

# The Healthy Fridge Method

**Organise Your Fridge. Nourish Your Body. Simplify Healthy Eating**

**A simple system to help you:**

- **Build balanced meals**
- **Improve blood sugar balance**
- **Reduce mindless snacking**
- **Support healthy weight management**
- **Make healthy choices easier**

***When healthy foods are visible, organised, and ready to eat, healthy eating becomes effortless.***



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# Why Your Fridge Matters

Most people organise their fridge by food type:

- Dairy together
- Meat together
- Vegetables in the crisper
- Condiments in the door

*The problem ?*

When healthy foods aren't visible and organised, making balanced choices becomes harder. More often than not, we end up snacking on what's convenient rather than choosing foods that nourish and support our health.

***The Healthy Fridge Method*** organises your food according to the nutrients your body needs:



Protein



Fibre



Healthy Carbohydrates



Healthy Fats

*This simple shift makes healthy eating faster, easier, and more intuitive.*



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# Shelf 1: Protein

## ***Protein helps:***

- ✓ Build and maintain muscle
- ✓ Support metabolism
- ✓ Stabilise blood sugar levels
- ✓ Keeps you feel fuller for longer



## **Animal Protein:**

- Eggs
- Chicken
- Turkey
- Beef
- Lamb
- Fish
- Seafood
- Greek yoghurt
- Cottage cheese
- Ricotta

## **Plant Protein:**

- Tofu
- Tempeh
- Edamame
- Legumes (beans, lentils, peas)

***Aim to include protein with every meal.***



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# Shelf 2: Fibre

## ***Fibre supports:***

- ✓ Gut health
- ✓ Healthy digestion
- ✓ Blood sugar regulation
- ✓ Satiety



## **Raw Vegetables:**

- Carrot
- Cucumber
- Capsicum
- Celery
- Cherry tomatoes
- Radish

## **Leafy Greens**

- Lettuce
- Rocket
- Spinach
- Kale
- Asian greens

## **Cooked Vegetables**

- Broccoli
- Cauliflower
- Zucchini
- Mushrooms
- Green beans

## **Fermented Foods**

- Sauerkraut
- Kimchi
- Pickled vegetables

***Challenge yourself to fill half your plate with fibre-rich vegetables.***



# Shelf 3: Healthy Carbohydrates

## *Carbohydrates provide:*

- ✓ Energy
- ✓ Fibre
- ✓ Essential nutrients



## **Whole Grains:**

- Brown rice
- Basmati rice
- Quinoa
- Buckwheat
- Barley

## **Legumes:**

- Lentils
- Chickpeas
- Mixed beans

## **Starchy Vegetables**

- Sweet potato
- Pumpkin
- Potato
- Corn

## **Fruit (Winter):**

- Apples
- Pears
- Kiwi fruit
- Oranges
- Mandarin
- Grapefruit
- Persimmons

• Bananas  
(occasionally if needing Low GI)

• Berries  
(frozen organic when not in season)



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***Choose minimally processed carbohydrates whenever possible.***

# Shelf 4: Healthy Fats

## **Healthy fats support:**

- ✓ Hormone production
- ✓ Brain health
- ✓ Nutrient absorption
- ✓ Satiety



## **Whole Food Fats:**

- Avocado
- Olives
- Tahini (Sesame Paste)
- Natural Nut Butters (minimally processed)
- Coconut yoghurt

## **Nuts & Seeds:**

- Almonds
- Walnuts
- Pepitas
- Chia seeds
- Hemp seeds
- Flaxseeds

## **Healthy Oils:**

- Extra virgin olive oil
- Flaxseed oil
- Hemp seed oil
- Grass-fed butter
- Ghee

***A little healthy fat goes a long way.***



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# Build a Balanced Plate

*At each meal, choose:*

- ✓ 1x protein
- ✓ 1-2x fibre-rich vegetables
- ✓ 1x healthy carbohydrate
- ✓ 1x healthy fat



Examples of balanced meals:

## **Breakfast**

Greek yoghurt + berries + chia seeds + walnuts

## **Lunch**

Chicken + mixed salad + sweet potato + avocado

## **Dinner**

Salmon + broccoli + quinoa + olive oil & fresh lemon dressing



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# The Healthy Fridge Checklist

## Weekly Prep

- Wash, dry, chop & store vegetables
- Cook at least two protein sources
- Prepare two healthy carbohydrates
- Stock healthy fats
- Restock fermented foods
- Remove expired foods
- Create visibility for healthy choices

## Remember

You don't need a perfect diet.

**You need a fridge that makes healthy choices easier.**

*Small changes repeated consistently creates lasting results.*



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# THE HEALTHY FRIDGE METHOD

Organise your fridge. Fuel your body. Feel your best. 🌿



## 1 PROTEIN



## 2 FIBRE (VEGETABLES & FERMENTED FOODS)



## 3 HEALTHY CARBS



## 4 HEALTHY FATS



- ### FRIDGE DOOR ESSENTIALS
- Extra virgin olive oil
  - Apple cider vinegar
  - Balsamic vinegar
  - Mustard
  - Herbs & spices
  - Lemon & lime juice
  - Tamari

- ### 1 PROTEIN
- ANIMAL PROTEINS**
- Cooked chicken breast or thigh
  - Roast beef or lamb
  - Cooked turkey
  - Hard-boiled eggs
  - Fresh eggs
  - Tinned tuna or salmon
  - Smoked salmon
  - Greek yoghurt
  - Cottage cheese
  - Ricotta cheese
- PLANT PROTEINS**
- Tofu
  - Tempeh
  - Edamame
  - Cooked lentils
  - Cooked chickpeas
  - Cooked black beans
  - Hummus

- ### 2 FIBRE (VEGETABLES & FERMENTED FOODS)
- RAW VEGETABLES**
- Carrot sticks, Celery sticks
  - Cucumber, Capsicum strips
  - Snow peas, Cherry tomatoes
  - Radishes
- SALAD VEGETABLES**
- Mixed lettuce leaves, Rocket
  - Spinach, Kale, Cabbage
  - Asian greens
- COOKED VEGETABLES**
- Roasted broccoli, Cauliflower
  - Zucchini, Green beans
  - Brussels sprouts, Mushrooms
- FERMENTED FOODS**
- Sauerkraut, Kimchi
  - Pickled vegetables

- ### 3 HEALTHY CARBS
- COOKED GRAINS**
- Quinoa, Brown rice
  - Basmati rice, Buckwheat
  - Barley
- LEGUMES**
- Lentils, Chickpeas
  - Cannellini beans
  - Mixed bean salad
- STARCHY VEGETABLES**
- Roasted sweet potato
  - Pumpkin, Potato, Corn
- FRUIT**
- Berries, Apples, Pears
  - Grapes, Kiwi fruit

- ### 4 HEALTHY FATS
- WHOLE FOOD FATS**
- Avocados, Olives
  - Tahini, Nut butters
  - Coconut yoghurt
- NUTS & SEEDS**
- Walnuts, Almonds, Cashews
  - Pepitas, Sunflower seeds
  - Chia seeds, Hemp seeds
  - Linseeds / flaxseeds
- OILS (IF REFRIGERATED AFTER OPENING)**
- Cold-pressed flaxseed oil
  - Hemp seed oil

**BUILD A PLATE**  
At each meal, choose:

- 1 PROTEIN
- 1-2 FIBRE-RICH VEGETABLES
- 1 HEALTHY CARBOHYDRATE
- 1 HEALTHY FAT



## Prep Smart, Store Safe

### Food Preparation & Food Safety Guide

The Healthy Fridge Method is designed to make healthy eating easier, but how much food you prepare will depend on:

- The number of people in your household
- How often you cook
- Your work and family schedule
- Available fridge and freezer space

The goal isn't to prepare an entire week's worth of meals. Instead, prepare enough food to make healthy choices convenient over the next few days.

### General Storage Guidelines

#### Protein

Cooked chicken, beef, lamb, turkey, fish

- Best consumed within 3-4 days
- Freeze portions if preparing larger batches

Hard-boiled eggs

- Up to 7 days

Tofu and tempeh

- Follow package instructions once opened

#### Vegetables & Fibre Foods

Washed, dried and chopped vegetables

- Generally 3-5 days

Leafy greens

- Best used within a few days of washing and drying

Roasted vegetables

- Generally 3-4 days

A good strategy is to wash, dry and prepare vegetables rather than fully cook everything ahead of time.

*Drying inhibits bacterial growth.*

#### Grains & Legumes

This is where a little extra care is needed.

Cooked rice

- Ideally consume within 1-2 days
- Store in the refrigerator promptly after reaching room temperature.
- Reheat thoroughly

Cooked quinoa, barley and other grains

- Generally 3-4 days

Cooked lentils and beans

- Generally 3-4 days

If you're preparing larger quantities, consider freezing portions rather than storing them in the fridge for extended periods.

#### A Note About Rice

Rice can contain naturally occurring spores that may survive cooking. If cooked rice is left at room temperature for extended periods or stored for too long, bacteria can multiply and produce toxins.

For this reason:

Cool rice promptly

Refrigerate as soon as it reaches room temperature

Aim to use within 1-2 days



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## Healthy Fats

Nuts and seeds

Can be stored in the pantry or fridge

Nut butters

Follow storage instructions on the jar

Avocados

Store according to ripeness

## Pantry vs Fridge

Not everything needs to live in your Healthy Fridge.

Pantry Staples

Keep these in your pantry and simply use them as needed:

- ✓ Tinned lentils
- ✓ Tinned chickpeas
- ✓ Tinned beans
- ✓ Tinned fish
- ✓ Brown rice
- ✓ Quinoa
- ✓ Buckwheat
- ✓ Oats
- ✓ Nuts and seeds
- ✓ Nut butters
- ✓ Olive oil
- ✓ Herbs and spices
- ✓ Vinegars

Fridge Staples

Reserve fridge space for:

- ✓ Cooked proteins
- ✓ Prepared vegetables
- ✓ Salad ingredients
- ✓ Fermented foods
- ✓ Fresh fruit
- ✓ Healthy fats

## The “Three-Day Prep” Rule

A simple approach is to prepare enough food for approximately 3 days rather than 7 days.

This helps:

- Maintain freshness
- Reduce food waste
- Improve food safety
- Keep meals interesting and varied

Remember: the goal isn't perfection. It's creating an environment where healthy choices are visible, accessible, and easy to assemble.



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