



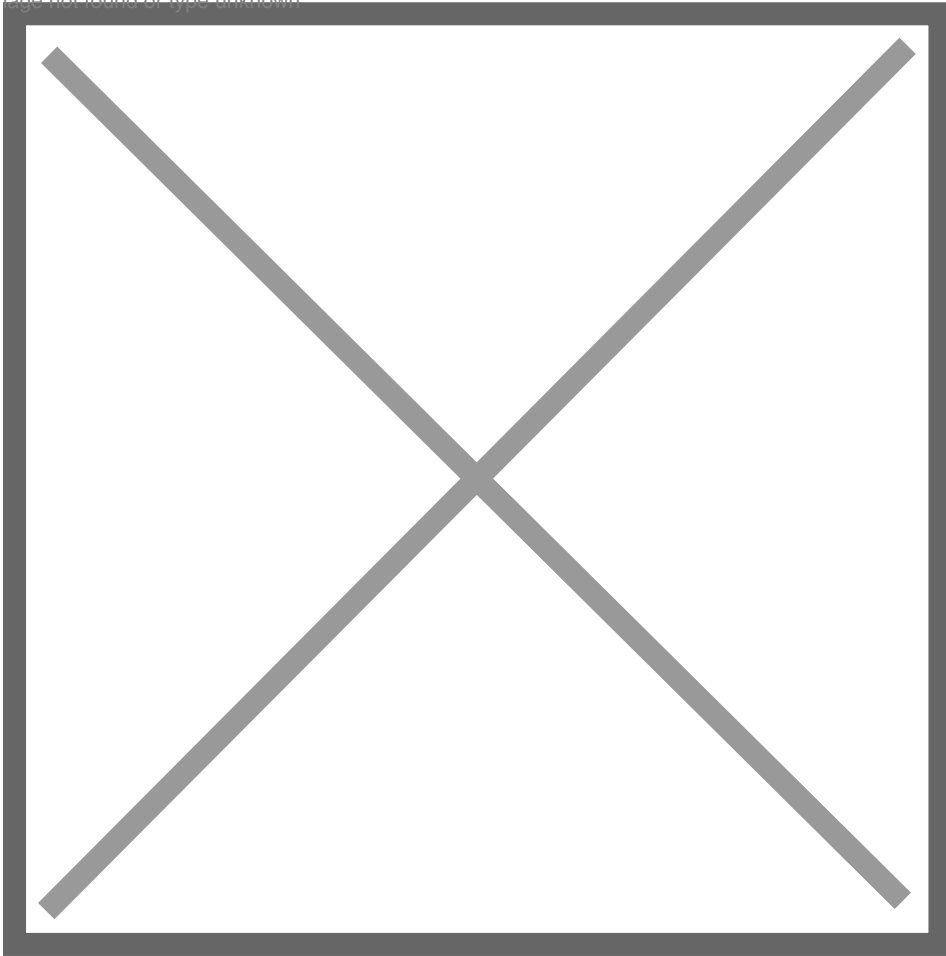
## Stock Up Your Fridge With Del Monte Juice Drinks!

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So you're going to start eating healthy. The first thing you have to do is stock your kitchen with a variety of food that you can cook for healthy meals. If your refrigerator is full of healthy ingredients, the less you will have to stress about the food you need to prepare.

Gaining control over your refrigerator's contents is quite simple, really. The key is to list everything down. Draft your meal plans, label your food's expiration dates, and most importantly, never enter a grocery store without a list of things to buy.

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Need help in your meal planning? Download the Del Monte Kitchenomics app or go to the [Kitchenomics](#) page to start outlining your family meals for the week.