

# WEEKLY MEAL PREP & CHORES

Week Of: \_\_\_\_\_ Goal: \_\_\_\_\_

**MONDAY    TUESDAY    WEDNESDAY    THURSDAY    FRIDAY    SATURDAY    SUNDAY**

## **Breakfast**

## **Lunch**

## **Dinner**

## **KITCHEN PREP TASKS**

Wash & Chop Vegetables

Portion Proteins

Cook Grains / Carbs

Prepare Sauces / Dressings

Label Containers

Inventory Pantry

## **HOUSEHOLD CHORES**

Sanitize Countertops

Empty Trash & Recycling

Mop Kitchen Floor

Clean Refrigerator Shelves

Sharpen Knives

Update Grocery List