Kitchen reset and preparation plan

Make the next cooking session easier with a short check of food, equipment, and preparation tasks.

☐ Check refrigerator contents and product storage instructions.

☐ Choose meals that share ingredients you already have.

☐ Check pantry and freezer stock before adding groceries.

☐ Plan when to thaw, prepare, and cook using safe guidance.

☐ Set aside containers and labels for portions you intend to store.

Task / ingredient	When	Needed for	Done

Small shopping list

Food-safety reference: https://www.foodsafety.gov/keep-food-safe/4-steps-to-food-safety

Harvest²Cuisine is a product of Deem Publishing Co. This resource may be downloaded and printed for personal, noncommercial use. Redistribution, resale, or republication of the document or its contents is not permitted without written permission. For educational and recordkeeping purposes. Follow local horticultural guidance, product labels, and tested food-preservation and food-safety procedures. These worksheets do not establish safe storage limits or preservation procedures.