

# 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' }

3.

# 2. Grocery Checklist

2.

FOOD			
<b>Fresh Vegetables</b>	<b>Grain Foods</b>	<b>Meats</b>	<b>Household</b>
Asparagus Artichoke Cauliflower Cucumber Eggplant Green Beans Kale Lettuce Mushrooms Onions Peas Spinach Squash Sweet Corn Tomatoes Zucchini	Barley Bread Cereal Flour Macaroni Oats Pasta Rice Tortilla Wheat	Beef Chicken Deli Eggs Fish Hot Dogs Pork Turkey Yogurt	<b>Personal Care</b> Baby Wipes Deodorant Toiletries <b>Home Care</b> Allergies Candles Detergent Disinfectant Floor Care Glass Cleaner Laundry Pest Control Polish Scented Oil Wax Wool Dryer Balls
<b>Fresh Fruits</b>	<b>Condiments/Seasonings</b>	<b>Drinks</b>	<b>Cleaning Products</b>
Apples Bananas Blueberries Cherries Grapes Kiwifruit Lemons Limes Mango Oranges Pineapples Raspberries Strawberries Tangerines	BBQ Sauce Balsamic Vinegar Capers Cider Vinegar Deli Salads Hot Sauce Ketchup Mayo Mustard Pesto Soy Sauce Sriracha Tartar Sauce Vinegar Worcestershire Sauce	Alcohol Coffee Energy Drinks Juice Milk Soft Drinks Tea Water	<b>Other</b> Air Freshener Batteries Broom Duster Gloves Mop Paper Towels Sponges Trash Bags Vacuum Cleaner
<b>Refrigerated Items</b>	<b>Spices &amp; Herbs</b>	<b>Personal Care</b>	<b>Notes</b>
Bacon Butter Cheese Eggs Ice Cream Iceberg Lettuce Milk Pasta Sauce Sausage Shrimp Tofu Yogurt	Black Pepper Cumin Garlic Ginger Mustard Onion Paprika Salt Soy Sauce Tumeric Vanilla Worcestershire Sauce	Body Cream Body Lotion Body Wash Deodorant Face Cream Face Lotion Face Wash Hand Cream Hand Lotion Hand Soap Nails Shampoo Shower Gel Socks Toiletries Towel Washcloth	Highlight all items needed

## 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.

### Wednesday

**MASTERBED & BATH**  
dust furniture / sweep, mop, vacuum floor / change & wash sheets / clean toilet, shower, & vanity

### Monday

**KITCHEN & DINING ROOM**  
sweep & mop / wipe down walls and cabinet doors etc. / organize countertops & cabinets / clean out fridge, microwave, and oven / wash windows

### Thursday

Organizing & Catch-up day

### Tuesday

**LIVING ROOM**  
sweep & mop / wipe down walls, doors, etc. / dust ceiling, blinds, cabinet / vacuum out furniture / wash windows / wipe down coffee & side tables

### Friday

**GUEST BATHROOM**  
sweep, mop floors / clean shower & tub / clean & organize vanity and closet

Saturday & Sunday = Family time!

4.