



FOOD AUDIT TRACKER

HOW TO USE THIS TRACKER

If you're ready to author your own domestic narrative, the kitchen is the perfect place to start.

For the next week, your only task is to record your observations as you move through your usual food routine.

Instead of aiming for perfection, we're simply noting how the kitchen (and the food within it) makes us feel. As you use the Food Observation Tracker, try to look a layer deeper:

- Visual Check: What parts of the fridge or pantry feel overwhelming or "hidden"?
- Atmospheric Check: Does the air in your kitchen feel light and nourishing, or heavy with "stagnant" energy?
- The Irritation Factor: Is there a specific shelf or habit that consistently feels frustrating?
- The Cozy Moment: Did a certain meal or a well-organized jar bring a sense of peace today?
- The Reset: After you prepped produce or cleared a shelf, did the atmosphere of the room improve?

Use these prompts alongside the tracker to audit your inventory and your habits. By the end of the week, you won't just have a list of food, you'll have a map of your family's unique rhythm.

(p.s. No printer? No problem. Just grab a notebook and use these headers)

WHAT NOW?

By taking the time to observe your own unique rhythms and patterns, you have taken the first step toward owning your domestic narrative. And where better to reclaim that story than in the heart of the home?

Now that you've observed the "food energy" of your kitchen, let's put that intention into practice.

Each month at CozyMagicHome.com, we deep-dive into a new domestic theme, from this month's focus on reducing food waste to finding the magic in a weekly washing schedule.

Did you find a rhythm that feels like a dance, or a friction point that surprised you? Share your tracker findings and tag me @CozyMagicHome

I love seeing how your unique hearth is coming to life and how you're turning "chaos" into your own version of clarity.

Wishing you all the Cozy Magic,
Amrita
xo