

# Weekly Deep-Clean Schedule

A thorough kitchen clean — spread sensibly across the week.

Week of: \_\_\_\_\_ Completed by: \_\_\_\_\_

## — MONDAY

- Clean inside microwave
- Wipe all cabinet fronts
- Clean kettle and toaster outside

## — TUESDAY

- Scrub hob grates and burners
- Clean oven exterior
- Wipe fridge door seals and handles

## — WEDNESDAY

- Empty and wipe fridge shelves
- Check and discard expired items
- Clean fridge door interior

## — THURSDAY

- Deep clean sink with baking soda
- Descale taps and fixtures
- Sanitise chopping boards thoroughly

## — FRIDAY

- Mop floor thoroughly
- Wipe skirting boards and baseboards
- Clean recycling area and bin exterior

## — SATURDAY

- Wipe inside oven
- Clean extractor fan filter
- Descale coffee machine or kettle

## — SUNDAY

- Pantry tidy — check dates
- Wipe pantry shelves
-

Prep and plan for next week's meals



Free printable from [braffess.com](http://braffess.com)

