

# WEEKLY MEAL PREP & CHORE TRACKER

## PREP CHORES

| DONE                     | TASK                     |
|--------------------------|--------------------------|
| <input type="checkbox"/> | Wash & Chop Veggies      |
| <input type="checkbox"/> | Portion Proteins         |
| <input type="checkbox"/> | Cook Grains/Carbs        |
| <input type="checkbox"/> | Prepare Sauces/Dressings |
| <input type="checkbox"/> | Clean Storage Containers |
| <input type="checkbox"/> | Organize Fridge Shelves  |

## GROCERY LIST

|                                                                               |  |
|-------------------------------------------------------------------------------|--|
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## WEEKLY MENU

| DAY    | BREAKFAST | LUNCH | DINNER |
|--------|-----------|-------|--------|
| Monday |           |       |        |

| DAY                        | BREAKFAST | LUNCH | DINNER |   |   |   |
|----------------------------|-----------|-------|--------|---|---|---|
| Tuesday                    |           |       |        |   |   |   |
| Wednesday                  |           |       |        |   |   |   |
| Thursday                   |           |       |        |   |   |   |
| Friday                     |           |       |        |   |   |   |
| Saturday                   |           |       |        |   |   |   |
| Sunday                     |           |       |        |   |   |   |
| MAINTENANCE & KITCHEN CARE |           |       |        |   |   |   |
| NIGHTLY ROUTINE            |           | M     | T      | W | T | F |
| Load/Run Dishwasher        |           |       |        |   |   |   |
| Wipe Counters & Sink       |           |       |        |   |   |   |
| Clear Expired Leftovers    |           |       |        |   |   |   |
| NOTES & ADJUSTMENTS        |           |       |        |   |   |   |