



ZALEWSKA HOME · FREE GUIDE

The Organized Kitchen *in 7 days*

One zone a day. No renovation, no weekend lost, no new cabinets.

by Camila Zalewska · zalewskahome.com

How this *guide* works

An organized kitchen doesn't come from one heroic Saturday. It comes from 7 small decisions, one a day, each one fixing a specific source of mess.

It works in a rental, a galley kitchen, an open plan, a 1970s kitchen nobody has touched since. **It doesn't depend on square footage. It depends on sequence.**



The 7-day rule

- One zone a day. Don't skip ahead, don't double up
- 30 to 60 minutes a day. This is not a project
- A before and after photo of every zone. You will want the proof
- A donate bag open at all times. Unused for 6 months, it goes

What you'll need

- 1 large bag for donations
- 1 trash bag
- 1 damp cloth and 1 dry one
- 1 small box for "undecided" (you decide later)
- Optional: the pick of the day, linked on each page

THE INVISIBLE RULE

Every day, before you organize, edit. Most kitchens aren't messy. They're full. You don't need more space. You need fewer things.



DAY 01 OF 07

The audit and *the first purge*

45 minutes

Know exactly what you own before you organize any of it

Today's checklist

- ☐ Photograph the kitchen as it is today, from 4 angles: counter, sink, one open cabinet, the main drawer
- ☐ Open every cabinet and drawer and look at each one for 30 seconds
- ☐ Write down the 3 spots that bother you most when you walk in
- ☐ Pull everything expired: pantry goods, sauces, spices, vitamins
- ☐ Pick 5 things you haven't used in 6 months and put them in the donate bag
- ☐ List the tools you reach for every week. Those are your essentials

STYLIST'S NOTE

A messy kitchen almost always has 3 problems, not 30. Today you only need to find yours.

Nothing to buy today. Editing is free.



DAY 02 OF 07

Drawers: *flatware and tools*

40 minutes

Fix the mess nobody sees but you

Today's checklist

- ☐ Empty the flatware drawer completely
- ☐ Wipe it out and let it dry
- ☐ Sort into three piles: everyday flatware, extras, things that aren't flatware at all
- ☐ Donate the surplus. A household of four needs 8 place settings, not 16
- ☐ Empty the utensil drawer
- ☐ Keep only what you used in the last 60 days
- ☐ Put it back with dividers (see today's pick)

STYLIST'S NOTE

Every tool needs one fixed address. If it lives in three possible places, it lives nowhere.

TODAY'S PICK

Expandable bamboo drawer organizer

It stretches to the width of your drawer, outlasts plastic, and reads warmer every time you open it.

What to keep out and what to hide →



DAY 03 OF 07

Lower cabinets: *pots and lids*

50 minutes

End the lid avalanche and give pans room to breathe

Today's checklist

- ☐ Take every pot, pan and lid out of the cabinet
- ☐ Wipe the cabinet inside
- ☐ Split pans into the ones you use weekly and the ones that just sit there
- ☐ Donate or move out anything untouched for 60+ days
- ☐ Match lids to pans and let the orphans go
- ☐ Stand lids upright in a vertical rack (see today's pick)
- ☐ Nest pans by size, largest on the bottom

STYLIST'S NOTE

Lids stored upright take a fraction of the space of lids stacked flat. That is the whole trick.

TODAY'S PICK

Vertical pot lid organizer

Matte black steel, adjustable dividers, fits a standard 24-inch base cabinet. The thing nobody buys until they try one.

[More kitchen guides →](#)



DAY 04 OF 07

The pantry *and dry goods*

60 minutes

Turn the pantry into a system you can read at a glance

Today's checklist

- ☐ Take every item off the shelves (yes, every one)
- ☐ Wipe the shelves down
- ☐ Check every date and toss what's expired
- ☐ Group by category: grains, baking, pasta, coffee and tea, snacks
- ☐ Decant only the items you use most into airtight canisters (see today's pick)
- ☐ Line canisters up by category, tallest in the back
- ☐ Give one shelf to backstock: sealed packages waiting their turn

STYLIST'S NOTE

You don't need to decant everything. Just the 8 to 10 things you open every week. The rest can stay in the box on its own shelf.

TODAY'S PICK

Airtight glass canisters with bamboo lids

Clear enough to see when you're low, sealed enough to keep pantry moths and ants out.

Pantry organization that survives a real grocery run →



DAY 05 OF 07

Counters *and the sink*

45 minutes

Clear the counter and give the sink zone a look on purpose

Today's checklist

- ☐ Clear the counter completely
- ☐ Clean the counter and the sink area
- ☐ Decide what actually needs to live out versus what's out because putting it away is a hassle
- ☐ Send everything that isn't daily-use back into a cabinet
- ☐ Swap a tired plastic dish rack for one that matches the room
- ☐ Corral soap and sponge in a single caddy
- ☐ Add one textile: a good linen dish towel or a runner

STYLIST'S NOTE

The rule of three: no more than 3 categories of things on a visible counter. Past that, it reads as noise.

TODAY'S PICKS

Compact matte black dish rack + sink caddy

The two swaps that change how the whole kitchen reads without touching a single cabinet.

[Kitchen counter styling →](#)



DAY 06 OF 07

The fridge *and* meal prep

50 minutes

Apply the same logic to the door you open twenty times a day

Today's checklist

- ☐ Empty the fridge (use a cooler, or work fast)
- ☐ Wash the shelves and drawers
- ☐ Toss anything expired or forgotten
- ☐ Set zones: top for leftovers, middle for ready-to-use, bottom for raw meat, drawers for produce, door for drinks and condiments
- ☐ Move leftovers into clear glass so you can see what you have
- ☐ Retire stained plastic containers for glass
- ☐ Label meal prep with the date

STYLIST'S NOTE

Clear glass in the fridge changes everything. You see what you have before you cook, you shop less on impulse, and less food goes in the trash.

TODAY'S PICK

Glass meal prep containers with snap lids

Oven, freezer and dishwasher safe. For a weekly prep habit, this is what lasts.

The pantry and fridge system →



DAY 07 OF 07 · LAST DAY

Finishing *and upkeep*

60 minutes

Close the transformation and set the routine that keeps it

Today's checklist

- ☐ Move fruit off the counter into a tiered basket
- ☐ Put spices on a turntable next to the stove
- ☐ Add one living thing: a small plant, a pot of herbs, a few stems
- ☐ Photograph the finished kitchen from the same 4 angles as Day 1
- ☐ Put the photos side by side
- ☐ Write down your weekly upkeep routine (see the box)
- ☐ Stop. You just did in a week what most people put off for years

UPKEEP · 15 MIN A WEEK

Fridays: toss what's expired, wipe the counter, put things back. First Saturday: check the pantry. Every 3 months: repeat Day 4.

TODAY'S PICKS

Two-tier fruit basket + spice turntable

The two pieces that finish the look and make the before and after obvious.

Kitchen counter styling →

You finished *all 7 days*

Put the Day 1 and Day 7 photos side by side. The difference wasn't about buying. It was about deciding.

The 10 pieces that show up in the plan

Chosen to work together: matte black, warm wood, clear glass.

- | | |
|----|--|
| 01 | Expandable bamboo drawer organizer |
| 02 | Vertical pot lid organizer |
| 03 | Pull-out cabinet basket for the base cabinet |
| 04 | Airtight glass canisters with bamboo lids |
| 05 | Clear stackable fridge bins |
| 06 | Compact matte black dish rack |
| 07 | Sink caddy for soap and sponge |
| 08 | Glass meal prep containers with snap lids |
| 09 | Spice turntable (lazy Susan) |
| 10 | Two-tier fruit basket |

See the full kitchen guides, with photos and picks

zalewskahome.com/category/kitchen-dining

The next guides *from Zalewska Home*

The same 7-day method works in any room. Newsletter readers get the next guide by email.

The Calm Bedroom in 7 Days

The Working Home Office in 7 Days

The Easy Bathroom in 7 Days

The Lived-In Living Room in 7 Days



Zalewska Home

warm, collected home inspiration

zalewskahome.com · pinterest.com/zalewskahome

PRINT IT AND STICK IT ON THE FRIDGE

The 7-day *checklist*

The short version to follow day by day. No notes, no distractions. Check each box as you go.

Day 01 The audit

~45 min

- ☐ Photograph the kitchen from 4 angles
- ☐ List the 3 spots that bother you most
- ☐ Pull everything expired
- ☐ Pick 5 things to donate

Day 02 Drawers

~40 min

- ☐ Empty and wipe the flatware drawer
- ☐ Donate surplus flatware (8 settings is plenty)
- ☐ Empty the utensil drawer
- ☐ Keep only what you used in 60 days
- ☐ Reset with dividers

Day 03 Lower cabinets

~50 min

- ☐ Take out every pot and lid
- ☐ Wipe the cabinet inside
- ☐ Donate pans unused for 60+ days
- ☐ Let orphan lids go
- ☐ Nest pans by size

Day 04 Pantry

~60 min

- ☐ Take every item off the shelves
- ☐ Toss what's expired
- ☐ Group by category
- ☐ Decant the weekly items
- ☐ Give one shelf to backstock

continued on the next page →

CONTINUED · DAYS 5 TO 7

The 7-day *checklist*

The home stretch: counters, fridge, and the finish.

Day 05 Counters and sink

~45 min

- ☐ Clear and clean the counter
- ☐ Send non-daily items back to cabinets
- ☐ Corral soap and sponge in one caddy
- ☐ Add one textile

Day 06 Fridge

~50 min

- ☐ Empty and wash the fridge
- ☐ Toss expired and forgotten
- ☐ Set zones (leftovers, ready, meat, produce)
- ☐ Move leftovers into clear glass
- ☐ Date-label the meal prep

Day 07 Finishing

~60 min

- ☐ Move fruit into a tiered basket
- ☐ Put spices on a turntable by the stove
- ☐ Add one plant or herb pot
- ☐ Take the after photos
- ☐ Compare with Day 1
- ☐ Write down the weekly routine

*"An organized kitchen isn't about owning less.
It's about everything having a place."*