

WEEKLY PREP & CHORES

Week Of:

Meal Plan

DAY	LUNCH / DINNER
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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Prep Tasks & Chores

Grocery Shopping

Assigned: _____

Wash & Chop Veggies

Assigned: _____

Grain / Protein Prep

Assigned: _____

Kitchen Deep Clean

Assigned: _____

Inventory Pantry

Assigned: _____

Trash & Recycling

Assigned: _____

Dishwasher Cycle

Assigned: _____

Reminders

Jot down snacks to buy or items running low...