

# long lasting fresh produce



# pantry & freezer staples

## NON-STARCHY VEGETABLES

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| <p><b>Beets</b><br/>Fridge: 2 weeks<br/>Room Temp: 3-5 days</p>     | <p><b>Cauliflower (whole)</b><br/>Fridge: 1-2 weeks<br/>Room Temp: 1-2 weeks</p> | <p><b>Parsnips</b><br/>Fridge: 3-4 weeks<br/>Room Temp: 4-5 Days</p>            |
| <p><b>Cabbage</b><br/>Fridge: 4-5 weeks<br/>Room Temp: 3-5 days</p> | <p><b>Cauliflower (riced, fresh)</b><br/>Fridge: Up to 1 week</p>                | <p><b>Spaghetti Squash</b><br/>Fridge: 1-2 months<br/>Room Temp: 1-2 months</p> |
| <p><b>Carrots</b><br/>Fridge: 3-4 weeks<br/>Room Temp: 3-4 days</p> | <p><b>Garlic</b><br/>Fridge: Up to 6 months<br/>Room Temp: Up to 3 months</p>    | <p><b>Turnips</b><br/>Fridge: 2-3 weeks<br/>Room Temp: 1 week</p>               |
|                                                                     | <p><b>Onions</b><br/>Fridge: 6 months<br/>Room Temp: 1-2 months</p>              |                                                                                 |

## STARCH/CARBOHYDRATE

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| <p><b>Acorn Squash</b><br/>Fridge: Never<br/>Room Temp: 2-4 weeks<br/>in cool, dark place</p> | <p><b>Butternut Squash</b><br/>Fridge: Never<br/>Room Temp: 6 months<br/>in cool, dark place</p> | <p><b>Sweet Potatoes</b><br/>Fridge: Never<br/>Room Temp: 2-3 months<br/>in cool, dark place.</p> |
| <p><b>Apples</b><br/>Fridge: 2 months<br/>Room Temp: 2 weeks</p>                              | <p><b>Citrus Fruits</b><br/>Fridge: 1 month<br/>Room Temp: 2 weeks</p>                           | <p><b>White Potato</b><br/>Fridge: Never<br/>Room Temp: 2-3 months<br/>in cool, dark place.</p>   |

**PROTEIN:** Tofu - Fridge: 2 months (unopened)

## NON-STARCHY VEGETABLES

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| <p><b>Pantry:</b> Canned or Jarred</p> <ul style="list-style-type: none"> <li>• Artichokes</li> <li>• Asparagus</li> <li>• Banana Peppers</li> <li>• Beets</li> <li>• Green Beans</li> <li>• Hearts of Palm</li> <li>• Mushrooms</li> <li>• Olives</li> <li>• Pickles</li> <li>• Roasted Red Peppers</li> <li>• Sauerkraut</li> <li>• Spinach</li> <li>• Tomato Products - sauce, paste, diced, etc.</li> <li>• Water Chestnuts</li> </ul> | <p><b>Frozen:</b> No clumps</p> <ul style="list-style-type: none"> <li>• Broccoli</li> <li>• Carrots</li> <li>• Cauliflower (florets or riced)</li> <li>• Green beans</li> <li>• Mushrooms</li> <li>• Okra</li> <li>• Onions</li> <li>• Peppers</li> <li>• Riced Veggies</li> <li>• Spinach</li> <li>• Veggie Spirals</li> <li>• Zucchini/Squash</li> </ul> |
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## STARCH/CARBOHYDRATE

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| <p><b>Pantry:</b> Canned or Jarred</p> <ul style="list-style-type: none"> <li>• Applesauce</li> <li>• Beans - black, garbanzo, kidney, pinto, etc.</li> <li>• Canned Fruits (packed in 100% juice)</li> <li>• Corn</li> <li>• Crackers</li> </ul> | <ul style="list-style-type: none"> <li>• Crunchy Chickpeas</li> <li>• Dried Fruits (no added sugar)</li> <li>• Pasta/Rice/Quinoa</li> <li>• Peas</li> <li>• Polenta</li> </ul> |
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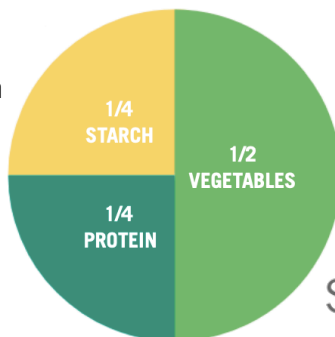
## PROTEIN

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| <p><b>Pantry:</b></p> <ul style="list-style-type: none"> <li>• Bone Broth (store bought)</li> <li>• Canned Meats - chicken, salmon, sardines, tuna</li> <li>• Crunchy Edamame</li> <li>• Nuts/Seeds</li> <li>• Nut Butter</li> <li>• Protein Powders</li> </ul> | <p><b>Frozen:</b></p> <ul style="list-style-type: none"> <li>• Bone Broth (homemade)</li> <li>• Edamame</li> <li>• Meats</li> <li>• Seafood</li> </ul> |
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## OTHERS

- Broth/Stocks
- Condiments
- Oils
- Sauces
- Soups
- Spices
- Vinegars

Build your plate with  
**The Plate Method.**



**SUMMERFIELD**  
CUSTOM WELLNESS