



Video 4: Fill Your Fridge with Intention & Energy

What are your top five favorite fruits/vegetables/proteins that give you the most energy and fuel that you want stocked in your fridge?

- 1.
- 2.
- 3.
- 4.
- 5.

What food products or items do you want to stay away from because you either never use them or they have a toxic affect on you?

How do you want to store and organize your fresh produce? (ex. Pre-chop into tupperware or store in humidity draw).