkbox"/> Raspberries	<input type="checkbox"/> Butter	<input type="checkbox"/> Heavy Cream	<input type="checkbox"/> Spices	<input type="checkbox"/> Garlic Bread
<input type="checkbox"/> Nectarines	<input type="checkbox"/> Oranges	<input type="checkbox"/> Eggs	<input type="checkbox"/> Sour Cream	<input type="checkbox"/> Rice	<input type="checkbox"/> Ketchup
<input type="checkbox"/> Mangoes	<input type="checkbox"/> Kiwi	<input type="checkbox"/> Cream Cheese	<input type="checkbox"/> Cheese <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> Pickles	<input type="checkbox"/> Mustard
<input type="checkbox"/> Cherries	<input type="checkbox"/> Grapefruit			<input type="checkbox"/> Juice	<input type="checkbox"/> Sugar
<input type="checkbox"/> Papaya	<input type="checkbox"/> Pineapple	<b>Vegetables/Produce</b>		<input type="checkbox"/> Taco Shells	<input type="checkbox"/> Salsa
<input type="checkbox"/> Grapes	<input type="checkbox"/> Honeydew	Bell Peppers <input type="checkbox"/> Green <input type="checkbox"/> Red <input type="checkbox"/> Yellow <input type="checkbox"/> Orange	Lettuce <input type="checkbox"/> Romaine <input type="checkbox"/> other	<input type="checkbox"/> Nuts	<input type="checkbox"/> soup noodles
<input type="checkbox"/> Blueberries	<input type="checkbox"/> Watermelon			<input type="checkbox"/> Tuna	<input type="checkbox"/> Vinegar
		<input type="checkbox"/> Spinach	<input type="checkbox"/> Cucumbers	<input type="checkbox"/> canned tomatoes	<input type="checkbox"/> Coffee
<b>Meat/Seafood</b>		<input type="checkbox"/> Beans	<input type="checkbox"/> Potatoes	<input type="checkbox"/> Salmon	<input type="checkbox"/> Lemon Juice
Beef <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> Fish <input type="checkbox"/>	<input type="checkbox"/> Kale	<input type="checkbox"/> Carrots	<input type="checkbox"/> Lasagna noodles	<input type="checkbox"/> Bouillon Cubes
Chicken <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> Crab	<input type="checkbox"/> Hot peppers	<input type="checkbox"/> Squash	<input type="checkbox"/> Cookies	<input type="checkbox"/> Honey
Veal <input type="checkbox"/>	<input type="checkbox"/> Shrimp	<input type="checkbox"/> Chives	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Beans	<input type="checkbox"/> baking soda
<input type="checkbox"/> Other: Ribs		<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Green Onion	Canned Fruit <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> Oil <input type="checkbox"/> Olive Oil
<b>TO BUY/ NOTES</b>		<input type="checkbox"/> Brussels Sprouts	<input type="checkbox"/> Corn	Canned Vegetables <input type="checkbox"/> <input type="checkbox"/>	Sauces <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
		<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Onions	<input type="checkbox"/> Dressing	<input type="checkbox"/> Tea
		<input type="checkbox"/> Eggplant	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Soup broth	<input type="checkbox"/> Icing Sugar
		<input type="checkbox"/> Peas	<input type="checkbox"/> Garlic	<input type="checkbox"/> Flour	<input type="checkbox"/> baking powder
		<input type="checkbox"/> Cabbage	<input type="checkbox"/> Sweet potato		
		<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		

GROCERIES WEEK 1 - WEEK 2

Fruit/Produce		Dairy		Pantry	
<input checked="" type="checkbox"/> Apples	<input checked="" type="checkbox"/> Bananas	<input checked="" type="checkbox"/> Yoghurt	<input checked="" type="checkbox"/> Table Cream	<input type="checkbox"/> Crackers	<input checked="" type="checkbox"/> Peanut Butter, Jam
<input type="checkbox"/> Peaches	<input type="checkbox"/> Plums	<input checked="" type="checkbox"/> Milk	<input type="checkbox"/> Chocolate Milk	<input checked="" type="checkbox"/> Bread Crumbs	<input checked="" type="checkbox"/> Bread
<input checked="" type="checkbox"/> Strawberries	<input checked="" type="checkbox"/> Raspberries	<input checked="" type="checkbox"/> Butter	<input type="checkbox"/> Heavy Cream	<input checked="" type="checkbox"/> Spices	<input type="checkbox"/> Garlic Bread
<input type="checkbox"/> Nectarines	<input type="checkbox"/> Oranges	<input checked="" type="checkbox"/> Eggs	<input checked="" type="checkbox"/> Sour Cream	<input checked="" type="checkbox"/> Rice	<input type="checkbox"/> Ketchup
<input type="checkbox"/> Mangoes	<input type="checkbox"/> Kiwi	<input checked="" type="checkbox"/> Cream Cheese	Cheese <input checked="" type="checkbox"/> Ricotta <input checked="" type="checkbox"/> Mozzarella <input checked="" type="checkbox"/> cheddar	<input type="checkbox"/> Pickles	<input type="checkbox"/> Mustard
<input type="checkbox"/> Papaya	<input type="checkbox"/> Pineapple			<input type="checkbox"/> Juice	<input type="checkbox"/> Sugar
		Vegetables/Produce		<input checked="" type="checkbox"/> Taco Shells	<input type="checkbox"/> Salsa
<input checked="" type="checkbox"/> Grapes	<input type="checkbox"/> Honeydew	Bell Peppers <input checked="" type="checkbox"/> Green <input checked="" type="checkbox"/> Red <input checked="" type="checkbox"/> Yellow <input checked="" type="checkbox"/> Orange	Lettuce <input checked="" type="checkbox"/> Romaine <input checked="" type="checkbox"/> other	<input type="checkbox"/> Nuts	<input checked="" type="checkbox"/> soup noodles
<input checked="" type="checkbox"/> Blueberries	<input type="checkbox"/> Watermelon	<input checked="" type="checkbox"/> Spinach	<input checked="" type="checkbox"/> Cucumbers	<input checked="" type="checkbox"/> Tuna	<input type="checkbox"/> Vinegar
<input type="checkbox"/> Cherries	<input type="checkbox"/> Grapefruit	<input checked="" type="checkbox"/> Beans	<input checked="" type="checkbox"/> Potatoes	<input checked="" type="checkbox"/> canned tomatoes	<input type="checkbox"/> Coffee
Meat/Seafood		<input type="checkbox"/> Kale	<input checked="" type="checkbox"/> Carrots	<input checked="" type="checkbox"/> Salmon	<input checked="" type="checkbox"/> Lemon Juice
Beef <input checked="" type="checkbox"/> ground x3 <input checked="" type="checkbox"/> steak	Fish <input checked="" type="checkbox"/> Salmon	<input type="checkbox"/> Hot peppers	<input type="checkbox"/> Squash	<input checked="" type="checkbox"/> Lasagna noodles	<input checked="" type="checkbox"/> Bouillon Cubes
Chicken <input checked="" type="checkbox"/> whole x 2, plus bones <input checked="" type="checkbox"/> thighs x2	<input type="checkbox"/> Crab	<input type="checkbox"/> Chives	<input checked="" type="checkbox"/> Broccoli	<input type="checkbox"/> Cookies	<input type="checkbox"/> Honey
Veal <input type="checkbox"/>	<input checked="" type="checkbox"/> Shrimp	<input checked="" type="checkbox"/> Cauliflower	<input type="checkbox"/> Green Onion	Canned Fruit <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> Oil <input type="checkbox"/> Olive Oil
<input type="checkbox"/> Other:		<input checked="" type="checkbox"/> Brussels Sprouts	<input type="checkbox"/> Corn		Canned Vegetables <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
TO BUY/ NOTES		<input checked="" type="checkbox"/> Mushrooms	<input checked="" type="checkbox"/> Onions	<input type="checkbox"/> Dressing	
<input checked="" type="checkbox"/> Parsnip	<input checked="" type="checkbox"/> Risotto	<input type="checkbox"/> Eggplant	<input checked="" type="checkbox"/> Zucchini	<input checked="" type="checkbox"/> Soup broth	<input type="checkbox"/> Icing Sugar
<input checked="" type="checkbox"/> Turnip	<input checked="" type="checkbox"/> Cereal	<input type="checkbox"/> Peas	<input checked="" type="checkbox"/> Garlic	<input checked="" type="checkbox"/> Flour	<input type="checkbox"/> baking powder
<input checked="" type="checkbox"/> Bay leaf	<input checked="" type="checkbox"/> Buns	<input type="checkbox"/> Cabbage	<input checked="" type="checkbox"/> Sweet potato	<input checked="" type="checkbox"/> Beans	<input type="checkbox"/> baking soda
<input checked="" type="checkbox"/> Parsley	<input checked="" type="checkbox"/> Spices	<input type="checkbox"/> Celery	<input type="checkbox"/>		
<input checked="" type="checkbox"/> Dill		<input checked="" type="checkbox"/> Asparagus	<input type="checkbox"/>		
<input checked="" type="checkbox"/> Bagels			<input type="checkbox"/>		

GROCERIES WEEK 3 - WEEK 4

Fruit/Produce		Dairy		Pantry	
<input type="checkbox"/> Apples	<input checked="" type="checkbox"/> Bananas	<input type="checkbox"/> Yoghurt	<input type="checkbox"/> Table Cream	<input type="checkbox"/> Crackers	<input type="checkbox"/> Peanut Butter, Jam
<input type="checkbox"/> Peaches	<input type="checkbox"/> Plums	<input checked="" type="checkbox"/> Milk	<input type="checkbox"/> Chocolate Milk	<input type="checkbox"/> Bread Crumbs	<input type="checkbox"/> Bread
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<input type="checkbox"/> Nectarines	<input type="checkbox"/> Oranges	<input checked="" type="checkbox"/> Eggs	<input type="checkbox"/> Sour Cream	<input type="checkbox"/> Rice	<input type="checkbox"/> Ketchup
<input type="checkbox"/> Mangoes	<input type="checkbox"/> Kiwi	<input type="checkbox"/> Cream Cheese	<input type="checkbox"/> Cheese <input type="checkbox"/> Ricotta <input type="checkbox"/> Mozzarella <input type="checkbox"/> cheddar	<input type="checkbox"/> Pickles	<input type="checkbox"/> Mustard
<input type="checkbox"/> Papaya	<input type="checkbox"/> Pineapple	<b>Vegetables/Produce</b>		<input type="checkbox"/> Juice	<input type="checkbox"/> Sugar
<input checked="" type="checkbox"/> Grapes	<input type="checkbox"/> Honeydew	Bell Peppers <input checked="" type="checkbox"/> Green <input checked="" type="checkbox"/> Red <input type="checkbox"/> Yellow <input type="checkbox"/> Orange	Lettuce <input checked="" type="checkbox"/> Romaine <input checked="" type="checkbox"/> other	<input type="checkbox"/> Taco Shells	<input type="checkbox"/> Salsa
<input checked="" type="checkbox"/> Blueberries	<input type="checkbox"/> Watermelon	<input checked="" type="checkbox"/> Spinach	<input checked="" type="checkbox"/> Cucumbers	<input type="checkbox"/> Nuts	<input type="checkbox"/> soup noodles
<input type="checkbox"/> Cherries	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Beans	<input checked="" type="checkbox"/> Potatoes	<input type="checkbox"/> Tuna	<input type="checkbox"/> Vinegar
<b>Meat/Seafood</b>		<input type="checkbox"/> Kale	<input type="checkbox"/> Carrots	<input type="checkbox"/> canned tomatoes	<input type="checkbox"/> Coffee
Beef <input checked="" type="checkbox"/> ground <input type="checkbox"/>	Fish <input checked="" type="checkbox"/> Trout	<input type="checkbox"/> Hot peppers	<input type="checkbox"/> Squash	<input type="checkbox"/> Salmon	<input type="checkbox"/> Lemon Juice
Chicken <input checked="" type="checkbox"/> wings <input checked="" type="checkbox"/> Breast	<input type="checkbox"/> Crab	<input type="checkbox"/> Chives	<input checked="" type="checkbox"/> Broccoli	<input type="checkbox"/> Lasagna noodles	<input type="checkbox"/> Bouillon Cubes
Veal <input type="checkbox"/>	<input type="checkbox"/> Shrimp	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Green Onion	<input type="checkbox"/> Cookies	<input type="checkbox"/> Honey
<input checked="" type="checkbox"/> Other: Ribs		<input type="checkbox"/> Brussels Sprouts	<input type="checkbox"/> Corn	Canned Fruit <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> Oil <input type="checkbox"/> Olive Oil
<b>TO BUY/ NOTES</b>		<input checked="" type="checkbox"/> Mushrooms	<input checked="" type="checkbox"/> Onions	Canned Vegetables <input checked="" type="checkbox"/> Peas <input checked="" type="checkbox"/> Carrots <input type="checkbox"/>	<input type="checkbox"/> Sauces <input checked="" type="checkbox"/> Alfredo <input type="checkbox"/> <input type="checkbox"/>
<input checked="" type="checkbox"/> Quinoa		<input type="checkbox"/> Eggplant	<input checked="" type="checkbox"/> Zucchini	<input type="checkbox"/> Dressing	<input type="checkbox"/> Tea
		<input type="checkbox"/> Peas	<input type="checkbox"/> Garlic	<input checked="" type="checkbox"/> Soup broth	<input type="checkbox"/> Icing Sugar
		<input type="checkbox"/> Cabbage	<input type="checkbox"/> Sweet potato	<input type="checkbox"/> Flour	<input type="checkbox"/> baking powder
		<input checked="" type="checkbox"/> Celery <input checked="" type="checkbox"/> Beats <input checked="" type="checkbox"/> Asparagus <input checked="" type="checkbox"/> Rapini	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> Beans	<input type="checkbox"/> baking soda

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This is a printable version of the planner.  
Suggestions: Print Double Sided  
Margins are wide\*\*\*

Laminate one copy of the empty grocery check list,  
use a dry erase marker with eraser on cap  
(This way you don't have to print multiple copies)



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