

# RESET YOUR KITCHEN

It's time to clean out that kitchen for the Plant Fueled Reset! Dedicate a few hours to getting everything clean and organized. Get ready to feel happy to be in your clean kitchen!

## ☐ **PLAY THAT FUNKY MUSIC**

Get a playlist ready, download an audiobook or two, and / or queue up some podcasts. Hey, I know of one you might like!

## ☐ **CLEAN OUT THAT STANKY FRIDGE**

Take everything out of your fridge and throw away anything old or that you know you won't eat. Wipe down the inside of the fridge, including the produce bins and the door, and then put everything back in an organized way. Clear acrylic containers are an excellent way to organize things if you're feeling fancy. Do the same with your freezer.

## ☐ **TACKLE THAT STALE OL' PANTRY**

Take everything out of your pantry, toss anything old, and throw away or donate whatever you won't be eating or want out of your house for the Reset. Wipe down the shelves, and put everything back in an organized way. Labeled baskets and alphabetized spices are a game-changer. Use the inventory sheets provided to help you keep track of what you have.

## ☐ **GET YOUR PREP SPACE READY**

If you don't already have a dedicated, clutter-free prep space for cooking, decide where you want it to be and clear everything away. Make sure there's enough room for a cutting board and some prep bowls. If you already have a dedicated prep space, tidy it up and make it shine.

## ☐ **DECLUTTER THE REST OF YOUR KITCHEN**

A clean kitchen is a happy kitchen. Clear out the clutter, organize those random papers, clean off the top of the fridge and those hard to reach corners. Clean any areas you've put off for later because later is now!