

WEEKLY MEAL PREP & CHORE TRACKER

Focus: Whole Foods & Organization

MEAL PREP TASKS

Task	Day
Wash/Chop Seasonal Greens	Sun
Roast Root Vegetables	Sun
Cook Bulk Grains (Quinoa/Rice)	Sun
Portion Protein Sources	Mon
Prepare Healthy Dressings	Tue
Mid-week Fruit Prep	Wed
Final Fridge Inventory	Fri

KITCHEN CHORES

Daily Habit	Time
Clear Countertops	AM
Empty Dishwasher	AM
Wipe Down Surfaces	PM

Daily Habit	Time
Sanitize Sink	PM
Deep Clean Stovetop	Weekly
Compost/Recycle Sort	Daily
Sweep Kitchen Floor	Daily

HYDRATION & SUPPLEMENT TRACKER

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NOTES & GROCERY REMINDERS

Week Of: _____ "Clean space, clean plate."