



KITCHEN CLEAN OUT TIPS



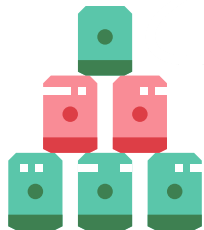
SET A TIMER

To clean out your fridge, freezer and pantry. Set aside 15 minutes for each.



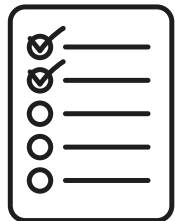
PURGE & DONATE

Pantry, Fridge and Freezer items that are expired, you won't eat or you don't like.



ORGANIZE

Organize snacks, dips, spreads, canned goods, chips together. Use bins or containers to help keep things together.



PLAN

Put a meal plan together for the top 5 meals you'll make this week, when you'll grocery shop and meal prep.



MEAL PREP

Set aside another 15-30 minutes to meal prep items.