



MARI'S LIFE-CHANGING FRIDGE MAKE-OVER

CLEAN YOUR FRIDGE, CHANGE YOUR LIFE.

The Complete Guide

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Hey there friend!

I'm so thrilled you're reading this and committing to a new fridge! Trust me when I tell you that your life, and the life of your family is about to change forever!

I'm sure you never thought a fridge could do that, right? Well, trust me it can!

There was a time I would have cringed at the thought of organizing my fridge. But I discovered the secret formula, and it's so easy, and just feels so darn good! Even my friends open my fridge door now; I've become known for my freakishly organized fridge, and I'm good with it!

Most importantly, it's inviting me into a world that is simpler and happier. And at the end of the day makes cooking dinner a more enjoyable experience.

By following my simple formula, your fridge can be beautiful and functional. It can inspire you and make you feel happier too!

So let's get started, this will only take a few hours, and a few simple steps! First I'll explain my fridge, and then we'll tackle yours.

xo Mari

Note: We've added links to our [Amazon Shop](#) for all of the jars and containers I use, throughout the guide.

The reason our fridge gets messy isn't our fault. It's simply because no one taught us how to keep it neat. And yet we open our fridge door at least 100 times a day, so doesn't it deserve to be neat?

I want to share a little story with you.

When my daughter was young going to daycare, I remember one morning seeing her hang her coat on a hook, placing her little shoes in their exact spot, and hanging her lunch box in the exact same spot, every single day!

How does she do that? I used to think? At home things are thrown all over the place!

Get my point? The daycare had a structure, a label, a zone! At home we didn't! And she actually thrived with that structure.

That was my lightbulb moment! Am I a little ADD, yes I am!

So if I can do it, you can too!

MY FRIDGE TODAY



The Secret is
Creating Zones
and sticking
with them.

MY FRIDGE: A CLOSER LOOK



Think of your
fridge like an
interior design
layout.

MY FRIDGE: EVEN CLOSER



Think of herbs
like flowers that
greet you as the
door opens.

MY FRIDGE: THE TURN TABLE



Yes, your fridge should have a turn table.

MY FRIDGE: SIDE DOOR



Keep imported
water bottles in your
fridge for an instant
lux feel at dinner.

LET'S GET STARTED

#1. Start With a Clean Slate.

Take everything out and wipe your fridge down. Really get in there and clean all sections (like door storage, drawers, shelves, handles) and try to use a non-toxic cleaner.

#2. Toss anything that is expired.

Let's get very real here, I'm sure most of the condiments in your side door can be tossed. If you're like many of our clients, probably most of what's in your fridge can be tossed. Keep only what you regularly use, especially items that have expired.

Keep a rule of no more than 4 months for condiments. Space is a good thing.

YOU GOT THIS

#3. Create categories and lay out the land.

- I created zones and this keeps things super organized. My top shelf for nuts (yes, nuts go in the fridge), dried fruit, olives, aioli, mayo, pickles, and fresh fruit. I use mason jars or sealable jars. I use clear small bowls for fruit. Do not deviate from this, if you don't plan zones you'll just go back to shoving things in anywhere. Label your shelves on top of glass shelves so to keep it neat but still readable.
- Middle shelf for my turntable and fresh herbs, please note: fresh herbs should always be placed in fresh water and covered with wrap to last much longer. I use mason jars.
- Third shelf is my egg bowl—we eat eggs every day—and my DinnerPlan bowl—where I keep that days dinner ingredients. It makes life so much easier.
- I keep the lower drawers for fresh fruit on one side, and greens on the other. I also store my leftovers in plastic containers behind the produce in each drawer.
- My door is very minimal with milk, OJ, and waters on the bottom. Butter, and preserves in one section. Special cooking sauces in another section. And a small section for chilled Chardonnay and Rose, because happy people need a cocktail!

AMAZON SHOP FOR FRIDGE STORAGE



YOU DID IT, NOW MAINTAIN

#4. Buy only produce you'll use this week.

If you're following a meal plan such as DinnerPlan it's the best way to buy only fresh produce that you will use that week. This keeps your fridge clear and uncluttered, and best of all reduces food waste. When we shop without a plan we buy things we don't use and they go to waste.

#5. Make it beautiful. Tell your family about it.

Use a special bowl you found at that vintage sale, line with a linen towel and place your eggs in it for a nice European touch. Your fridge is your masterpiece so treat it that way. Now tell your family and remind them how wonderful it is when everything is in its place. And by using everything in your fridge you are reducing waste and doing your part for the environment.

#6. Maintain, maintain, maintain

The best advice I ever got about organizing was this line, **maintain, maintain, maintain**. I say it over and over to myself daily, so I tweak when something gets out of place, this way you don't wait until it feels unmanageable. I also line my drawers and shelves with tea towels so they are easy to swipe out each week and the fridge stays clean.

YOUR FRIDGE SHOULD LOOK LIKE THIS!



The End! Now
please show us
your clean fridge
by tagging us on
Instagram.