

DANA DINNAWI

— *empowered wellness & living* —

DAY OF THE WEEK	CLEANING	GROCERY SHOPPING	FOOD PREP	COOKING	LAUNDRY / IRONING	MISC.
SUNDAY (no help)	make beds	none	none	reheat food assemble salad	none	none
MONDAY	full house cleaning	order groceries	wash, chop, prep, and store all fruits and veggies	none	all darks and colors	none
TUESDAY	make beds clean bathrooms	none	none	make all food for Tuesday, Wednesday, and Thursday	all whites and delicates	none
WEDNESDAY (no help)	make beds	none	none	reheat food assemble salad	none	none
THURSDAY	full house clean	none	clean fridge	none	sheets all ironing	declutter piles and anything that has piled up
FRIDAY	make beds clean bathrooms	order groceries	wash, chop, prep, and store all fruits and veggies	eat out	socks and underwear	none
SATURDAY	make beds clean bathrooms	none	none	make all meals for Saturday, Sunday, and Monday	towels	none