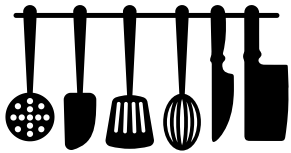




Week 2 - SIMPLIFY THE KITCHEN



Week 2 - SIMPLIFY THE KITCHEN (Pep Talk & Questions)

The kitchen is often the command center of the home. And when it's overloaded, life feels harder than it needs to. This week is not about deprivation.

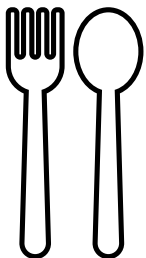
- It's about making everyday life easier.
- Fewer dishes.
- Fewer gadgets.
- Fewer decisions.
- Less to clean.
- Less to manage.
- Easy to put things away (enough drawer, cabinet and shelf space)

You're creating a kitchen that supports your real life instead of storing inventory for every possible scenario.



Before Reflection Questions

- What frustrates me most about my kitchen?
- Which items do I constantly move around but rarely use?
- Where do I feel overwhelmed while cooking or cleaning?
- What would an easier kitchen feel like?
- Where do items feel perpetually hard to put away?



After Reflection Questions

- What was surprisingly easy to let go of?
- Which kitchen areas now feel lighter or more functional?
- Did reducing inventory make cleaning easier?
- What do I want to maintain moving forward?



Week 2 - SIMPLIFY THE KITCHEN

Weekly Theme: Lower the inventory.



Remember: Just because you use something occasionally doesn't mean you need to store so much of it. We're learning what "enough" is instead of abundance, excess, too much to manage.

Pro tip: I recommend pulling out everything you have for each category listed below to see your full inventory. (Don't forget to add any items that are stored in the basement, holiday kitchen items, garage storage, etc to see your full inventory for the category.)

Challenge: Half Full Cabinets



Focus Areas:

- **Monday:** dishes (do you need more than a set of 8?)
- **Tuesday:** glasses & mugs (do you need more than 6-8?)
- **Wednesday:** water bottles (do you need more than one per person?)
- **Thursday:** food storage containers (do you need more than 8?)
 - pots, pans (do you need more than 4 pots/pans)
 - baking sheets (do you need more than 2 baking sheets?)
- **Friday:** gadgets & cooking utensils (remove duplicates & items you don't use)
- **Saturday:** pantry - remove expired food and items you don't eat
- **Sunday:** review and remove small appliances that you aren't using (Instant pot, rice cooker, juicer, cappuccino machine, air fryer, etc.)
 - **donation drop off day!**

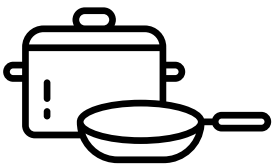


Week 2 - SIMPLIFY THE KITCHEN

Checklist

Lower the Kitchen Inventory

- ☐ Declutter glasses & mugs (do you really need more than 6-8?)
- ☐ Declutter water bottles (do you need more than one per person?)
- ☐ Declutter travel mugs (do you need more than 2 total?)
- ☐ Match food containers with lids (do you need more than 6-8?)
- ☐ Remove duplicate utensils
- ☐ Declutter cooking gadgets (what are you truly not using in the last 6 months)
- ☐ Remove unused appliances (the Instant Pot, Rice Cooker, juicer really being used?)
- ☐ Simplify pantry items
- ☐ Toss expired food & spices
- ☐ Clear refrigerator door clutter (try removing everything at least for one week)
- ☐ Pots, pans, baking sheets, baking dishes (what are you truly reaching for?)
- ☐ Under the sink: Remove kitchen cleaners you aren't reaching for on a normal basis or that have been under the sink for more than 2 years



Simplify Daily Use

- ☐ Create breathing room in cabinets
- ☐ Leave one shelf partially empty
- ☐ Create an easier dish routine
- ☐ Reduce countertop appliances
- ☐ Create a donation box for kitchen items