



New Home, New You!

Healthy Fridge/Fresh Firsts

Brought to you by Sarah Maughan, Holistic Nutritionist,
and Jen Dumitrescu, Real Estate Agent

www.sarahmaughan.ca • www.jend.ca



Your fridge will be full of a ton of things eventually, but here's a great place to start - with the basics! Add your own flare based on your tastes but most of these last a long time and go a long way

Condiments

Salad dressing – Annie's, Organicville, etc
Fruit Jam – 100% fruit
Ketchup – Organicville
Dijon Mustard
Butter
Hot Sauce – Annie's
BBQ Sauce – Organicville

**Choose any brand, but watch the sugar content, additives and preservatives*

Freezer

Frozen fruit
Frozen mixed vegetables
Cooked frozen shrimp
Uncooked frozen poultry/meat
Grass fed burgers
Edamame beans

Others to think of

Greek yogurt
Eggs
Cheese
Salsa
Fresh fruits/vegetables of choice
Milk of choice

To help organize your kitchen even more in your new home, contact Sarah at sarah@sarahmaughan.ca to book an assessment, grocery tour, or kitchen clean out/set up so you can compliment your new home, with a new you!