



KITCHEN REMODELING COST IN TENNESSEE: 2026 PLANNING GUIDE

Heavy Dutys Construction · Morristown, TN

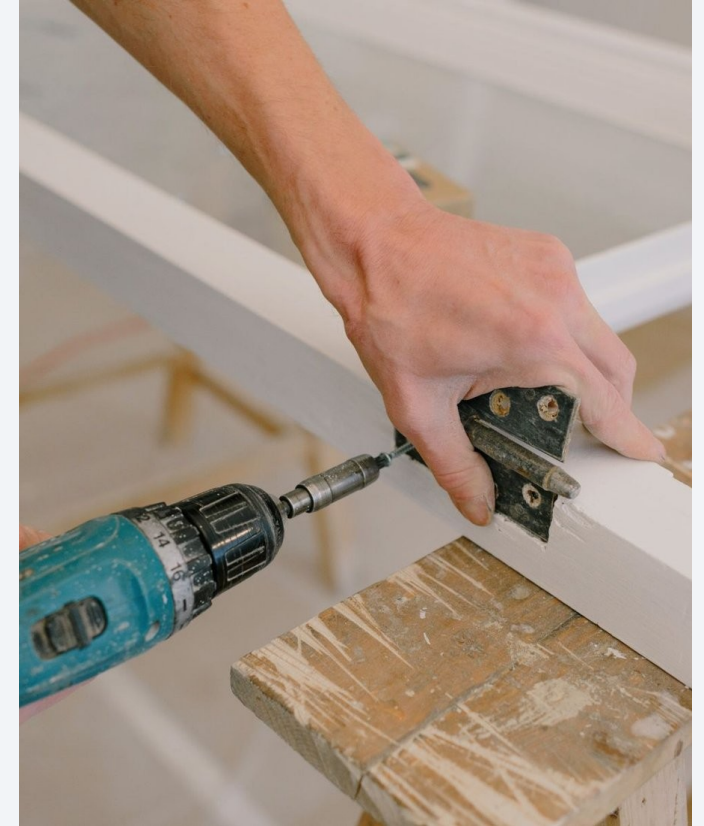
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AT A GLANCE

- Cabinets and labour are the two biggest costs
- Keeping the layout saves on plumbing and electrical
- Set a 10 to 15 percent contingency
- Order materials early to protect the schedule
- Permits may be needed for electrical or plumbing changes

THREE REMODEL LEVELS

- Refresh: paint, hardware, lighting, backsplash
- Mid-range: new cabinets, counters, sink, flooring
- Full remodel: new layout, island, appliances, systems
- Choose the level that matches how long you will stay



WHERE THE BUDGET GOES

- Cabinets and installation: the largest share
- Countertops: laminate, quartz or granite
- Labour and trades: carpentry, plumbing, electrical
- Appliances, lighting and fixtures
- Flooring, backsplash and paint

TYPICAL BUDGET SPLIT

Item	Share of budget
Cabinetry and hardware	About 30%
Labour and installation	About 20%
Countertops	About 10%
Appliances	About 15%
Flooring, lighting, plumbing, other	About 25%

Source: [NKBA kitchen planning guidelines](#)

WAYS TO SAVE

- Keep sink, range and fridge where they are
- Choose semi-custom instead of custom cabinets
- Use quartz remnants for a small island
- Refinish good cabinets instead of replacing
- Bundle flooring and trim into one project

TIMELINE

- Design and estimate: 1 to 3 weeks
- Material lead times: 2 to 8 weeks
- Demolition and rough-in: 1 week
- Cabinets, counters and finishes: 2 to 3 weeks
- Final walkthrough and punch list

FREQUENTLY ASKED QUESTIONS

- Can I stay home? Yes, set up a temporary kitchen.
- Do I need a permit? For electrical or plumbing changes.
- Best ROI? Mid-range remodels recoup the most.
- Quartz or granite? Quartz needs less upkeep.
- How to start? A walkthrough and written estimate.

PLAN YOUR NEW KITCHEN

Know your numbers before you start.

[Request a Kitchen Estimate](#)

[See Remodeling Services](#)

CONTACT

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Serving Morristown and Hamblen County, East Tennessee

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