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Rebecca King

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Fridge Love Kristen Hong, 2022-02-01 A one of a kind guide to organizing your fridge including practical tips for meal prep and storage plus more than 100 recipes that makes it easier to eat better save money and get the most out of your food Practicing fridge love is a roadmap to eating healthier saving money and reducing food waste while enjoying a beautiful and harder working fridge This book part organizational guide and part food prep handbook is your guide Author Kristen Hong adopted a nutrient dense plant based diet in an effort to lose weight and improve her health But amidst the demands of day to day life and a busy family she found it impossible to stick to The solution A smarter better organized fridge that served her real life needs In this invaluable resource you will discover how a beautifully organized fridge can make your life including healthy eating for the whole family easier It covers general fridge organization for all models and configurations as well as

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