

# 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.

Scan for more zero-waste guides  
[MyZeroWasteKitchen.com](http://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.

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

<b>EAT FIRST</b>  Use within 48 hours	<b>FREEZE OR PLAN</b>  Use this week or freeze
<b>LEFTOVERS</b>  Date it. Eat it.	<b>PREP &amp; SNACKS</b>  Grab-and-go
<b>DEFROSTING</b>  Use today/tomorrow	<b>OPENED</b>  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
<b>STOCK SCRAPS (freeze)</b>	Onion ends, carrot peels, celery tops, herb stems, mushroom stems	Freeze in a bag. When full, simmer 45-90 min for broth.
<b>COMPOST</b>	Coffee grounds, eggshells, banana peels, citrus (if accepted), food-soiled paper	Empty into organics/compost. Keep the caddy rinsed + dry.
<b>REGROW</b>	Green onion roots, celery base, herb cuttings	Place in water, then plant if desired.
<b>TRASH (last resort)</b>	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.

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

More zero-waste cooking guides at [MyZeroWasteKitchen.com](http://MyZeroWasteKitchen.com)