



THE INSPIREHER

Organized Fridge & Pantry

G U I D E

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INSPIREHER.CA

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I'm Leanne MacDonald — a mom, a meal prep mentor, and a woman who learned that food isn't just nourishment... it's love you can hold in your hands. Every step of my journey was shaped by the people who believed in me, lifted me, and reminded me that even the smallest acts — a packed lunch, a stocked fridge, a warm meal — can become a powerful expression of care.

A Message From My Heart to Yours

InspireHER was created for women who want to feel supported, confident, and nourished — inside and out. Here, you're not expected to be perfect. You're simply invited to start. And you will never have to walk this journey alone.



Get to know me!

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THE INSPIREHER ORGANIZED FRIDGE GUIDE

PART 1: FRIDGE FIRST

Created by Leanne – Meal Prep Consultant & Founder of InspireHER

Why You're Getting This Guide

Everything I teach in InspireHER comes back to one simple truth: Your home should support the choices you want to make – and it starts with your fridge.

In the grocery store, the healthiest foods live along the outer perimeter: your fresh produce, proteins, eggs, dairy, and whole foods. The middle aisles are where most of the processed, packaged, “marketing foods” live.

This guide helps you mirror that same structure inside your own fridge. When your fridge is set up like the perimeter of a grocery store – stocked with real food that you can SEE and USE – your healthiest choices become the easiest choices.

WELCOME

An organized fridge isn't just pretty – it gives you confidence, clarity, energy, and momentum.

When you can see your ingredients, when everything has a home, and when your food is prepped and ready... your entire week becomes easier.

This is the exact strategy that's kept me consistent with meal prepping for over 17 years.

Let's get your fridge working for you — not against you.



1 CLEAR IT OUT

Before you can create a beautiful InspireHER fridge, you need a clean slate. This first step is about creating physical and mental space to build a system that truly serves you.

What to Do

- ✓ **Take everything out:** Empty every shelf, drawer, and door compartment.
- ✓ **Toss expired items:** Check every date and be ruthless. If it's expired or questionable, it goes.
- ✓ **Toss sauces you never use:** That bottle of dressing you bought for one recipe six months ago? Let it go.
- ✓ **Toss old leftovers:** If you can't remember when you made it, it's time to part ways.
- ✓ **Keep only what you actually cook with:** Be honest about your habits. This creates space for the food you want to be eating.

A Fresh Start

With everything out of the fridge, now is the perfect time for a deep clean. An empty fridge is far easier to clean than a full one! Give a quick but thorough wipe-down of all surfaces, shelves, and drawers. This simple act reinforces the feeling of a fresh start.

Leanne's Tip

Turn on some amazing music, a podcast, or your favorite TV show in the background. Give yourself ten focused minutes for the clear-out. You'll be amazed

at how this small pocket of time can completely transform the way you feel every time you open your fridge door.

Why This Matters

You don't need more food — you need clarity. So much time and money is wasted looking for buried ingredients, only to forget what we have and buy duplicates. A clean, decluttered fridge saves money, reduces the mental load of meal planning, and instantly boosts your consistency by making healthy choices visible and accessible.

2 SORT + CATEGORIZE

Before anything goes back into the clean fridge, it's time to group like with like. Sorting your items into simple, functional categories is the foundation of an organized system that lasts.

InspireHER Fridge Categories

- ✓ **Protein:** Cooked chicken, ground turkey, tofu, etc.
- ✓ **Veggies + Greens:** Salad mixes, chopped peppers, cucumbers.
- ✓ **Fruit:** Berries, apples, citrus.
- ✓ **Healthy Carbs:** Cooked quinoa, rice, sweet potatoes.
- ✓ **Dairy + Eggs:** Yogurt, cottage cheese, milk, eggs.
- ✓ **Grab & Go Snacks:** Protein bars, cheese sticks, hummus cups.
- ✓ **Condiments + Sauces:** Dressings, mustards, jams.
- ✓ **Prepped Meals / Leftovers:** Your ready-to-eat meals for the week.
- ✓ **Drinks:** Water, sparkling water, kombucha.



Key Rule

Keep the healthiest, most-used foods at eye level. Your go-to items should be the first things you see, making healthy choices effortless. This simple placement strategy has a powerful impact on your daily habits.

Create an "Eat Me First" Section

This is one of the most effective strategies to combat food waste. Designate a small, visible bin or basket for items that are close to their expiration date or need to be used up quickly. This could be half an onion, leftover herbs, or yogurt that's nearing its date. This simple visual cue tells you and your family exactly what to reach for first, cutting waste and saving you money by preventing food from getting "lost" and forgotten in your fridge.

3 DECLUTTER LIKE A MEAL PREP PRO

Professional organization isn't just about what you keep, but how you store it. Free your food from bulky, distracting packaging and customize your space to fit your life.

Remove Bulky Packaging

Boxes, cartons, wrappers, and giant plastic trays from the store do more than just take up space—they create visual clutter and hide what you have. Snacks like yogurt cups, cheese sticks, or even produce packaging for strawberries and blueberries take up valuable real estate. Take everything out of the packages. You will not only gain a surprising amount of space but also be able to see your inventory at a single glance. The cleaner and more streamlined your fridge looks, the more inspired you'll be to use the food inside.

Adjust Your Shelves

Most refrigerator shelves are adjustable, yet few of us ever move them. Use this feature to your advantage and customize your fridge to suit your needs!

- ✓ **Make room for tall drinks:** Adjust a shelf to fit water pitchers or bottles.
- ✓ **Create a space for veggie containers:** Group your prep containers by creating a dedicated height zone.

- ✓ **Add height for meal prep containers:** Ensure your stacked meal containers fit perfectly.
- ✓ **Lower or raise shelves to suit YOUR lifestyle:** Don't adapt to your fridge; make your fridge adapt to you.

Use Containers Intentionally

You can absolutely start with whatever containers you already own. However, if you want to elevate the look and function, investing in a matching set of clear containers will instantly make your fridge look and feel more organized. Clear containers allow you to see everything at a glance, removing the guesswork. If your fridge is low on drawers, you can use stackable clear drawers or bins to create more organized storage space.

Leanne's Tip

Before buying any new storage containers, take a moment to measure your fridge shelves and drawers. Note the depth, width, and height. This ensures everything you buy will fit perfectly and maximize your space, avoiding the frustration of ill-fitting bins.

4 THE INSPIREHER VEGGIE PREP ZONE

This is where the magic happens. When veggies are washed, chopped, and stored beautifully, you eat them. When they're left in a plastic bag in the crisper drawer, they often disappear into "veggie heaven."

Use Clear, Tight-Seal Containers

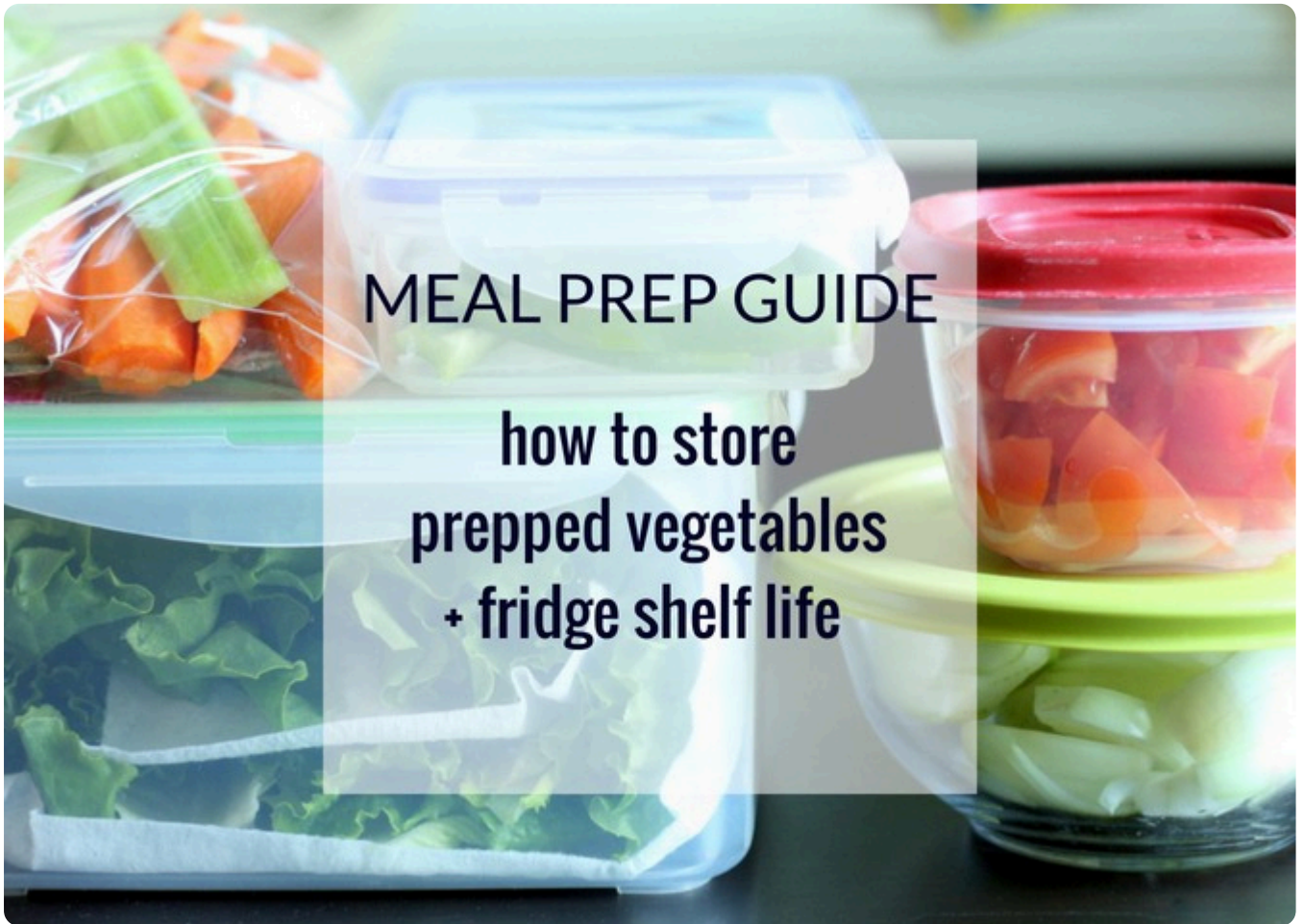
The right containers are crucial for keeping prepped veggies fresh and appealing. Look for anything that is:

- ✓ **Clear:** So you can see exactly what's inside.
- ✓ **Stackable:** To maximize vertical space.
- ✓ **Easy to open:** For quick and convenient access.
- ✓ **Airtight:** To lock in freshness and prevent wilting. Tupperware-style airtight bins or glass meal prep containers are excellent choices.

Prep Your Veggies the InspireHER Way

Dedicate time during your weekly meal prep to get your vegetables ready for the week ahead. Remember, air and moisture are the enemies of stored produce, so proper prep is key.

1. **Wash:** Soak your produce and wash it thoroughly.
2. **Dry completely:** This is the most critical step. Use a salad spinner or lay veggies on a clean towel to air dry fully before storing.
3. **Cut as needed:** Chop onions, slice peppers, and cut carrots into sticks.
4. **Store in matching clear containers:** This creates a visually appealing and highly functional system.
5. **Group them into “use together” categories:** Think about your meals for the week and group veggies accordingly, such as a salad mix, a stir-fry mix, snack veggies (celery, carrots, cucumbers), or a soup mix.



MEAL PREP GUIDE

**how to store
prepped vegetables
+ fridge shelf life**

"When your veggies are visible, they become edible."

- Leanne

5 THE INSPIREHER SNACK STATION

Create a designated grab-and-go section that eliminates the 3 PM energy crash and prevents mindless grazing. When a healthy, satisfying snack is just as easy to grab as a processed one, you're setting yourself up for success.

Ideas for Your Snack Zone

Stock a bin or a shelf with pre-portioned, protein-rich, and nutrient-dense options. **Your snack station should be EASY to grab from and EASY to stick to.**

- ✓ Boiled eggs
 - ✓ Cut veggies with hummus cups
 - ✓ Washed berries or other portioned fruit
 - ✓ Greek yogurt or cottage cheese cups
 - ✓ Cooked turkey bacon strips
 - ✓ Mini egg bites
 - ✓ Homemade protein muffins or protein bites
 - ✓ Cheese sticks or cubes
-

6 PROTEIN IS THE GPS OF YOUR FRIDGE

Protein tells the rest of your plate where to go — this is a core InspireHER philosophy. When your protein source is cooked and ready, building a balanced meal becomes incredibly simple. Create your own "Protein First Shelf" in your fridge.

What to Keep in Your Protein Section

This shelf should be stocked with protein foods you can grab instantly to build a meal or a snack. The goal is to remove the friction of cooking protein from scratch on a busy weekday.

- ✓ Cooked, shredded, or diced chicken
- ✓ Cooked ground turkey or beef
- ✓ Egg bites or hard-boiled eggs

- ✓ Cottage cheese
- ✓ Greek yogurt
- ✓ Tuna or salmon packs
- ✓ Cooked turkey bacon
- ✓ Protein muffins

Key Rule

When your protein is ready, your meals are easy. This single habit can be the difference between a stressful weeknight and a calm, healthy dinner.

7 THE INSPIREHER 3-DAY FRESHNESS RULE

This simple timeline helps you stop guessing, wasting food, or stressing about whether something is still good to eat. It gives you confidence in your meal prep and removes fridge fear.

Your Weekly Food Timeline

- ✓ **Day 1–2:** Focus on eating the most delicate items first. This includes freshly prepped soft veggies (like leafy greens), fresh cooked proteins, egg bites, and open yogurt cups.
- ✓ **Day 3–4:** Move on to heartier items. This is a great time for prepped carrots, celery, cooked grains like quinoa and rice, and prepped fruit.

- ✓ **Day 5+:** Rely on your freezer and long-lasting items. Pull out frozen proteins, turn leftover proteins into new meals (e.g., chicken salad from roasted chicken), or enjoy your pre-made freezer meals.
-

8 THE INSPIREHER FREEZER-GUILT-FREE ZONE

Most people use their freezer as a food graveyard, a place where food goes to be forgotten. Not you. An organized freezer is a powerful tool for consistency and savings.

When Freezing Protein & Meals

- ✓ **Portion it:** Freeze protein in the portion sizes you'll actually use for a meal.
- ✓ **Label it:** Always label with the item name and the date it was frozen.
- ✓ **Freeze it flat:** Store items like ground meat or soups in freezer bags, laid flat. Once frozen, you can "file" them vertically to save immense space.
- ✓ **Season AFTER cooking:** For raw protein, it's often best to freeze it unseasoned and add flavor when you cook it.
- ✓ **Keep a freezer inventory sheet:** A simple list on the freezer door or a nearby notepad helps you know what you have at a glance.
- ✓ **Rotate weekly:** When you add new items, move older items to the front to ensure you're using them in a timely manner.

This system turns your freezer from a source of guilt into a valuable asset for your meal prep journey.

9 THE INSPIREHER COLOUR-CODING SYSTEM

Make your fridge fun, beautiful, and even more functional with simple color cues. This can be done with colored container lids, labels, or small dot stickers. It makes meal prep even simpler and helps everyone in the family maintain the system.

Example Colour Cues

- ✓ **Pink = Snacks:** Easy to spot for a quick, healthy bite.
- ✓ **Blue = Veggies:** Your vibrant, prepped vegetable zone.
- ✓ **Gold = Proteins:** The foundation of your meals.
- ✓ **White = Sauces / Dressings:** Your flavor enhancers.



Choose colors that you enjoy and that make sense to you. The goal is to create an at-a-glance system that requires minimal thought.

10 THE INSPIREHER ORGANIZATION FLOW

These final touches are what create that "Pinterest fridge" feeling, but in a way that is truly practical and sustainable for everyday life.

Use Simple Labels

Labeling is a great way to cement your organization system, but don't make them too specific. Label categories, not individual items. For example, a bin labeled "Fruit" is more flexible than one labeled "Apples," as it doesn't create pressure to always have apples on hand. This allows your system to adapt to your weekly groceries.

Make the Most of Your Door

Your refrigerator door can easily turn into a catch-all for random odds and ends. Be strategic with this space. The refrigerator door has the least consistent temperature in the fridge, so it's not the best place for perishables that are sensitive to temperature changes.

- ✓ **Perfect for:** Sauces, condiments, dressings, jams, and spreads. These items typically contain preservatives that make them more stable.
- ✓ **Not ideal for:** Milk, eggs, and some other dairy products. Store these items on a main shelf where the temperature is more consistent.

Prep Before Storing

A little work upfront saves a lot of time and effort during the week.

- ✓ **Wash and dry produce:** As mentioned in the Veggie Prep Zone, ensure produce is completely dry before storing.
- ✓ **Prep snacks:** Portion out nuts, make protein bites, or boil eggs.
- ✓ **Store herbs properly:** Fresh, delicate herbs can wilt quickly. To keep them fresher longer, trim the stems and store them upright in a glass jar with a little water, like a bouquet of flowers.

- ✓ **Organize before it goes in:** Place your categorized items into their designated zones as you unload your groceries.
-

11 KEEP YOUR INSPIREHER FRIDGE ORGANIZED

Initially organizing your fridge is one thing; keeping it organized is another. The key is to build small, consistent habits into your daily and weekly routines.

Daily Habits

- ✓ **Quick wipe of spills:** Clean up any drips or messes immediately. It takes seconds.
- ✓ **Put items back in their zones:** When you take something out, put it back in its designated home.

Weekly Habits (During Meal Prep)

- ✓ **Restock your zones:** As you prep, refill your snack station, protein shelf, and veggie containers.
- ✓ **Refresh your "Eat Me First" bin:** Move any items that need to be used soon into the bin.
- ✓ **Perform an RYG inventory check:** Do a quick scan of your fridge using the Red-Yellow-Green system (see next section).

InspireHER Friendly Tools

A few simple tools can make maintenance even easier:

- ✓ **Lazy Susan for sauces:** Putting a turntable in your fridge is a game-changer for storing sauces and condiments, especially if door space is limited. Nothing gets lost in the back.

- ✓ **A pretty "Use Me First" basket:** While clear containers are great, a simple woven or decorative basket is a great way to store your "Eat First" items or items for tonight's dinner.
 - ✓ **Divided bins for snacks:** These are perfect for keeping different types of snacks separate and easy to grab within your Snack Station.
-

12 THE INSPIREHER RYG SYSTEM (RED-YELLOW-GREEN)

This is your simple, visual "use first" system to integrate into your weekly meal prep. It ensures nothing gets wasted and gives you a clear action plan for your food.

The RYG Categories

- ✓ **RED — Use Today:** These are the most urgent items. This includes leftovers from last night, delicate herbs, finely chopped veggies, and any food right at its expiry date.
- ✓ **YELLOW — Use This Week:** These items are "on deck." This includes open sauces, open dairy products, and half-used vegetables like an onion or bell pepper.
- ✓ **GREEN — All Good:** These are your new groceries and long-life items. This includes new groceries, long-life produce (like carrots or cabbage), and freshly prepped containers for later in the week.



Use this mental checklist during your weekly fridge refresh. It takes just a few minutes and will dramatically reduce your food waste and grocery bill.

THE INSPIREHER PANTRY GUIDE

Part 2: Your Pantry Roadmap

Created by Leanne – Meal Prep Consultant & Founder of InspireHER

Why Your Pantry Matters

Your fridge sets the tone for the week. Your pantry supports the rhythm of your month. And here's the InspireHER truth:

Your pantry can either tempt you or protect you.
It can distract you or guide you.
It can overwhelm you or support you.

You can't always control what your family eats – but you can control what YOU see first, what's easy to grab, and what's stored out of sight.

This guide will help you create a pantry that feels:

- clear
- calm
- intentional
- supportive
- temptation-protected
- organized
- and EASY

This is your InspireHER Pantry Roadmap.

1 THE INSPIREHER PANTRY ZONES

Your pantry needs “zones” the same way grocery stores divide the perimeter from the aisles. Here’s your new InspireHER pantry layout:

A. The InspireHER Zone (YOUR Shelf)

This shelf is YOURS only.
The foods that support your goals live here – nothing else. This should be eye-level.

What you see first... you choose first.

Your shelf includes:

- Quinoa
- Rice
- Oats
- Whole grains
- Healthy carbs
- Nuts and seeds
- Beans / lentils
- Chickpeas
- Canned proteins
- Low-sugar sauces
- Healthy oils
- Spices
- Wraps
- Meal-prep staples

This shelf becomes your “grocery store perimeter” inside your home.



B. Family Zone (THEIR Shelf)

Because not everyone in your home will eat like you do – and that’s okay. Give them a shelf. It removes friction, guilt, resentment, and constant temptation.

This shelf includes:

- Kids’ snacks
- Partner’s snacks
- Sugary cereal
- Chips
- Cookies
- Treats
- Baking snacks

This teaches your brain: “That’s not my food.”

This single boundary reduces mental self-negotiation dramatically.



C. High & Hidden Shelf (Trigger Foods)

This is the psychology section.

Tempting foods go:

- UP HIGH
- in closed bins
- behind other items
- out of direct line of sight

Why this works:

If you cannot SEE it, your brain doesn't activate cravings.

This removes impulse triggers and emotional snacking patterns.



D. Bulk Storage Zone

Everything in bulk, duplicates, and Costco extras live here:

- extra cans
- extra pasta
- extra cereal
- refill items
- backup ingredients

This keeps your main pantry beautiful.



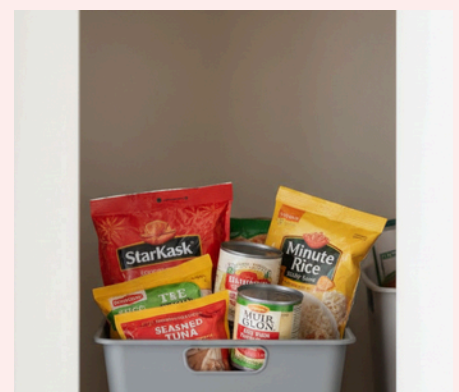
E. Quick Meal Zone

This saves you from the drive-through.

Keep your fastest, easiest meal ingredients here:

- tuna
- chicken broth
- low-sugar sauces
- rice pouches
- quinoa
- wraps
- canned tomatoes
- healthy cooking bases

This ensures that even on your busiest nights, you can stay aligned with your goals.



2 THE PSYCHOLOGY OF PANTRY PLACEMENT

This is where the InspireHER pantry becomes powerful.

Eye-Level = Your Food

Your brain is wired to grab whatever is easiest to see.
Put YOUR InspireHER foods front and center.

Middle Shelf = Your InspireHER Zone

This becomes your “safe zone.”

Upper Shelf = Family Foods / Trigger Foods

Higher shelves = less temptation.

Opaque Bins for Trigger Foods

When you can't see it, you don't crave it.
Opaque bins remove “visual cue → craving → spiral” patterns.

Designated Shelves Reduce Self-Negotiation

When your brain sees:

“That's their shelf.”

instead of

“Should I eat that?”

You win.

THE PSYCHOLOGY OF PANTRY PLACEMENT



3 THE INSPIREHER PANTRY MAP

Use this as your pantry layout road map.

TOP SHELF

Family treats, high-sugar foods, chips, cookies, candy
Place inside opaque bins and out of reach.

Label Ideas:

“Family Only”

“Kids’ Snacks”

“Extras”

EYE-LEVEL SHELF

Your InspireHER Zone

- grains
- quinoa
- seeds
- healthy sauces
- your snacks
- oats
- nuts
- beans
- spices

This is YOUR shelf to protect your goals.

MID SHELVES

Everyday Cooking Zone

- pasta
- broths
- healthy oils
- baking essentials
- sauces
- canned goods
- vinegar

LOW SHELF

Bulk + Backstock

- Costco extras
- refill jars
- duplicate items
- backup canned goods



4 THE INSPIREHER BIN SYSTEM

Here are your InspireHER bins — the ones that keep your pantry clean, supportive, and organized.

1. Portioned-Out / Cracked-Open Bin

For ANY open package:

- chips
- crackers
- cereal bags
- cookies
- baking mixes



Label:

“Opened + Extras”
“Cracked & Opened”

2. Family Zone Bin

All snacks for kids/partner go here.

Label:

“Family Snacks”
“Kids Only”



3. Trigger Foods Bin (Opaque)

Placed high + out of sight.

Label:

“Occasional Treats”
“Not for Today”



4. Grab & Cook Bin (Quick Meals)

Your emergency dinner options.

Label:

“Quick Meals”
“Dinner in 10”



5. Healthy Snacks Bin

For YOU.

Label:

“InspireHER Snacks”
“Healthy Grab & Go”

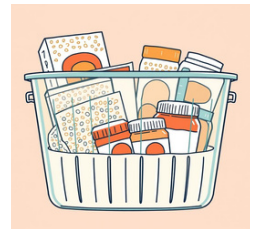


6. Breakfast Bin

Makes mornings smooth.

Label:

“Breakfast Zone”

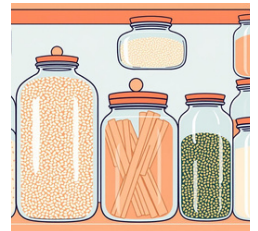


7. Carbs & Grains Bin

Easy for meal prep.

Label:

“Staples”



8. Sauces & Condiments Bin

All jars in one place.

Label:

“Flavour Boosters”



4 THE INSPIREHER BIN SYSTEM

Here are your InspireHER bins — the ones that keep your pantry clean, supportive, and organized.

9. Refill Bin (Backstock)

Prevents double-buying.

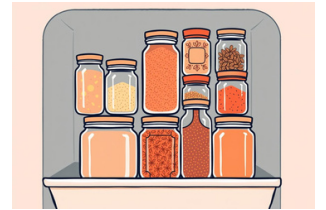
Label:
"Refills"



13. Spice + Seasoning Bin

Keeps small items tidy.

Label:
"Seasonings"



10. Kids' After-School Bin

So they know EXACTLY where to go.

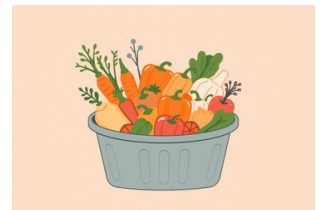
Label:
"After-School Snacks"



14. Meal Prep Week Bin

All ingredients for THIS week's meal prep.

Label:
"Meal Prep Week"



11. Lunch Packing Bin

For daily lunch prep.

Label:
"Lunch Zone"



12. Hydration Bin

Glow Cup additions + hydration tools.

Label:
"Hydration Station"





5 INSPIREHER PANTRY HABITS

These habits keep your system flowing:

- Keep YOUR shelf sacred
- Put family snacks on THEIR shelf
- Rotate your Quick Meal Zone weekly
- Keep your healthy snacks at eye level
- Keep trigger foods high + hidden
- Do a 2-minute weekly reset
- Use the “Opened Bin” to prevent clutter

Your pantry stays organized because the SYSTEM does the work — not you.

6 INSPIREHER PANTRY STAPLES

Always keep these on hand:

- oats
- quinoa
- beans
- lentils
- healthy sauces
- spices
- wraps
- nut butters
- rice
- whole grain pasta
- chickpeas
- tuna
- broths
- tomato sauce
- nuts and seeds



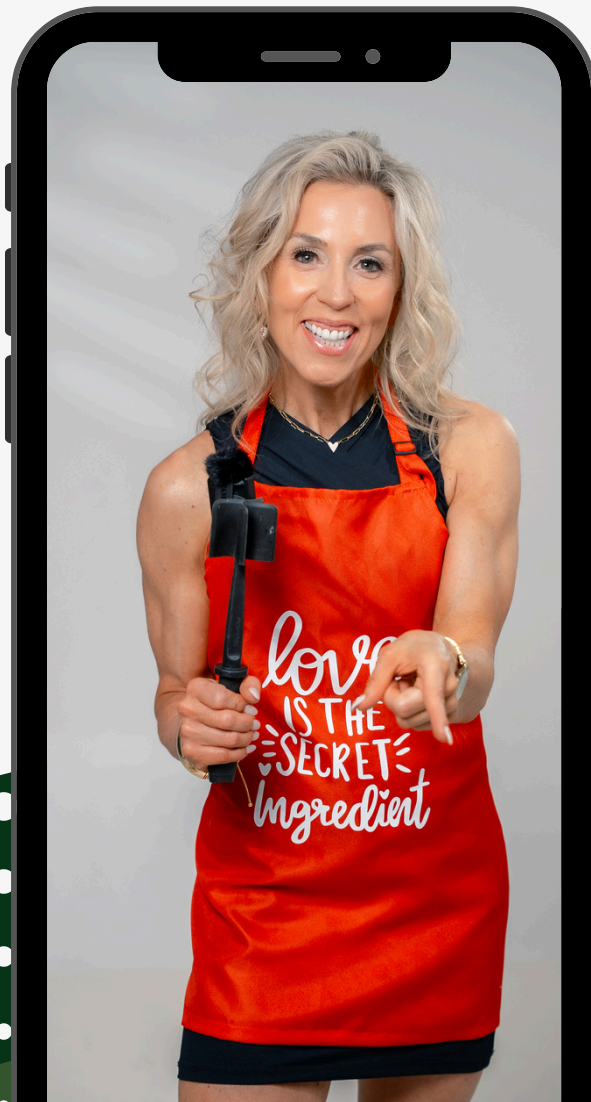
These help you meal prep quickly and stay out of the drive-through.

Thank You!

WANT TO LEARN MORE?

Every week, Leanne shares simple, love-filled ways to nourish your body and your home — from quick meal prep ideas to healthy recipes that bring ease, confidence, and joy back into your kitchen. Whether you're a busy mom, a woman starting fresh, or someone craving more balance, Leanne brings inspiration that feels warm, real, and doable for everyday life.

FOLLOW LEANNE HERE



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