
GREEN CLEANING RECIPES – QUICK CHEAT-SHEET

(Print, laminate, or tape inside a cabinet)

TIP → Label each bottle with the recipe + date.
Most mixes stay fresh ~1 month.

ALL PURPOSE SPRAY

INGREDIENTS

- 1 cup white vinegar
- 1 cup water
- 10 drops lemon or lavender essential oil (optional)

METHOD

Shake in a 16-oz glass spray bottle. Great for countertops, fridge shelves, backsplash. *Avoid natural stone.*

GLASS & MIRROR SPRAY

INGREDIENTS

- 1 cup water
- 1 cup isopropyl alcohol (70 %)
- 1 Tbsp white vinegar

METHOD

Mist and wipe with a microfiber cloth for a streak-free finish.

SCOURING PASTE

INGREDIENTS

- ½ cup baking soda
- Enough liquid castile soap to form a paste

METHOD

Scrub sinks, tubs, and stovetops with a damp sponge.

TOILET BOWL FIZZY

INGREDIENTS

- ½ cup baking soda (pour into bowl)
- 1 cup vinegar (drizzle to activate)

METHOD

Let fizz 10 min → scrub → flush.

FRESH FLOOR WASH

INGREDIENTS

- 2 tsp castile soap
- 1 gallon warm water

METHOD

Safe on tile, laminate, sealed wood.

QUICK PANTRY CHECKLIST

- ☐ White vinegar
 - ☐ Baking soda
 - ☐ Liquid castile soap
 - ☐ Lemons or lemon juice
 - ☐ Isopropyl alcohol 70 %
 - ☐ Essential oils (optional)
 - ☐ Filtered water
 - ☐ Glass spray bottles / jars
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