

EVERMIST DESIGNS CO.

Free Kitchen Reset Checklist

PRINTABLE PANTRY + FRIDGE + FREEZER RESET

Check what you already have before grocery shopping, plan easier meals, and avoid buying duplicates.

INCLUDED

- ☐ Kitchen reset checklist
- ☐ Pantry, fridge, and freezer check
- ☐ Use-first meal planner
- ☐ Grocery list starter
- ☐ Next step guide

Kitchen Reset Checklist

A quick reset before grocery shopping or weekly meal planning.

- | | |
|--|---|
| ☐ Clear expired food | ☐ Write missing staples |
| ☐ Check leftovers | ☐ Check snacks |
| ☐ Wipe one fridge shelf | ☐ Plan one backup meal |
| ☐ List open pantry items | ☐ Refill coffee or tea |
| ☐ Check freezer meals | ☐ Restock breakfast basics |
| ☐ Pull forward use-first food | ☐ Wash or chop produce |
| ☐ Pick 3 easy dinners | ☐ Clean sink area |
| ☐ Choose one prep task | ☐ Take out kitchen trash |

THIS WEEK I NEED TO USE

Before You Shop

Check these spots first, then build your list around what you already have.

PANTRY

- ☐ Rice, pasta, grains
- ☐ Canned goods
- ☐ Baking items
- ☐ Sauces or condiments
- ☐ Snacks

FRIDGE

- ☐ Leftovers
- ☐ Produce
- ☐ Dairy or eggs
- ☐ Open jars
- ☐ Drinks

FREEZER

- ☐ Frozen meals
- ☐ Meat or seafood
- ☐ Vegetables
- ☐ Bread or breakfast
- ☐ Use-first items

MEALS I CAN MAKE

ONLY BUY THESE

Grocery List Starter

Write the missing pieces after your pantry, fridge, and freezer check.

PRODUCE

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PANTRY

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FROZEN

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PROTEIN

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DAIRY + EGGS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

HOUSEHOLD

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Next Step

Want the full kitchen planning setup?

Ultimate Kitchen Binder Printable

Meal planning pages, grocery lists, pantry and freezer inventory, recipe cards, kitchen reset pages, and more.

Shop: evermistdesignsco.gumroad.com

KITCHEN NOTES
