

SUPPLIES FOR 5 DAY FRIDGE DETOX

Deep Cleaning Supplies:

- Non-Toxic Multi-Purpose Cleaners options:
 - Branch Basics Multi-Purpose Cleaner *great for grease too
 - Blissfully Clean Non-Toxic Cleaner *great for counters, fridge shelves
 - AFM Safe Choice Cleaner & Degreaser *for everything in the kitchen
 - Biokleen All-Purpose Cleaner *great for counters and fridge
- Dish Soap: Castile Dish Soap
- Gloves: Full Circle Gloves
- Cleaning Brushes: Full Circle Eco Brushes
- Sponges
- Towels or Paper towels
- Large cooler and cold packs

Organization Supplies

- Masking tape or Painters Tape
- Water soluble labels - For glass or plastic storage containers. Very easy to remove
- Large, removable freezer labels - Water & oil resistant. Large enough to write down contents and recipe ideas

Optional Supplies:

- Plastic Bins
- Turntable - Easy access to you condiments
- Drawer Liners
- Re-useable mesh produce bags