



WORKSHEET #2

Defining Your Workspaces

Kitchanatomy -10 Step Kitchen Detox

Keep this worksheet near you for a few weeks and define what tools you use in each of the workspaces. Work towards eliminating unused items from each space and organizing them to work for your style of cooking.

Cooking Workspace:

Use:

Don't Use:

Don't Belong In This Space:

Sink Workspace:

Use:

Don't Use:

Don't Belong In This Space:

Food Prep Workspace:

Use:

Don't Use:

Don't Belong In This Space:

Refrigerator/Freezer Workspace:

Use:

Don't Use:

Don't Belong In This Space:

Pantry Workspace:

Use:

Don't Use:

Don't Belong In This Space:

NOTE: You might find that you are eliminating things from your kitchen with this worksheet. It is ok to let go of things that are not being used. Remember to recycle the items by donating to charity or using your recycle bin. You will find when you have only the tools you need in these workspaces that your frustration level decreases.