

WEEKLY MEAL PREP & KITCHEN CHORES

Week of: _____

INVENTORY & PLANNING

- Check Fridge/Pantry Expiry
- Draft Weekly Menu
- Write Grocery List
- Order/Buy Groceries

ACTIVE PREP PHASE

- Wash & Chop Vegetables 60m
- Cook Grains (Rice/Quinoa) 30m
- Marinate & Cook Proteins 45m
- Portion into Containers 20m
- Prepare Sauces/Dressings 15m
- Clean & Sanitize Counters 10m

MEAL SCHEDULE

MON

TUE

WED

THU

FRI

SAT

SUN

MAINTENANCE CHORES

- Sharpen Prep Knives
- Empty Refrigerator Drip Tray
- Deep Clean Microwave
- Refill Bulk Spices/Dry Goods

"A Sunday well spent brings a week of content."