



MEAL PREP FRIDGE STORAGE GUIDE

Use the guide below to determine how long your **cooked meal prep recipes** will last. If a recipe calls for one or more items with different use-by dates, use the shortest range as your guide.

PROTEINS

Meat	3-4 days
Poultry	3-4 days
Seafood	3-4 days
Beans	3-4 days
Eggs	3-4 days
Tofu	4-5 days

CARBS

Vegetables	3-4 days
Fruit	3-5 days
Pasta	3-5 days
Rice	3-4 days
Potatoes	3-4 days
Misc. Grains	3-4 days

SAUCES

Tomato Sauce	3-5 days
Meat Sauce	3-4 days
Curry Sauce	3-4 days
Cream Sauce	5-7 days
Soups and Stews	3-4 days

MISC. FOODS

Oatmeal	4-6 days
Nut Butter	3-6 months
Muffins	up to 1 week
Cookies	up to 2 weeks

Don't forget that some cooked items can be frozen and will last much longer. Good **freezer meal prep items** include: al dente pasta, rice, sauces/sauce-based dishes, & baked goods.