

REFRIGERATOR MAKE-OVER

Here is a standard guide on how to organize your refrigerator and make sure that it stays, clean, organized, and of course healthy.

Often times it is easy to forget about the healthy options in our refrigerators that somehow end up in the back behind the 2 liter coke bottle, or container with last night's left over.

This model will help you organize no matter how big or small your refrigerator is.

Milk, cheese, 100% juice, bottle water

Lemons, fresh herbs, fresh tomatoes

Broccoli, carrots, potatoes, etc

Frozen Fruits, ice trays, frozen poultry and meats (already cut), ground beef or turkey, frozen vegetables, Low fat ice cream, sorbets

Eggs, butter, jelly, mustard, dressings

Defrosted chicken or meat for tonight's dinner

TIP!
Keep all of your meats on the bottom shelf to avoid dripping, and cross – contamination

TIP: Squeeze fresh oranges right into my nest measuring cup with lid. This is perfect to add in water and sugar, or sugar substitute without having to use several measuring cups and storage containers. This measuring cup has an easy grip handle which allows for you to blend the orange juice as you wish and store it right in your fridge with the lid. Best of all make as much or as little as you like.

