

Healthy Kitchen Checklist

A free healthy kitchen checklist printable for busy weeks, with a use-it-first shelf, default meal station, container reset, and low-energy backups.

Make useful food visible

The food that needs using first is:

Notes: _____

The fridge shelf or bin to make obvious is:

Notes: _____

The pantry staple to move into reach is:

Notes: _____

Build one default meal station

The repeatable meal for busy days is:

Notes: _____

The ingredients it always needs are:

Notes: _____

The place those ingredients should live is:

Notes: _____

Reset containers and tools

The lunch-ready containers to match are:

Notes: _____

The prep tool that should be easier to reach is:

Notes: _____

The freezer or leftover label to add is:

Notes: _____

Keep backups ready

The freezer backup meal is:

Notes: _____

The pantry backup meal is:

Notes: _____

The restock cue after using a backup is:

Notes: _____

Related guide: <https://ahealthyworld.info/blog/healthy-kitchen-checklist-for-busy-weeks>

For personal educational use only. This is not medical advice.