

WEEKLY MEAL PREP & KITCHEN CHORES

WEEK OF: _____

DAY

MEAL PLAN (B / L / D)

PREP TASKS / CHORES

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

DAY

MEAL PLAN (B / L / D)

PREP TASKS / CHORES

Sunday

INVENTORY & SHOPPING LIST

DEEP CLEAN CHECKLIST

Clear & Wipe Refrigerator Shelves

Sanitize Countertops & Backsplash

Organize Pantry Staples

Deep Clean Sink & Disposal

Degrease Stove Top & Hood

Sweep & Mop Floors

Refresh Dish Towels

Empty & Sanitize Trash Bins