

7-Day Zero-Waste Kitchen Reset

A quick, no-guilt reset that reduces waste and saves money—starting today.



Includes: checklist, fridge labels, freezer scrap map, and a use-it-up meal planner.

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MyZeroWasteKitchen.com



Save this PDF and repeat the reset anytime.

7-Day Reset Checklist

Do one small thing each day. If you miss a day, just continue.

Day 1: Inventory + one use-it-up meal	Quick scan: fridge, freezer, pantry. Choose 1 flexible meal (soup, stir-fry, sheet pan, pasta) to use what's already open.
Day 2: Start a two-bin scrap system	Set up: (1) Freezer bag for stock scraps; (2) Counter caddy for compost. Label both.
Day 3: Fix fridge visibility	Create two zones: EAT FIRST (48 hours) and FREEZE OR PLAN (this week). Move perishables into view.
Day 4: Make one refill or bulk swap	Choose one repeat item: dish soap, hand soap, oats, rice, coffee, spices. Commit to refill/bulk for that one thing.
Day 5: Replace one disposable	Paper towels -> cloths. Plastic wrap -> container. Zip bags -> 1 silicone bag. Pick what you'll actually use.
Day 6: Learn one local rule	Confirm what your city accepts for recycling/organics. Save a note on your phone so you stop guessing.
Day 7: Make it easy (remove friction)	Move tools to where you use them: caddy near prep, jars near cooking, labels near the fridge, cloths near the sink.

Reset complete. Repeat whenever life gets busy.

Printable Fridge Labels

Cut along the lines and tape to bins or shelves.

EAT FIRST Use within 48 hours	FREEZE OR PLAN Use this week or freeze
LEFTOVERS Date it. Eat it.	PREP & SNACKS Grab-and-go
DEFROSTING Use today/tomorrow	OPENED Finish before buying more

Optional: write dates on tape with a dry-erase marker.

Freezer Scrap Map + Use-It-Up Planner

Two simple systems that prevent the most common kitchen waste.

A) Scrap Map

Category	What goes here	What to do
STOCK SCRAPS (freeze)	Onion ends, carrot peels, celery tops, herb stems, mushroom stems	Freeze in a bag. When full, simmer 45-90 min for broth.
COMPOST	Coffee grounds, eggshells, banana peels, citrus (if accepted), food-soiled paper	Empty into organics/compost. Keep the caddy rinsed + dry.
REGROW	Green onion roots, celery base, herb cuttings	Place in water, then plant if desired.
TRASH (last resort)	Greasy/contaminated plastics, pet waste (check local rules)	Minimize by switching to refill + reuse.

B) Use-It-Up Meal Planner

Fill this in after your Day 1 inventory. Keep it simple.

USE-IT-UP MEAL:	
MAIN INGREDIENTS TO USE:	
FLAVOR PATH (pick one):	Taco / Italian / Curry / Stir-fry / Lemon-herb / BBQ
SIDES (optional):	
WHAT TO FREEZE AFTER:	

More zero-waste cooking guides at MyZeroWasteKitchen.com