



What to Prep Ahead + Food Storage

| Food Item | Storage Location / Notes | Duration |
|---|---|-------------|
| Cooked bacon | Refrigerator | 2 to 3 days |
| Baked white or sweet potatoes | Refrigerator | 3 to 4 days |
| Cooked chicken (or other meat) | Refrigerator | 3 to 4 days |
| Diced in-season fruit (such as melon, pineapple, and/or berries) | Refrigerator | 3 to 4 days |
| Hard-boiled eggs | Refrigerator / Keep in shell until just before eating | 4 to 5 days |
| Mashed potatoes | Refrigerator | 3 to 4 days |
| Cooked quinoa or brown rice | Refrigerator | 3 to 4 days |
| Washed and sliced raw veggies (such as carrots, bell peppers, celery, and/or cucumbers) | Refrigerator / Submerge carrots and celery in water | 3 to 4 days |
| Washed lettuce or other greens | Refrigerator | 3 to 4 days |
| Cooked whole-wheat couscous | Refrigerator | 3 to 4 days |
| Cooked whole-wheat noodles | Refrigerator | 3 to 4 days |