



The Living Fridge™

Where Healing Becomes Your Default



Your Fridge Is Not Storage...
It's a Strategy

Design your environment.
Transform your biology.

Living Food vs Dead Food

Living Food	Dead Food
Fresh	Processed
Perishable	Shelf-stable
Nutrient-rich	Nutrient-depleted
Supports healing	Drives inflammation

If it doesn't spoil... it may not be supporting your cells.

FOUNDATION

- Leafy greens
- Fresh vegetables
- Fresh fruits
- Herbs

FUNCTIONAL FOODS

- Cooked beans/lentils
- Cooked grains
- Prepped vegetables

FLAVOR BUILDERS

- Hummus
- Tahini
- Fresh salsa
- Lemon/lime

The background of the image is a blurred photograph of a refrigerator. Two white sticky notes are pinned to the door with silver pushpins. The left note is titled 'Remove:' and lists four items: Processed dairy, Sugary yogurts, Bottled dressings, and Processed meats. The right note is titled 'Label Watch:' and lists four items: Natural flavors, Added sugars, Industrial oils, and Gums & preservatives. At the bottom center of the image, the text 'Cold does not mean clean.' is written in a bold, dark red font.

Remove:

- Processed dairy
- Sugary yogurts
- Bottled dressings
- Processed meats

Label Watch:

- Natural flavors
- Added sugars
- Industrial oils
- Gums & preservatives

Cold does not mean clean.

Milk Alternatives

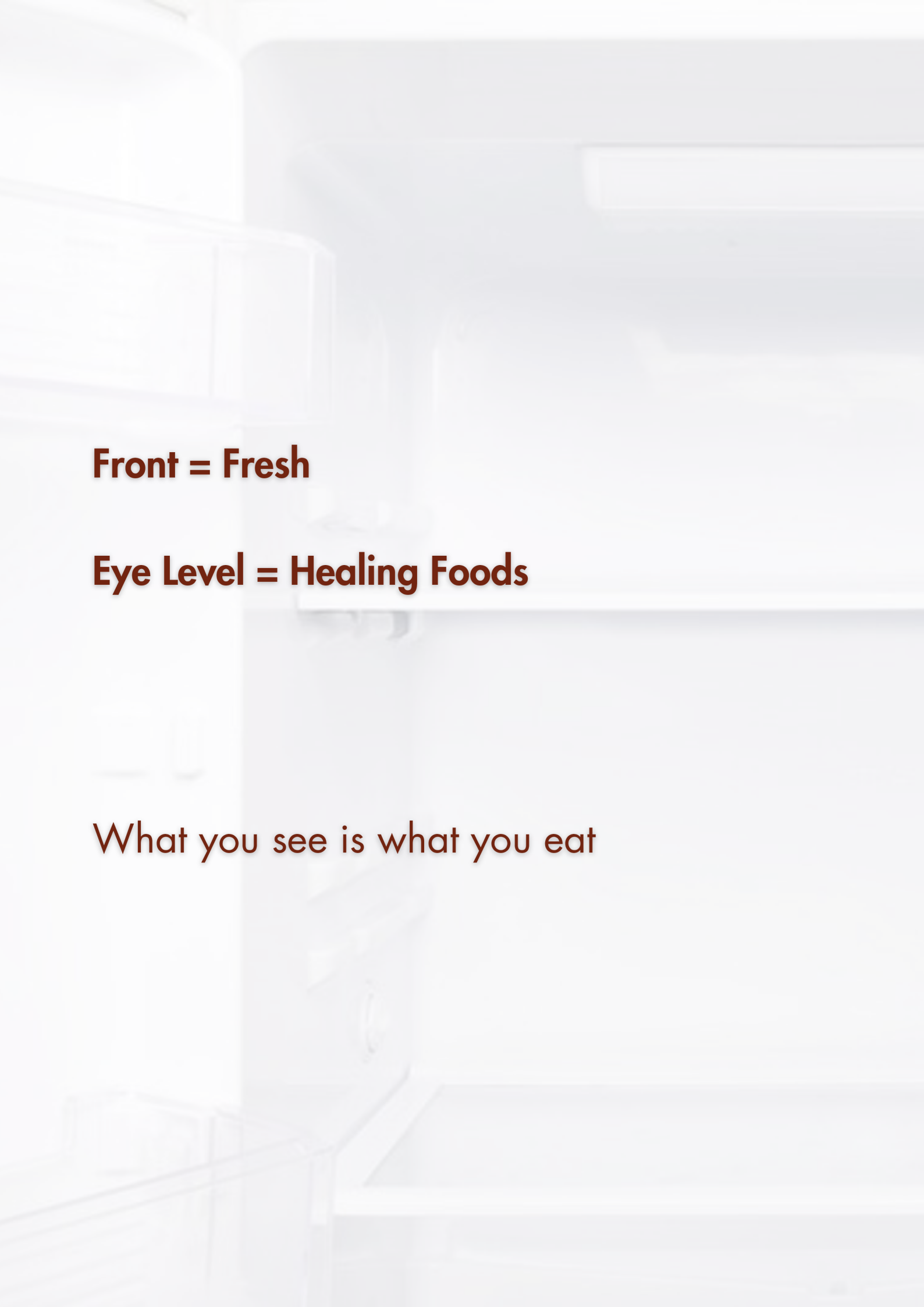
- Elmhurst 1925
- MALK Organics

Condiments

- Replace bottled dressings → lemon + tahini
- Replace sugary sauces → fresh salsa

Sweet Cravings

- Replace flavored yogurt → fruit + chia
- Replace desserts → dates or berries



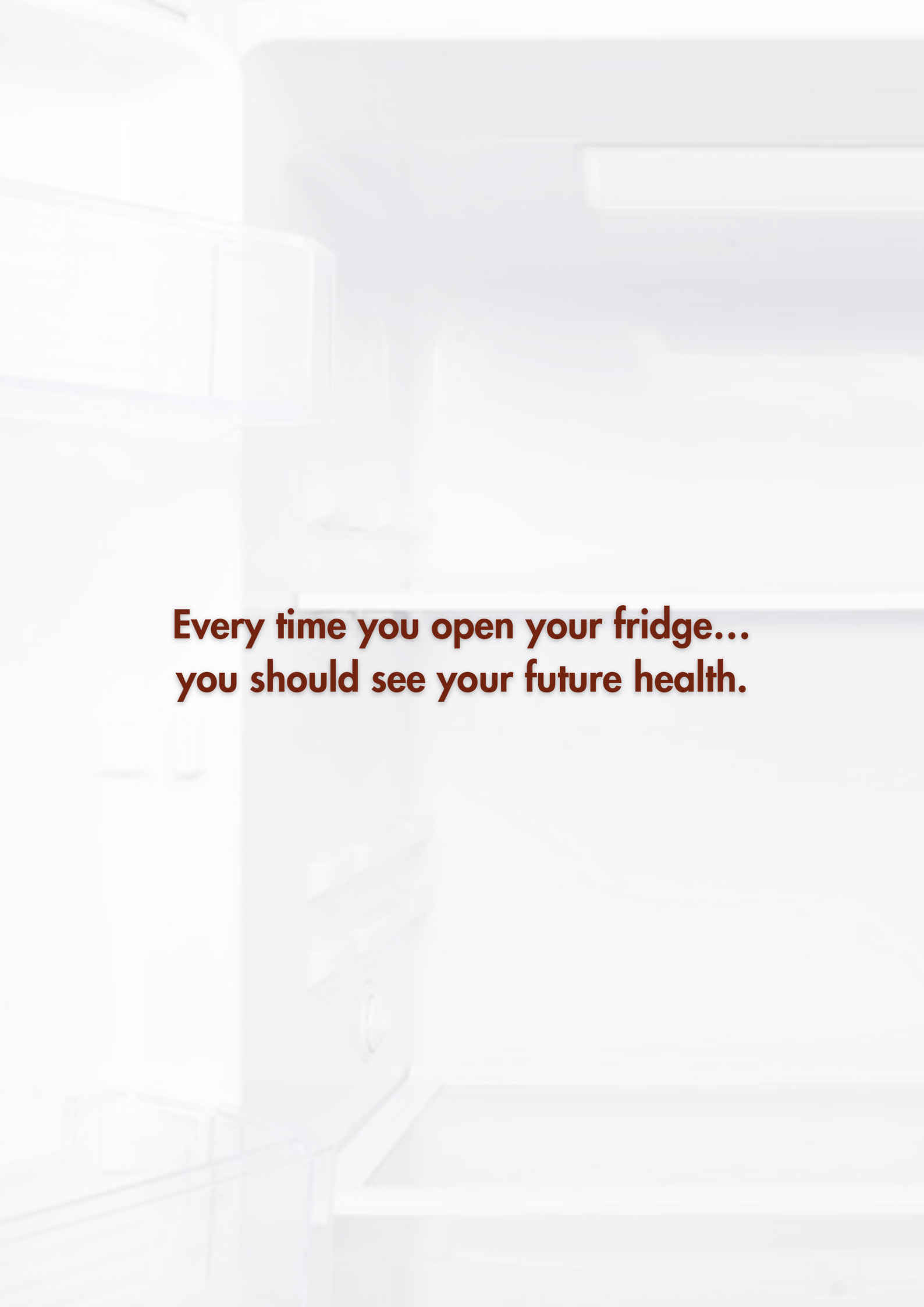
Front = Fresh

Eye Level = Healing Foods

What you see is what you eat

THE 48-HOUR RESET

- Remove non-healing foods
 - Read every label
- Restock with whole foods
 - Prep for visibility



**Every time you open your fridge...
you should see your future health.**