

GREENS & VEGETABLES: Shelf Life (Fresh & Cooked)

Food	Will Last Fresh (Refrigerator)	Will Last Cooked (Refrigerator)
Asparagus	5-7 days	5-7 days
Carrots	4-5 weeks	1 week
Beans & Peas	5-7 days	5-7 days
Broccoli	7-14 days	7-9 days
Cauliflower	7- 21 days	7-10 days
Celery	3-4 weeks	1 week
Corn	5-7 days	5-7 days
Cucumbers	1 week	
Kale	1-2 weeks	5-7 days
Lettuce	7-10 days	
Mushrooms	7-10 days	7-10 days
Onions	4-6 weeks (counter)	
Parsnips	4-5 days (counter)	
Peppers	4-5 days	
Potatoes	3-5 weeks	5-7 days
Pumpkin	2-3 months	7 days
Spinach	5-7 days (unopened)	
Squash	1-3 months	5-7 days
Sweet Potatoes	3-5 weeks	7 days
Tomatoes	1 week	
Zucchini	3-5 days	5-7 days

WHOLE GRAINS Shelf Life (Cooked)

Food	Will Last Cooked (Refrigerator)
Couscous	4-5 Days
Rice (Brown)	5-7 Days
Rice (White)	4-5 Days
Rice (Wild)	5-7 Days
Quinoa	6-7 Days
Grits	5-7 days (cooked)
Pasta	4-5 days

PROTEINS & MEATS Shelf Life (Raw & Cooked)

Meat/Protein	Will Last Raw (Refrigerator)	Will Last Cooked (Refrigerator)
Beans, Peas & Tofu	3-10 days	5 days
Beef	1-2 Days	7 Days
Chicken	1-2 days	7 days
Ground Beef	1-2 days	7 days
Pork	1-2 days	7 days
Turkey	1-2 days	7 days
Fish	1-2 days	5-6 days