

WEEKLY MEAL PREP & CHORE TRACKER

WEEK OF: _____
PRIMARY COOK: _____

DAILY MEAL LOG

DAY	BREAKFAST & LUNCH	DINNER MENU	DAILY KITCHEN CHORES
MONDAY			Dishwasher
			Counters
TUESDAY			Dishwasher
			Counters
WEDNESDAY			Fridge Tidy
			Counters
THURSDAY			Dishwasher
			Counters
FRIDAY			Trash/Recycle
			Counters

PREP TASKS

- Wash/Chop Vegetables
- Portion Proteins
- Prepare Grains/Rice

- Mix Sauces/Dressings
- Label Containers

SHOPPING LIST

- _____
- _____
- _____
- _____
- _____

DEEP CLEAN

- Microwave Interior
- Oven Degrease
- Floor Mop
- Pantry Audit
- Sink Sanitize