

Kitchen Sadhana

Questions

- How can I use my home to serve my evolving habits?

- How can I use this space in the future to serve my evolving habits?

- When will I schedule a deep clean/purge for my kitchen & fridge?

Kitchen Tasks

- Clean the kitchen drawers
- Fill in your weekly meal planner
- Make grocery list
- Clean the fridge (recruit help if needed)
- Restock your kitchen staples
- Purge & restock your kitchen for the current season
- Refresh your spices (every 6-12 months)
- Harvest/weed your garden if applicable

Homemade Staples

- Roasted or frozen vegetables
- Stock for soups and dishes
- Nuts & Seeds
- Salad dressings & sauces
- Home made granola or chocolate balls
- Herbal Teas
- Quinoa

What else is a staple for you in your kitchen?