

GROUND E D R O A M E R

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# The Kitchen Workstation System

Making cooking easier — without changing the kitchen.

*Lean manufacturing thinking, applied where you actually cook.*

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| <b>1. The Tray System</b>        | Group by task. One movement instead of five trips.     |
| <b>2. Work Where You Use</b>     | Stop moving around the kitchen. Bring the work to you. |
| <b>3. Drawers Follow Use</b>     | Most-used at reach. Rarely-used further away.          |
| <b>4. Weight and Safety</b>      | Store by how you lift, not just where things fit.      |
| <b>5. Flow, Not Organisation</b> | Fewer stops. One continuous thing.                     |
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## Before You Start

Most kitchens are not messy. They are just set up wrong — for a version of cooking that does not match how you actually use the space.

This guide applies the same thinking I have used in lean manufacturing for more than 20 years. In a factory, if something slows you down, you change the system. Not the person. The system.

Five small shifts — each one independent, each one usable on its own. No renovation. No new storage. Just paying attention to how the space actually works and making small adjustments.

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### HOW TO USE THIS

1. Pick one idea from the five chapters. Try it this week.
2. Notice what changes. Even small friction changes count.
3. Come back to the others when the first one holds.
4. Documenting, not perfecting. Small adjustments. Less friction.

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— **Tyrone, Grounded Roamer**

*Lean Living Practitioner*

## 1

**CHAPTER 1 OF 5**  
*The Tray System*

# Group by Task

One movement instead of five trips.

**THE WORK**

- Pick your most common meal. List what you reach for every time.
- Put those ingredients and spices into a dedicated tray.
- When cooking that meal, pull the tray out. Everything is already together.
- Build one tray at a time — don't reorganise everything at once.
- If you reach for something three times in one session, it belongs in a tray.

**QUIET LESSON**

*Before this, I didn't notice how many little trips I was making. One spice, then another. Now it's one movement. Pick it up. Use it. Put it back.*

**REFLECT**

*What is the one meal you cook most often — and what would its tray contain?*

## 2

## CHAPTER 2 OF 5

*Work Where You Use Things*

## Stop Moving

Keep the work in one place — bring things to you.

**THE WORK**

- Notice where you naturally stand most when cooking. That is your workstation.
- When you set up to cook, bring tools to that spot — not the other way around.
- If baking, set up near the drawer with measuring spoons and utensils.
- If mixing, move closer to the pantry — then bring the cups to you.
- After one session, note where you walked unnecessarily. Fix that next.

**QUIET LESSON**

*It's not something you think about at first. But once you notice how much you're moving — you realise how many extra steps there were. Now it's just smoother.*

**REFLECT**

*Where do you naturally stand most when you cook? Is everything within reach from there?*

## 3

## CHAPTER 3 OF 5

*Set in Order by Use*

## Drawers Follow Use

Most-used at reach. Rarely-used further away.

**THE WORK**

- Open every drawer. Note what you actually reach for each day.
- Move most-used items to the easiest spot — top drawer, hand height.
- Move rarely-used items up high or down low.
- Don't do everything at once. Move one drawer. Live with it a week.
- If it keeps feeling wrong, adjust it. The system is always a draft.

**QUIET LESSON**

*Most kitchens are set up once — and never adjusted. Even when they don't quite work. I just started moving things based on use. Not all at once. Just when something felt slightly off.*

**REFLECT**

*What do you reach for every single day — and is it genuinely easy to get to?*

## 4

**CHAPTER 4 OF 5**  
*Weight and Safety*

## Store by How You Lift

Not where things fit — where they're safe to move.

**THE WORK**

- Identify your heaviest items — pressure cooker, stand mixer, cast iron.
- Move them where they can be lifted without awkward angles.
- Upper shelves: medium-weight items you don't use daily.
- Lower shelves: light, flat things — baking trays, lids, bento boxes.
- Test each position: can you move this safely, alone, hands wet?

**QUIET LESSON**

*Before, I didn't think about weight at all. But once you notice how you're lifting things — it's hard to ignore. It's not about being organised. It's about making the space easier and safer to use.*

**REFLECT**

*What is the heaviest thing in your kitchen — and are you lifting it in the best position?*

## 5

## CHAPTER 5 OF 5

*Flow, Not Organisation*

## It's About Flow

Fewer stops. Fewer decisions. One continuous thing.

**THE WORK**

- After your next cooking session, note every time you stopped or had to think.
- Each stop is a signal — something was not where it needed to be.
- Fix one stop per week. Not five. One.
- Two-minute test: if putting something away takes more than two minutes, the system is wrong.
- Treat the kitchen as a draft. Small adjustments, compounding over time.

**QUIET LESSON**

*I didn't need a better kitchen. I didn't need more storage. I just needed it to work with me. And that came from small adjustments. Paying attention. Trying something — keeping what worked — and changing what didn't.*

**REFLECT**

*What is the one moment in your cooking routine that feels like friction — every single time?*

## Keep going, quietly.

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What this guide isn't: a kitchen renovation.

What it is: a slow change in how the space behaves.

The first system you try will feel a little awkward. The second time is faster. By the third, it's just how the kitchen works.

If something didn't work — that's data. Note it. Adjust one thing. Don't redo five.

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### WHERE TO FIND MORE

<b>YouTube</b>	Search Grounded Roamer for the video that goes with this guide.
<b>Substack</b>	<a href="https://substack.com/@groundedroamer">substack.com/@groundedroamer</a> — fortnightly on home systems, simple growing, and quiet travel.
<b>Website</b>	<a href="https://groundedroamer.com">groundedroamer.com</a>

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— **Tyrone**

*Lean Living Practitioner · Grounded Roamer*

*Living light, growing deep.*

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