

WEEKLY MEAL PREP & KITCHEN CHORES

Week Of: _____

DAILY CHORES

Clear & Wipe Counters

Empty Dishwasher (AM)

Load/Run Dishwasher (PM)

Sink Scrubbed & Dried

Sweep Kitchen Floor

Reset Coffee Station

INVENTORY & PREP

Fridge Audit (Expiring items)

Chop Vegetables

Portion Snacks/Proteins

Organize Pantry Rows

GROCERY LIST

MEAL PLANNER

DAY	BREAKFAST / LUNCH	DINNER MAIN
Monday		
Tuesday		
Wednesday		
Thursday		

DAY	BREAKFAST / LUNCH	DINNER MAIN
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Friday

Saturday

Sunday

WEEKLY DEEP CLEAN TASK

Focus: (e.g. Microwave, Oven, Fridge Shelves, or Cabinet Faces)