MY ZERO WASTE KITCHEN

HOLISTIC LIVING · CLEAN COOKING

# The 7-Day Kitchen *Reset*

One small task a day, a week of tracking what you actually throw away, and the printables to keep it going.

**Daily checklist**
Seven small, doable tasks

**Waste audit**
A 7-day log and weekly tally

**Fridge labels**
Six cut-out zone labels

**Scrap map + planner**
Where scraps go, what to cook

myzerowastekitchen.com

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BEFORE YOU BEGIN

# A week to see your kitchen clearly.

Most food waste isn't one big mistake. It's small leaks: the forgotten half-onion, the second bag of spinach, the leftovers pushed to the back. This kit helps you find yours and fix the biggest ones first.

## 01
### Print the kit

Print single-sided. The labels on page 6 cut out cleanly on plain paper or cardstock.

## 02
### Do one task a day

The Reset checklist on page 3 takes about 10 to 20 minutes a day. Miss a day? Just pick it back up.

## 03
### Log what you toss

Every time food or packaging goes in the trash or compost, jot it on the audit log on page 4. Honest beats perfect.

## 04
### Tally and pick 3 fixes

On day 7, total your log on page 5 and choose three changes aimed at your biggest categories.

**Why the audit matters:** it turns a vague goal into a specific one. "Waste less" is hard to act on. "Stop losing bagged greens by day five" is something you can fix this week.

**No guilt trips**
You're collecting information, not grading yourself.

**Start with what you have**
Use jars, bins and containers you already own before buying anything.

**Check local rules**
Recycling and compost rules vary by city. Day 6 covers this.

PART ONE

# The 7-Day Reset checklist

DAY 1

### Take inventory

Look through the fridge, freezer and pantry. Pull anything open or close to its date to the front. **Then:** plan one flexible meal that uses up at least three open items.

- [ ]

DAY 2

### Set up your scrap stations

One freezer bag or container for stock scraps, one lidded caddy for compost. **Tip:** label both now so everyone in the house knows which is which.

- [ ]

DAY 3

### Zone the fridge

Make an "Eat First" zone at eye level for anything to use within 48 hours, and a "Freeze or Plan" zone for this week. Use the labels on page 6.

- [ ]

DAY 4

### Switch one staple to refill or bulk

Pick one thing you buy constantly, like oats, rice, coffee, spices or dish soap, and find a refill or bulk option for it.

- [ ]

DAY 5

### Retire one disposable

Swap one single-use item for a reusable: cloths for paper towels, a glass container for plastic wrap, or a beeswax wrap for foil.

- [ ]

DAY 6

### Learn your local rules

Check your city's website for what it accepts in recycling and organics. Save the list on your phone or tape it inside a cabinet.

- [ ]

DAY 7

### Tally, then rearrange for habit

Total your waste log (page 5). Then move tools to where you use them: the caddy beside the cutting board, cloths by the sink, containers within reach.

- [ ]

NOTES · WHAT SURPRISED ME THIS WEEK

PART TWO

# 7-day waste log

Each time something leaves the kitchen as waste, write it down. Estimates are fine: "half a bag," "two slices," "one cup."

**Category:** P produce · D dairy/eggs · M meat/fish · B bread/grains · L leftovers · K packaging · O other

**Why:** S spoiled · F forgot it · O overbought · T too much cooked · X packaging only

| DAY | WHAT WAS TOSSED | AMOUNT | CAT. | WHY | WHERE IT WENT |
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DAY SEVEN

# Your week, tallied.

Count your log entries in each row. The highest numbers tell you where to focus. Ignore the small stuff for now.

## By category

| CATEGORY | COUNT | BIGGEST ITEM |
|---|---|---|
| **Produce** | | |
| **Dairy & eggs** | | |
| **Meat & fish** | | |
| **Bread & grains** | | |
| **Leftovers** | | |
| **Packaging** | | |
| **Other** | | |

## By reason

| WHY | COUNT | FIX TO TRY |
|---|---|---|
| **Spoiled** | | Eat First zone |
| **Forgot it** | | Weekly inventory |
| **Overbought** | | Shop from a list |
| **Cooked too much** | | Plan the leftover |
| **Packaging only** | | Refill or bulk |

## My three fixes for next week

FIX 1 · AIMED AT MY TOP CATEGORY

FIX 2 · AIMED AT MY TOP REASON

FIX 3 · ONE EASY WIN

**Repeat in a month.** Run the audit again and compare the counts. Seeing the drop is the best motivation there is.

CUT ALONG THE DASHED LINES

# Fridge zone labels

## Eat First

Use within 48 hours

START DATE _____

## Freeze or Plan

Cook it this week or freeze it now

CHECK BY _____

## Leftovers

Date it, then eat it

MADE ON _____

## Prep & Snacks

Washed, cut and ready to grab

PREPPED _____

## Defrosting

Use today or tomorrow

MOVED ON _____

## Opened

Finish before buying more

OPENED _____

Tip: tape a strip of masking tape on each label and write dates with a marker, so the label itself lasts.

PART THREE

# Freezer scrap map

### Stock bag

- Onion and garlic ends
- Carrot and celery trim
- Herb stems
- Chicken bones

*Simmer into broth when the bag is full.*

### Compost

- Coffee grounds and tea
- Eggshells
- Fruit and veg peels
- Wilted greens

*Keep the caddy lidded and rinse it weekly.*

### Regrow

- Green onion roots
- Celery base
- Herb cuttings

*Stand in a little water on a sunny sill; change it often.*

### Trash, last resort

- Greasy or soiled plastics
- Anything your city won't take

*Check your Day 6 list before tossing.*

## Use-it-up meal planner

**Ingredients to use** _____

_____

**Flavor direction** Taco · Italian · Curry · Stir-fry · Lemon-herb · Sheet-pan · Soup

**Meal name** _____

**Sides (optional)** _____

**Freeze afterward** _____

**Use the leftovers in** _____

**Not sure what to make?** Search the recipe archive at myzerowastekitchen.com for whatever you have too much of.

# You finished the week.
# *Now keep the parts that worked.*

You don't need to keep every habit from this kit. Keep the two or three that made the biggest difference and run the audit again in a month.

### Every Sunday

A new practical, sourced guide lands in your inbox: seasonal storage, scrap recipes, and plastic-free swaps.

### Read the archive

Guides on whole-ingredient cooking, storing food so it lasts, and safer cookware live at myzerowastekitchen.com.

### Tell us what you found

Reply to any newsletter with your biggest waste category. It helps decide what we write next.

This kit is general guidance, not medical, nutrition or food-safety advice. Follow local recycling and composting rules and standard food-safety practice. © 2026 My Zero Waste Kitchen, a Dan Duda Ventures company.