



THE 5 DAY FRIDGE DETOX CHALLENGE WORKBOOK

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TO THE 5 DAY FRIDGE DETOX CHALLENGE

Did you know the average person spends \$2600 per year in groceries. That's about \$220 per month, per person. So, if you're shelling out your hard-earned money -- \$220 per month, per person, wouldn't you want to make sure your investment is taken care of?

The best way to take care of your investment is to keep things clean, tidy and organized, so that you know in an instant what you have, and where it's at.

That is exactly why we created this challenge for you!

Let's get started!
-Jaden

THE SCHEDULE

THE 5 DAY FRIDGE DETOX CHALLENGE

DAY ONE:

MINDSET RESET-
CLEAN KITCHEN CLEAN MIND

DAY TWO:

DETOX DAY - CLEANING

DAY THREE:

DETOX DAY - ORGANIZATION

DAY FOUR:

RESTOCK WITH
GOOD FOOD + GOOD ENERGY

DAY FIVE:

REVERSE MEAL PLANNING

YOUR CHALLENGE RULES!

THERE ARE ONLY THREE RULES TO THE CHALLENGE!

- 1 IN YOUR TIME.**

If you feel like you need more than 5 days to complete this challenge, that's ok! We are here for you! This is your project, and in your time. While cleaning and organizing may require time and sleeves up, it should be a cleansing, cathartic moment.
- 2 PROGRESS OVER PERFECTION.**

This is a work in progress. Getting started is more important that getting everything perfect or finished right away.
- 3 MAKE IT FUN!**

We know that organizing can feel daunting but we encourage you to look at the challenge with an open mind and open heart! Turn your favorite tunes on and envision the gift of a clean space for yourself!



SUPPLIES CHECKLIST

CLEAN

- **NON-TOXIC MULTI-PURPOSE CLEANERS OPTIONS:**
 - BRANCH BASICS MULTI-PURPOSE CLEANER
*GREAT FOR GREASE TOO
 - BLISSFULLY CLEAN NON-TOXIC CLEANER (GREAT FOR COUNTERS, FRIDGE SHELVES)
 - AFM SAFE CHOICE CLEANER & DEGREASER (FOR EVERYTHING IN THE KITCHEN)
 - BIOKLEEN ALL-PURPOSE CLEANER (GREAT FOR COUNTERS AND FRIDGE)
- DISH SOAP: CASTILE DISH SOAP
- GLOVES: FULL CIRCLE GLOVES
- CLEANING BRUSHES: FULL CIRCLE ECO BRUSHES
- BIO-DEGRADABLE SPONGES
- SWEDISH DISHCLOTHS, TOWELS OR PAPER TOWELS
- LARGE COOLER AND COLD PACKS

INVENTORY

- MASKING TAPE (NOT IDEAL, BUT WORKS)
- WATER SOLUBLE LABELS - FOR GLASS OR PLASTIC STORAGE CONTAINERS. VERY EASY TO REMOVE
- LARGE, REMOVABLE FREEZER LABELS - WATER & OIL RESISTANT. LARGE ENOUGH TO WRITE DOWN CONTENTS AND RECIPE IDEAS
- MARKERS

ORGANIZE

- CLEAR PLASTIC BINS
- TURNTABLE - EASY ACCESS TO YOU CONDIMENTS
- DRAWER LINERS
- RE-USEABLE COTTON PRODUCE BAGS
- RE-USEABLE GLASS STORAGE CONTAINERS FOR FOOD

HELPING YOU WITH AN ECO-FRIENDLY KITCHEN

*Meet our healthy kitchen expert
Loni Brown from EntirelyEco*

Loni Brown, Healthy Home Expert and Founder and CEO of [EntirelyEco](#), helps parents design and create beautiful eco-friendly, toxin-free homes for their families. Loni specializes in Wholesome Home Design which blends toxin-free living with interior design for a healthier and more comfortable home. Her certified organic eco home shop has beautiful, eco-friendly home decor for the whole family.

For her expertise, Loni has been featured in [mindbodygreen](#), [New Mom Boss](#), and [PABR Institute's Weekend Wellness Hour](#), and [Familypreneur](#) to name a few.



We are thrilled to have Loni along with us for the challenge to help educate and share her expertise in all things eco-friendly!

Loni has shared her favorite healthy kitchen swaps and products on the next few pages to help inspire and help you in any switches you can make in your kitchen!

Take a look at the next few pages and check out some of Loni's favorite recommendations by clicking on the word!

HEALTHY KITCHENS BY LONI BROWN (ENTIRELYECO) KITCHEN DETOX SWAPS

SWAP THIS

Aluminium Foil

Plastic Containers

Plastic Wrap

Ziploc Bags

Plastic Smoothie Bottles

Plastic Cutting Board

Plastic Bottled Water

Non-Stick Cookware

Plastic Plates & Bowls

Plastic Beverage Pitcher

Plastic Tea Kettle

Plastic Grocery Bags

Paper Towel & Napkins

FOR THIS!

Unbleached Parchment Paper

Glass Containers

Beeswax Wrap

Silicone Zip Bags

Stainless Steel & Glass Bottles

Bamboo or Silicone cutting boards

Stainless Steel Water Filter

Ceramic, Cast Iron, Stainless Steel

Bamboo, Glass, Ceramic Plates & Bowls

Glass or Ceramic Beverage Pitcher

Glass or Stainless Steel Kettle

Organic Cotton Reusable Bags

Reusable Cloths and Napkins



NON-TOXIC KITCHEN CLEANING PRODUCTS

Loni's Recommendations!



HOMEMADE DIY MULTI-PURPOSE CLEANER:

Combine baking soda, vinegar and lemon juice with your favorite essential oils **such as peppermint or tea tree oil*

- Branch Basics Multi-Purpose Cleaner **great for grease too*
- Branch Basics Streak-Free **for glass and shiny surfaces*
- Blissfully Clean Non-Toxic Cleaner **great for counters, refrigerator shelves*
- AFM Safe Choice Multipurpose Cleaner and Degreaser **great for cleaning pretty much everything in the kitchen*
- HydrOxi Pro Cleaning Wipes **for removing germs and contaminants*
- Biokleen All-Purpose Cleaner **great for counters, refrigerator drawers/shelves*
- Puracy Natural Dish Soap
- Castile Dish Soap
- Dropp's Dishwasher Detergent Pods **plastic-free, contains no artificial colors, synthetic fragrances, or dyes*
- Full Circle Gloves
- Full Circle Eco Brushes
- Coconut Fiber Dish Brushes
- Glass spray bottles **buy cleaners in bulk and fill glass spray bottles*



DAY 1

MINDSET RESET:

CLEAR KITCHEN, CLEAR MIND

1 | MINDSET RESET

CLEAR KITCHEN, CLEAR MIND

Before we start, we need a little mindset reset!

The way you've been stuffing your refrigerator is not serving you at all!

So, I want to equip you with the mindset and support you in your journey to healthier eating and money and time saving strategies by having a clean and organized refrigerator. There is a little bit of work, changing the way you organize and plan your groceries. But there is a lot of freedom at the end of this - imagine having a completely organized refrigerator, and a game plan for your groceries. But we have to do a few things to get to there....you have to be in a certain mindset to make this happen and be a success in this process. Here's the good news: the time investment is all upfront.

Once you do the work, the rest, the day to day, only takes minutes and is so easy. So, what's the work? It's doing the refrigerator detox. Cleaning, organizing and doing inventory of the food in your refrigerator. You have to know what food you have...then after that, it's easy peasy. Just a few seconds of jotting down food every time you unpack your groceries, or slide leftovers into a container.

*And at the end of it - there is freedom and empowerment.
- and a very clean, organized, neat, refrigerator!**

You know exactly what you have and you'll never waste money buying more than you need that will spoil. Imagine knowing where everything is, when items expire, so that you can use every last bit of your investment in groceries. When your space is clean, you'll experience clarity, and a sense of peace.

You'll get rid of stuck negative energy, making space for new, good energy and flow to come in and bless your life!



1 | MINDSET RESET

CREATING GOOD ENERGY AND FLOW

Our big message is stopping food waste at home. At the same time, I also believe in getting rid of bad or stuck energy...and things that don't serve you well.

We discard bad energy so that good energy can easily flow in its place.

Sometimes, this means throwing something away, releasing those things that do not serve you, to clear way for things that serve you better. To bring this back to food....consider tossing the salad dressing you bought 2 years ago that nobody likes the taste of, and replacing it with a new dressing that inspires you to eat more healthy greens.

Better yet, consider donating or giving away anything unopened to someone else who would love it!

*Release things that don't serve you....
to make room for good energy and
positive flow.*

DAY ONE: MINDSET RESET TASKS

This is your first task sheet! You will find daily tasks to complete and a space for notes if needed! Today is about adjusting our mindset and envisioning what a clear kitchen would help us feel like!

DAILY TASKS

- Sign Up + Introduce Yourself In our Challenge Facebook Group
- Take a Before Picture Of Your Fridge!
- Complete Journal Prompts on next page!
- Get Supplies Ready
- Print Out Inventory Worksheets (or create something electronically)
- Set intentions and Goals for the challenge
- Envision your clean space when this challenge is over!

NOTES:

CHECK IN THE FACEBOOK GROUP

Check the FB Group for Jagens Daily Detox Talk + Giveaway!

MINDSET RESET

JOURNAL PROMPTS

WHAT IS YOUR MAIN STRUGGLE WITH YOUR FRIDGE RIGHT NOW ?

Let's identify where we are starting. List out your current struggles with keeping a clean organized fridge!

DESCRIBE HOW IT WOULD FEEL TO BE IN A STATE OF ORGANIZATION AND INSPIRATION IN YOUR KITCHEN?

How would it actually feel to open your fridge and feel inspired? How would that benefit your day to day life in the kitchen?

DAY ONE: MINDSET RESET

JOURNAL PROMPTS

HOW CAN YOU SET YOURSELF UP FOR SUCCESS WITH ORGANIZATION + MEAL PREP?

How can you commit and set yourself up for success to have an organized kitchen and smooth reverse meal planning? An example would be to set 20 minutes weekly to put groceries away properly or designate times to plan out meals / clean fridge etc!

WHAT ARE YOUR GOALS FOR MEAL PREPPING, YOUR KITCHEN, NUTRITION ETC. FOR 2021

Write your main goals this year for meal prepping, food waste and your nutrition!



DAY 2 & 3

DETOX DAYS!

CLEANING, ORGANIZATION +
INVENTORY

2&3 | DETOX DAYS

BIG REFRIGERATOR CLEAN OUT & INVENTORY!

Welcome to Day 2 & 3....it's detox time!!! It's time to do the work!

Typically, people set aside 2 hours to do this step: One hour for taking everything out, sorting and discarding...and the second hour for organizing, labelling and inventory.

However, it could take you longer! That's why we are breaking this down into 2 days, so that you can work at your own pace.

PREPARATION

Make sure that you read the Challenge Pre-Work at the beginning of this workbook!

Ensure you have lots of empty space on your counter, and also have an empty sink. Place ice packs in your cooler, if you need.

Gather your cleaning supplies - bonus if they are non-toxic, eco-friendly options! See the included list of Loni's solutions!

TIP: MAKE IT FUN! Create a fun cleaning playlist, turn into a family activity put on a favorite podcast or audiobook, and hold the vision of a clean and organized space while you detox!

STEP ONE: REMOVE + CLEAN!

Remove everything from your refrigerator. Things that are perishable, like milk and meats, can go into the cooler temporarily. Discard anything that has spoiled or is past its prime!

1. Be ruthless - you need to make room for organizing and for good food that you'll actually eat. There's no sense in keeping that funky mushroom sauce if nobody likes it. It's just taking up space - and we want to create new good energy.

2. Give your refrigerator shelves and drawers a good cleaning - use non-toxic, eco-friendly cleaning supplies (see Loni's recommendations)

a. Remove all the shelves and drawers, give them a good cleaning with warm, soapy water. Wash the walls of the refrigerator.

b. Add a box of baking soda to keep the refrigerator fresh - the baking soda absorbs odors.

c. Don't forget to wipe down the outside of the refrigerator too! Psst....if you have muscles....feel free to nudge the refrigerator out and clean the dust bunnies out from under, behind and besides too!

3. Now, let's take a look at all your food! Group similar items together, like salad dressings, condiments, snacks, produce, etc. Take stock of what you have...and feel free to prune again.

TIP: HAVE 3 JARS OF MUSTARD?
LET'S LOOK UP SOME RECIPES
THAT USE MUSTARD, LIKE HONEY
MUSTARD CHICKEN - AND ADD
THAT TO NEXT WEEK'S MEAL
PLAN.



DAY 2&3 : DETOX DAYS

STEP TWO: ZONES & ORGANIZATION

Set Up Zones to make it easy to find items, and store like with like. You'll always know where everything is! Every item has a home.

- **Drawer 1:** Veggies
- **Drawer 2:** Fruit
- **Door shelves:** Condiments
- **Bottom shelf :** milk, meats, anything that requires the coldest part of the refrigerator
- **Leftover Shelf:** Reserve one shelf or section for only leftovers
- **Grab n Go Shelf:** Create one section for just easy-to-grab snacks

TIPS TO ZONING & ORGANIZING YOUR FRIDGE:

Make this your own. What works for you and your family? If you have little ones, make sure their specific snacks are near the bottom so they can reach it.

I don't eat a lot of fruit (I'm allergic), so I use one of my drawers for salad-making ingredients that are already cut up.

Maybe use large organizing bins for "Sandwich making supplies" like meats, cheese, mustard and mayo. There's no perfect system - remember progress over perfection. Start with a system, and modify as you go along.

EVERYTHING SHOULD
HAVE A HOME IN
YOUR FRIDGE AND
SETTING **ZONES** WILL
HELP YOU DO THAT!

Example



DAY 2&3 : DETOX DAYS

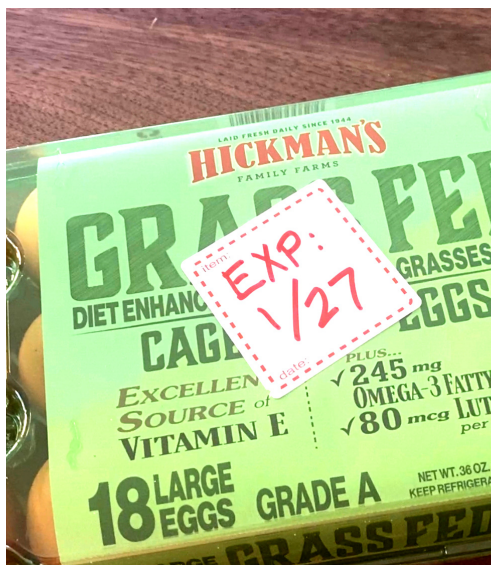
STEP THREE: LABEL YOUR ITEMS

Step 3 and 4 actually go together, but let's talk about them one at a time.

Label everything! As busy humans, we overestimate our ability to remember everything. Have you ever pulled out from the freezer, a big bag of "stuff" and have no idea what it is?

1. **Leftovers** - Write the date and any re-heating instructions or recipe ideas, like "leftover salmon for salad Thursday night."
2. **Perishables** - write date when it expires (so you can see it!) and recipe ideas
 - a. "Exp 3/1/21"
 - b. On the sour cream "Stroganoff & nachos"
3. **Label vegetables**
 - a. On bag of carrots "375F for 20 min"
 - b. On cabbage "Chop for stir fry/wedge for roasting" "Bought 1/13/21"
4. **Eggs**
 - a. Expiration date and running tab and how many you have left

I use water soluble labels when I just want a temporary label (like glass/plastic leftover containers that I reuse). You can also use masking tape or painters tape, but I find sometimes that doesn't come off very easily. With water soluble labels, they come off in 2 seconds, and there's no scrubbing or peeling.



INSPIRES A RECIPE IN AN INSTANT

What does this mean? Inspires a Recipe in an Instant is one of our Buddha Bowl Meal Planning Strategies.

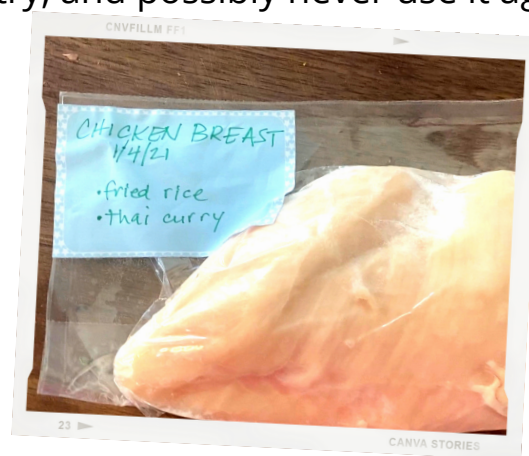
One of the reasons why food goes in the garbage, or gets stuck in the pantry for years is because you:

1. **Might have forgotten about the item**
2. **Don't know what to do with it**

Imagine buying a bag of dried shiitake mushrooms to use for a recipe you found. But you only need a handful of mushrooms and you put away the rest of the bag. Well, instead of just having the bag in your pantry, and possibly never use it again - or more likely, you have forgotten about it.

Here are some examples:

- *Miso Soup*
- *Thai Chicken Basil Stir-fry*
- *Fried Rice*



Jotting down a few ideas on a sticker will help inspire a recipe in an instant to make good use of the remaining dried mushrooms. You can do this with freezer foods too! For example, label ground beef before putting it in the freezer with meals in mind:

- *Nacho night*
- *Meatballs for Spaghetti*
- *Dad's Meatloaf*



The moment you pick up the ground beef, it will inspire recipes in an instant!

STEP 4: INVENTORY

Use the Food Inventory Sheet included on the next page. We're going to keep track of the food in your refrigerator, when it expires, and even recipe ideas to go along with each food item.

Print out and Fill Out!

The image shows a 'FRIDGE INVENTORY' sheet. At the top left, there is a 'Date:' label. The title 'FRIDGE INVENTORY' is centered at the top in a bold, blue font. Below the title, there are four column headers: 'Item:', 'Quantity:', 'Exp. Date:', and 'Recipe Ideas:'. The sheet consists of a grid of 15 rows and 4 columns, with the first row being the header row. The grid is currently empty.

There are three ways you can use the sheets:

1. Pencil and Paper: Old school, analog method! This is the method that I use, as I find it easiest. The Food Inventory Sheet is on a clipboard, and the clipboard is hooked on side of the refrigerator, along with a pencil.

2. Laminate + Dry Erase Marker: We love using laminating sheets that require no machine. Peel back the cover and just lay the Food Inventory Sheet gently on the sticky part. That's it! Dry erase and wet erase markers both work well on them. I recommend these laminating pouches which are thicker, more durable, and easier to use than laminating sheets. You'll also need dry erase or wet erase marker.

Personally, I prefer wet erase marker because I'm a klutz and will accidentally smear the marker with my fingers! At least with a wet erase, you need a little water to erase.

3. Sheets as Temporary List: If you love apps, there are a couple of grocery inventory apps like KitchenPal that will help you keep track of your groceries, and when it expires. You can even share the app with family members! Use our included Food Inventory Sheets as a quick way to jot everything down first, and then enter into the app later, when you have more time.

DAY TWO & THREE

THE DETOX DAYS

Welcome to Day 2 & 3. These are the work days! And we have combined them into two as you can pace yourself however you would like over the next 2 days to find your flow!

DAILY TASKS

- Remove Everything From Your Refrigerator
- Throw Out All Expired/ Past Edible Items
- Deep Clean Shelves and Drawers Of Refrigerator
- Create Zones For Your Refrigerator Organization
- Group Foods into Corresponding Zones
- Label foods with expired by dates, and notes to inspire a recipe or to cook!
- Use Inventory Worksheets to take inventory of what you have in your fridge!
- Put food, drink and condiments back in your fridge in designated zones!

NOTES:

CHECK IN THE FACEBOOK GROUP

Check the FB Group for Jagens Daily Detox Talk + Giveaway!



DAY 4

RESTOCK DAY

WITH GOOD FOOD &
GOOD ENERGY

4 | RESTOCK DAY

WITH GOOD FOOD & GOOD ENERGY

Welcome to Day 4....this is the BEST step! The most FUN day!

Now that we've done our work, and your refrigerator is clean, clear of negative energy and foods that do not serve you, it's time to re-stock your refrigerator with good nourishing foods and good, positive energy. Be selective and mindful about foods that you bring into your home and refrigerator!

CHOOSE WHOLE FOODS

While I'm not a nutritionist, I am a mom who cares deeply about what me and my loved ones fuel their bodies with! I'm sure that we can agree the first thing to fill the refrigerator is healthy whole foods - fruits and vegetables. But....here's the key....don't over-buy and always keep track of what you have!

HERE ARE SOME TIPS:

- **Be selective and mindful:** In the spirit of eating healthier, re-stock your refrigerator with healthy, whole foods that are in-season and that you and your family will love to eat.
- **Don't be a sucker for sales:** I'm a sucker for sales...if oranges are half off, I'll buy 10 pounds! But then that means I need to eat 10 pounds of oranges. Or, at the very least, set aside a an hour to juice, portion and freeze the orange juice. Instead, I've learned to ask myself, "Do I really want this?" and "How much could we possibly eat this week?" and then one more time, "Do I really, REALLY want to cook/eat this?"
- **Buy only what you need:** Don't be afraid to ask the grocer to break apart packages. Grocers often package produce, like green beans or apples, in bags for the convenience of shoppers (and also to sell more.) If the item is sold per pound instead of per bag, I never hesitate to ask the grocer if I could just buy what I need. They almost always oblige.

DAY 4

GOOD FOOD & GOOD ENERGY

The hard work is done! Day 4 is about restocking your fridge with those good vibrations! Now that you know what you actually have, this allows you to restock knowing that you are not overbuying or wasting food!

DAILY TASKS

- Review your inventory sheets to know what you need to restock.
- Make a list of foods that you know will make you feel incredible
- Make a restock grocery list of high vibrational foods!
- Restock your fridge with good food and good energy, remember to put into corresponding zones and label with a purpose!

Note: This detox process can be duplicated for your pantry and freezer for best results!

NOTES:

CHECK IN IN THE FACEBOOK GROUP

Check the FB Group for Jagens Daily Detox Talk + Giveaway!



DAY 5

REVERSE MEAL PLANNING

WITH BUDDHA BOWLS

5 | REVERSE MEAL PLANNING

REVERSE MEAL PLANNING WITH BUDDHA BOWL RECIPES

Congratulations! This is our last day of the 5-Day Refrigerator Detox Challenge! You made it!

The last day of our challenge is all about how to design a Meal Plan in Reverse with Buddha Bowl recipes that fit this new lifestyle of a beautiful, clean and organized refrigerator.

WHAT IS MEAL PLANNING IN REVERSE?

Well, most meal plans will start with beautiful collection of recipes, and then a long ingredient shopping list....which creates even MORE food waste if you don't eat every bit of it! Instead, we want you to work BACKWARDS.

Let's start with food that you already have in your refrigerator, freezer and pantry. You've already spent your hard earned money on all this food! So, let's use all that good food before it spoils, expires or you just forget about it.

Basically, we're going to **SHOP FROM YOUR KITCHEN.**

Here's the great thing....now that you've already completed your Refrigerator Detox, you know exactly what food you have, when to eat them by, and where the food is located.

DAY 5: REVERSE MEAL PLANNING

BUDDHA BOWL RECIPES ARE “BLANK CANVAS” RECIPES

Have several meal ideas that act like a blank canvas - like tacos and rice bowls - where the ingredients are flexible. We love Buddha Bowl meals, which are one-bowl healthy meals that are super flexible!

WHAT IS A BUDDHA BOWL

A Buddha Bowl is simply a one-bowl meal consisting of:



GRAINS/GREENS
+
LOTS OF VEGGIES
+
LEAN PROTEIN
+
YUMMY SAUCE
+
FUN CRUNCHY TOPPING

We want you to use up all the veggies in the drawer, along with last night's leftover grilled shrimp and rice. The key to creating bold, exciting, new flavors is in the **YUMMY SAUCE** and the **FUN CRUNCHY TOPPING**.

DAY 5: REVERSE MEAL PLANNING

SHOP FROM YOUR OWN KITCHEN FIRST!

Here's an example of a Buddha Bowl rice bowl:

The first three ingredients came from my own kitchen!

- **Grain:** Brown Rice found in the pantry
- **Veggies:** Last night's leftover roasted vegetables - whatever I have in the refrigerator, including the handful of tomatoes
- **Lean Protein:** shrimp that was hiding in the freezer
- **Sauce:** The yummy sauce drizzle was a Creamy & Tangy Avocado Sauce (you can make or buy)
- **Crunchy Topping:** And no buddha bowl would be complete without a crunchy topping....like toasted almonds.

Hopefully this will inspire you to meal plan BACKWARDS and shop from your own kitchen first.

A Quick and Easy One Bowl Meal!



BUDDHA BOWL RECIPE INSPIRATION



**SHRIMP AND AVOCADO
WITH CREAMY CILANTRO
SAUCE**

This is a great way to use up any leftover rice and chop up whatever veggies you have in the drawer. The shrimp can be as simple as pre-cooked cocktail shrimp.



**ROASTED TOFU BUDDHA
BOWL WITH PINEAPPLE
TERIYAKI SAUCE**

This delicious crispy roasted tofu Buddha Bowl with a simple homemade pineapple teriyaki sauce is simple to make! Use Tofu or any leftover protein!



**RICE NOODLE BUDDHA BOWL
WITH VIETNAMESE DRESSING
RECIPE**

If you love Vietnamese food, you'll love this easy rice noodle Buddha Bowl recipe with Vietnamese dressing over lemongrass beef and crispy veggies.



**CHICKEN BUDDHA BOWL
WITH SWEET POMEGRANATE
SAUCE**

If you are looking for a fresh, easy, summary one-bowl meal recipe, then your search is over. This rotisserie chicken Buddha Bowl with pomegranate sauce can be made in just 20 minutes!

Click the image to see Steamy Kitchen recipe!

DESIGN YOUR OWN BUDDHA BOWL WORKSHEET:



CRUNCHY TOPPING:



YUMMY SAUCE:



LEAN PROTEIN:



VEGETABLES;



GREENS/GRAINS:



HAVE FUN CREATING DIFFERENT COMBINATIONS OF
BUDDHA BOWL INGREDIENTS THAT YOU ALREADY
HAVE ON HAND!

DAY 5

REVERSE MEAL PLANNING

Congrats! You've made it to Day 5! Day 5 is all about learning how to reverse meal plan using Buddha Bowls! Learn more about our Reverse Meal Planning method and celebrate saving money + food this year!

DAILY TASKS

- Learn what a Buddha Bowl is!
- Plan your first buddha bowl meal with our Plan Your Buddha Bowl worksheet
- Keep Your EYES Open for a special announcement later today!
- CELEBRATE yourself for taking action into setting your fridge up for the rest of the year! You are on your way to saving money, saving food and staying inspired for all of your future meals!

NOTES:

CHECK IN THE FACEBOOK GROUP

FOR OUR GRAND FINALE GIVEAWAY TODAY!

YOU DID IT!

CONGRATULATIONS!

YAY!! You made it through the FIRST 5 Day Fridge Detox Challenge! We hope you are feeling accomplished, clean, organized and **INSPIRED!**

We appreciate you being apart of our very first challenge and hope you enjoyed it alot. As we are motivated to provide you the best resources to save you money, reduce our food waste problem and inspire healthy and tasty meals, we can't wait for you to dive in deeper to with our

REVERSE MEAL PLAN launching today!



xo Jaden Hair

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