

Two-Week Rotating Menu

Build fourteen dinners once, then repeat them forever. The single biggest time saver here.

Most households eat the same ten to fifteen dinners anyway. Writing them down turns an exhausting nightly decision into a rota you can hand to anyone.

Week A

DAY	DINNER	PREP
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Week B

DAY	DINNER	PREP
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

The master shopping list for this rotation

☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____