

SHELF-LIFE GUIDE

Fruits & Veggies



	1-3 DAYS	5 DAYS	1 WEEK	2 WEEKS+
Fruits	Avocados (ripe) Bananas Cherries Mangoes Melons Pears Pineapple Plums Raspberries Strawberries	Grapes Rhubarb	Apricots Blueberries Kiwis (ripe) Nectarines Papaya (ripe) Passion fruit Peaches Watermelon	Apples Coconut Cranberries Grapefruit Onions Oranges Pomegranates Tangerine
Vegetables	Asparagus Corn Snap peas Snow peas Sprouts Tomatoes (ripe)	Broccoli Brussels sprouts Eggplant Green beans Herbs Mushrooms	Artichokes Cucumbers Kale Lettuce Peppers Potatoes Swiss chard Turnip Zucchini	Beets (no tops) Cabbage Cauliflower Carrots Celery Endives Garlic Ginger Parsnips Pumpkins Radishes (no tops) Rutabagas Squashes Sweet potatoes Yams Zucchini



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