

long lasting fresh produce



pantry & freezer staples

NON-STARCHY VEGETABLES

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

STARCH/CARBOHYDRATE

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

PROTEIN: Tofu - Fridge: 2 months (unopened)

NON-STARCHY VEGETABLES

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

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|---|--|
| <p>Pantry: Canned or Jarred</p> <ul style="list-style-type: none"> • Applesauce • Beans - black, garbanzo, kidney, pinto, etc. • Canned Fruits (packed in 100% juice) • Corn • Crackers • Crunchy Chickpeas • Dried Fruits (no added sugar) • Pasta/Rice/Quinoa • Peas • Polenta | <p>Frozen: No clumps</p> <ul style="list-style-type: none"> • Cauliflower Pizza Crust • Corn • French Fries/Hash Browns • Frozen Fruit (no sugar added) • Lima Beans • Rice/Quinoa • Snow Peas/Sugar Snap Peas |
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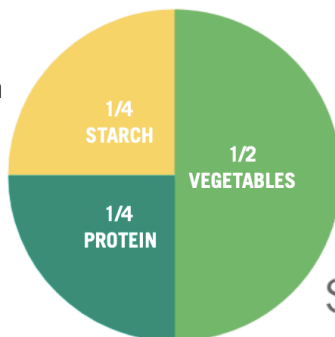
PROTEIN

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

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

Build your plate with
The Plate Method.



SUMMERFIELD
CUSTOM WELLNESS