



How To Stock a Healthy Fridge

Clean Eating Tips From Get Healthy U

GET HEALTHY U

When it comes to eating healthy, arguably one of the most important steps is stocking your fridge. Think about it: whatever you have or don't have in your fridge determines what you will cook and ultimately eat that week.

Picture this: you come home from a long day at work and are starving. You open your fridge and what do you find? A jug of milk, three cans of soda, old leftovers and some half-full condiments. Looks like you're ordering takeout tonight.

Now picture this: after the same long day at work, you open your fridge to find an array of fresh veggies including carrots, mushrooms, broccoli and pea pods alongside two boneless chicken breasts. Quite simply, you're making stir-fry.

Having a fridge stocked with fresh fruits and veggies, lean meats and other healthy ingredients gives you the tools you need to eat healthfully. What goes into your [grocery cart](#) will eventually go into your stomach—simple as that.

Here are our top tips to help you learn how to stock your kitchen like a pro:

Ready-To-Eat Fruit & Veggies

Once you come home from the grocery store with all your fresh produce, cut up the fruit and veggies you purchased for snacking. Celery, carrots, watermelon, pineapple, broccoli—whatever you have—store it in see-through Tupperware in the front of the fridge for easy grabbing throughout the week. You're much more likely to [eat produce](#) if it's as simple as opening the container rather than washing and cutting the veggies on the spot when your tummy is grumbling. (P.S. we love buying frozen fruit and veggies too!)



Individual Yogurt Containers

We love [Greek yogurt](#) at Get Healthy U! And this portable, protein-packed snack is one of the best. Whether you eat it for breakfast, a midday snack or alongside your lunch, it's a fabulous way to satiate your appetite in a healthy way! Plus, Greek yogurt is loaded with probiotics, which [help support gut health](#). Just be careful of flavored Greek yogurt as it often has lots of added sugar. We like to buy plain and then add a little of our own sweetener so we control the amount.

Leftovers

We know, we know, some people may scoff at the idea of leftovers, but it's truly one of the best ways to avoid takeout and stick to your healthy eating plan (so long as you're preparing healthy meals to begin with!). We love making healthy recipes that make 3-4 servings and using it for lunches throughout the week. It takes no time to pack food for work or school and you can avoid the afternoon cafeteria rush and calorie-loaded meals at the buffet line. Try grilling up some chicken breasts with veggies on Sunday or preparing an [oatmeal bake for easy breakfasts](#) all week long.

Nuts & Seeds

A handful of almonds or walnuts is a quick way to ward off hunger, so we always like to keep these on the ready. Along with nuts, seeds (such as [pumpkin](#), flax and chia) are nutritional powerhouses that are perfect for topping salads or throwing into [smoothies](#). You may be wondering why we have these in our fridge rather than our pantry; the reason is that the oils in certain nuts and seeds can go rancid after extended periods of time (a month or so) so for those of us who like to buy these items in bulk, they're best stored in the fridge or even freezer.



Eggs

Eggs are one of the most versatile ingredients and a great way to get a protein boost. A [veggie and egg scramble](#) in the morning makes for a super nutritious breakfast, a hard-boiled egg can tide you over between lunch and dinner or a poached egg topping a salad can add some texture and runniness. (Go for cage free, brown eggs with no antibiotics and hormones!)



Guacamole/Hummus

Since you already have your fridge packed with veggies, you may want to buy or [make guacamole](#) and/or [hummus for delicious dipping](#). Sometimes the addition of these [tasty dips](#) are reason enough to grab for a carrot instead of a donut. After all, snacking should be fun!



Lean Meats

Having lean meats on hand is a great way to ensure you're eating a healthy diet. [Chicken](#) and [fish](#) are great options to whip up a fast and healthy dinner and are great added to [salads](#), stir-fry or over whole grains like quinoa.



All-Natural Nut Butters

We love [nut butters](#) (think almond, peanut and cashew) at Get Healthy U for so many reasons. First of all, they're yummy! But even more than that, nut butter is a great way to increase your protein intake and get [healthy fats into your diet](#). You can dip apples into it, spread it on toast or even eat by the spoonful—just be careful of your portion size as nut butter can tend to be high in calories.



Healthy Condiments

Condiments are a staple in every fridge but that doesn't mean they're always good for you. And don't worry, we're not going to tell you to make them all yourself! Who has time for that?! Luckily, there are healthier options that you can find at the grocery store. Mustard, [sriracha](#) and pesto are actually pretty healthy condiments and can add tons of flavor to your meal. Salsa is also a great thing to keep around; use it to top salads instead of dressing, over chicken or wherever else you could use a little extra flavor. We also recommend [Annie's Homegrown](#) when purchasing condiments. Annie's has awesome salad dressings, ketchup, BBQ sauce and mustard.



Non-Dairy Milk

Don't get us wrong, we're not against the cows, but we do love our non-dairy milks. [Almond milk](#), cashew milk, coconut milk—they're all so creamy and are generally lower in calories. We love to use almond milk in our smoothies, with oatmeal, added to coffee, in [chia seed pudding](#)—pretty much anywhere you'd use regular milk. We typically go for the unsweetened varieties.

Healthy Drinks

In order to have a clean fridge, you're going to have to get rid of your soda and sugary drinks (#sorrynotsorry). Even if you're eating well, calorie and sugar-laden drinks are going to sabotage any good you've got going. But we know it can be hard for many people to drink plain water so we recommend having lemons and other fruit on hand to add some flavor. Maple water, coconut water or even La Croix are all great options too. Another drink our team is hooked on is [Kombucha](#). In fact, it's a daily habit for a few members—and a great one at that due to the fact that it's full of enzymes and probiotic cultures. Kombucha helps regulate intestinal flora and maintain good digestion. It is also rich in a number of different enzymes and minerals that aid your body in detoxification, reducing the load on your pancreas and liver. So sip away!



Cheese

Yes, you read that right and you're welcome. Who doesn't love cheese? While cheese can tend to be higher in calories and fat, there are healthier varieties that still provide a good dose of calcium (and deliciousness). Part-skim mozzarella, which is often used for string cheese, is lower in calories than most and is an [awesome portable snack](#). Our other favorites are part-skim ricotta (great for post-workout as it contains amino acids that can

speed up muscle recovery), swiss cheese and feta cheese. Cottage cheese is also lower in calories and can pack a major protein punch.

Butter

We'll keep this one short and sweet. Stick to real butter and skip the margarine. Most margarines contain [trans fat, also known as hydrogenated vegetable oil](#), which have been linked to a higher risk of coronary heart disease, type 2 diabetes and stroke. Long story short, they've actually been banned and will be removed from all food by 2018, but in the meantime, steer clear.



Eating healthy starts by having a fridge stocked with good-for-you food and this list keeps yummy and nutritious food at the ready. What you place in your grocery cart could be the difference you need to meet your clean eating goals.