

7-DAY KITCHEN WASTE AUDIT TRACKER

Transform Your Kitchen & Save Money by Understanding Your Waste

By *MyZeroWasteKitchen.com*

HOW TO USE THIS TRACKER

- 1. Print this tracker or keep it digitally accessible
- 2. For 7 consecutive days, record EVERYTHING that leaves your kitchen as waste
- 3. Be specific about quantities and reasons for disposal
- 4. At the end of the week, analyze your patterns using the summary sheet
- 5. Use the insights to implement targeted solutions

Remember: Awareness is the first step toward change. Don't judge yourself—just observe and learn!

DAY 1

Date: _____

Item Discarded	Quantity	Category*	Reason for Waste**	Estimated Cost

Notes about today's waste:

Actions I could have taken to prevent this waste:

DAY 2

Date: _____

Item Discarded	Quantity	Category*	Reason for Waste**	Estimated Cost

Notes about today's waste:

Actions I could have taken to prevent this waste:

DAY 3

Date: _____

Item Discarded	Quantity	Category*	Reason for Waste**	Estimated Cost

Notes about today's waste:

Actions I could have taken to prevent this waste:

DAY 4

Date: _____

Item Discarded	Quantity	Category*	Reason for Waste**	Estimated Cost

Notes about today's waste:

Actions I could have taken to prevent this waste:

DAY 5

Date: _____

Item Discarded	Quantity	Category*	Reason for Waste**	Estimated Cost

Notes about today's waste:

Actions I could have taken to prevent this waste:

DAY 6

Date: _____

Item Discarded	Quantity	Category*	Reason for Waste**	Estimated Cost

Notes about today's waste:

Actions I could have taken to prevent this waste:

DAY 7

Date: _____

Item Discarded	Quantity	Category*	Reason for Waste**	Estimated Cost

Notes about today's waste:

Actions I could have taken to prevent this waste:

CATEGORY GUIDE*

Use these codes in the "Category" column:

FP = Fresh Produce (fruits, vegetables)

DP = Dairy Products (milk, cheese, yogurt)

MP = Meat/Protein (chicken, beef, tofu)

BG = Bread/Grains (bread, rice, pasta)

PC = Packaged/Canned foods

LO = Leftovers (prepared meals)

CD = Condiments/Dressings

BP = Beverage Products

FS = Food Scraps (peels, ends, etc.)

FK = Food Packaging (plastic, paper, etc.)

OT = Other (specify in notes)

REASON CODES**

Use these codes in the "Reason for Waste" column:

EXP = Expired/Spoiled

TMO = Too Much/Overbuying

DLO = Didn't Like/Overcooked

FTU = Forgot To Use

NSR = No Storage/Recipe Ideas

PKG = Packaging/Container

NPE = Non-Edible Parts

ACC = Accidental (dropped, spilled)

OTH = Other (specify in notes)

WEEKLY WASTE SUMMARY

Total Estimated Cost of Wasted Food: \$_____

Breakdown by Category:

Category	Total Items	Total Cost	Percentage of Waste
Fresh Produce			
Dairy Products			
Meat/Protein			
Bread/Grains			
Packaged/Canned			
Leftovers			
Condiments			
Beverages			
Food Scraps			
Food Packaging			
Other			

Breakdown by Reason:

Reason	Number of Occurrences	Percentage
Expired/Spoiled		
Too Much/Overbuying		
Didn't Like/Overcooked		
Forgot To Use		
No Storage/Recipe Ideas		
Packaging/Container		
Non-Edible Parts		
Accidental		
Other		

INSIGHTS & ACTION PLAN

My Top 3 Waste Categories:

- _____ (__% of total waste)
- _____ (__% of total waste)
- _____ (__% of total waste)

My Top 3 Waste Reasons:

1. _____ (___% of total waste)
2. _____ (___% of total waste)
3. _____ (___% of total waste)

My 3 Most Expensive Wasted Items:

1. _____ (\$____)
2. _____ (\$____)
3. _____ (\$____)

My Action Plan:

For Category #1 Waste:

For Category #2 Waste:

For Category #3 Waste:

For Preventing My Most Expensive Waste:

My 3 Immediate Changes:

1. _____
2. _____
3. _____

Tools/Resources I Need:

Projected Monthly Savings:

\$_____ per month (\$_____ per year)

NEXT STEPS

Ready to implement solutions based on your audit? Visit MyZeroWasteKitchen.com for:

- Targeted guides for your specific waste problems

- Storage solutions for your most-wasted foods
- Recipe ideas for commonly wasted ingredients
- Community support and accountability

Join our Instagram community @MyZeroWasteKitchen to share your audit results and get personalized recommendations!

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