

Here are the suggested storage times for some Eat-Clean Diet® staples:

eatcleandiet.com

THE **EAT CLEAN DIET**® FOOD STORAGE CHART

REFRIGERATOR

FREEZER

DAIRY

- Yogurt – unopened
- Yogurt – opened

- Cottage cheese – unopened
- Cottage cheese – opened

Best before date
3 days

1-2 months
Don't freeze

Best before date
3 days

Don't freeze
Don't freeze

FRESH POULTRY

- Chicken, turkey – whole
- Chicken, turkey – pieces

2-3 days
2-3 days

1 year
6 months

FRESH FISH

- Salmon
- Tilapia

3-4 days
3-4 days

2-4 months
6 months

LEFTOVERS

- Cooked meat, stews, egg or vegetable dishes
- Cooked poultry, fish
- Soups

3-4 days
3-4 days
2-3 days

2-3 months
4-6 months
4 months

EGGS

- Fresh eggs (in shell)
- Hardboiled eggs

3-4 weeks
1 week

Don't freeze
Don't freeze

FRESH VEGETABLES

- Carrots
- Celery
- Tomatoes
- Lettuce
- Spinach

2 weeks
2 weeks
Not recommended
3-7 days
2-4 days

10-12 months
10-12 months
2 months
Don't freeze
10-12 months