

WEEKLY MEAL PREP & KITCHEN CHORES

Week Of: _____

PHASE 1: PLANNING SUN/MON

Audit Fridge & Pantry

Select 3 Main Recipes

Generate Grocery List

Order/Buy Groceries

PHASE 2: PRODUCE PREP TUES

Wash & Dry Leafy Greens

Chop Aromatic Bases (Onion/Garlic)

Slice Snacking Veggies

Prepare Fruit Portions

PHASE 3: BULK COOKING WED

Cook Grains (Rice/Quinoa)

Roast Sheet-Pan Vegetables

Prepare Protein (Chicken/Tofu/Beans)

Boil Eggs or Prep Breakfast Mix

DAILY MAINTENANCE M-F

Empty Dishwasher (Morning)

Wipe Counters & Sink (Evening)

Clear "Compost/Trash" Bin

Sanitize High-Touch Surfaces

WEEKLY DEEP CLEAN SAT

Scrub Stovetop & Microwave

Mop Kitchen Floor

Clean Out Expired Fridge Items

Replace Dish Towels

REMINDERS & NOTES