

One blank page per storage area, with the same nine columns as the pantry inventory spreadsheet template. Print one for the pantry, one for the fridge, and one for the freezer, since perishables move too fast for a single combined list.

STORAGE AREA _____ COUNTED BY _____ DATE _____

- Shelf oldest dates toward the front. That is the FIFO method, first in first out, so nothing quietly expires behind a newer can of the same thing.
- Par level is the minimum amount you want on hand before an item goes on the shopping list. Set it only for staples you use weekly.
- Update after every grocery trip and every big cook, then do a five-minute review once a month for anything past its use-by date.