

Weekly kitchen reset

My Overflowing Cup | One route from a busy counter to a ready kitchen

Week of: _____ Next shopping trip: _____

- ☐ Clear the main work surface. Return things from other rooms.
- ☐ Put kitchen tools back in their task groups.
- ☐ Check open food packs and spare supplies before writing the list.
- ☐ Update freezer pack counts and locations.
- ☐ Match dry container bases and lids.
- ☐ Finish one drawer or shelf that needs a deeper sort.
- ☐ Leave room to work. Note one task for next week.

Supplies to check before shopping

Storage problem and measurements

Next zone to sort
