

# 1. Blog Plan

For the week of:

Monday:

Thursday:

Tuesday:

Friday:

Items Needed

## This Week's Menu

Monday

Friday

Tuesday

Saturday

Wednesday

Sunday

Thursday

Notes

{ Hey good lookin' whatcha got cookin' }

# 2.

## Grocery Checklist

FOOD			Household	Cleaning Products
<b>Fresh Vegetables</b>	<b>Grain Foods</b>	<b>Meats</b>	<b>Personal Care</b>	<b>Laundry</b>
Asparagus Artichoke Cauliflower Celery Cucumber Eggplant Green Beans Kale Lettuce Mushrooms Onions Peas Pumpkin Spinach Squash Sweet Potatoes Tomatoes Zucchini	Almonds Apples Bananas Breads Cakes Canned Beans Canned Soups Cereal Eggs Flour Fruit Honey Jams Milk Nuts Oils Pasta Rice Soybeans Tapioca Tea Yogurt	Beef Chicken Deli Fish Hot Dogs Pork Turkey Vegetarian	Bath Soap Body Lotion Deodorant Face Cream Hand Sanitizer Nails Shampoo Toiletries Washcloth	Antibacterial Bleach Disinfectant Glass Cleaner Multi-Surface Wood Polish
<b>Fresh Fruits</b>	<b>Condiments</b>	<b>Snacks</b>	<b>Bedding</b>	<b>Other</b>
Apples Avocado Bananas Blueberries Cantaloupe Cherries Citrus Grapes Kiwi Lemon Limes Mango Melons Oranges Pineapple Raspberries Strawberries Tangerines	BBQ Sauce Catsup Mayo Mustard Peanut Butter Soy Sauce Vinegar Worcestershire	Chips Cookies Candy Ice Cream Milk Chocolate Nuts Pretzels Snickers Tiramisu Yogurt	Blankets Pillows Sheets Towels	Art Supplies Baby Items Candles Decorations Gardening Holidays Party Supplies Pet Supplies Tools Toys
<b>Refrigerated Items</b>	<b>Spices</b>	<b>Drinks</b>	<b>Bathrooms</b>	
Butter Cheese Eggs Ice Cream Milk Yogurt	Black Pepper Cumin Garlic Mustard Onion Paprika Salt Soy Sauce Taco Seasoning Worcestershire	Alcohol Coffee Juice Soft Drinks Tea Water	Brushes Sponges Toilet Paper	

Notes

\* highlight all items needed

# 3.

## Weekly Cleaning

- Daily**  
—Do the dishes —Wipe down stove & countertop —Make sure everything has a "home" —Wipe bathroom sink and mirrors —Make the bed —Vacuum (as needed) —Laundry.
- Monday**  
**KITCHEN & DINING ROOM**  
sweep & mop / wipe down walls and cabinet doors etc. / organize countertops & cabinets / clean out fridge, microwave, and oven / wash windows
- Tuesday**  
**LIVING ROOM**  
sweep & mop / wipe down walls, doors, etc. / dust ceiling, blinds, cabinet / vacuum out furniture / wash windows / wipe down coffee & side tables
- Wednesday**  
**MASTERBED & BATH**  
dust furniture / sweep, mop, vacuum floor / change & wash sheets / clean toilet, shower, & vanity
- Thursday**  
Organizing & Catch-up day
- Friday**  
**GUEST BATHROOM**  
sweep, mop floors / clean shower & tub / clean & organize vanity and closet

Saturday & Sunday = Family time!

# 4.