Tip of the week - **Organise your fridge**

According to recent studies, you’re three times more likely to take the first item you see out of the fridge than you are anything else. As a simple strategy stock your top shelf with prepared fruit and vegetables, 100% fruit and veggie juices (no sugar added) and a water pitcher. You can also stash water bottles here to grab for easy on-the-go hydration - staying well-hydrated naturally [curbs appetite](http://www.womansday.com/health-fitness/diet-weight-loss/foods-that-keep-you-full).