



Fresh Produce\*

Grocery

✓	Fresh Produce*		✓	Grocery
	<i>Shelf Life/Storage Tips</i>			Whole grain bread(s)
	Bananas	2-5 days		Whole grains (brown rice, farro, quinoa, whole wheat pasta, etc.)
	Apples	1-2 months (in fridge)		Oats, whole grain cereal(s)
	Oranges	3-4 weeks (in fridge)		White rice and pasta
	Berries	1-2 weeks (in fridge)		Quick-cooking polenta
	Lemons/limes	3-4 weeks (in fridge)		Canned beans and lentils
	Avocado	4-7 days or until ripe		Broth/stock
	Tomatoes	1-5 days or until ripe		Canned tomatoes (diced, whole, etc.)
	Leafy Greens (e.g., romaine)	2-3 days in fridge		Fats: olive, canola and/or avocado oil
	Hearty Greens (e.g., kale)	5-7 days in fridge		Vinegars: apple cider, white, balsamic
	Green beans	3-5 days in fridge		Tomato sauce and/or jarred pesto
	Asparagus	3-4 days in fridge		Whole grain breadcrumbs
	Broccoli	3-5 days in fridge		Condiments: mustard, ketchup, BBQ, hot and/or soy sauce, etc.
	Brussels Sprouts	3-5 days in fridge		Canned tuna, chicken and/or salmon
	Celery	1-2 weeks in fridge		Protein powder (prefer whey-based and unsweetened)
	Onions	2-3 months		Nuts and/or seeds (like chia, pumpkin, flax or hemp)
	Potatoes	3-4 weeks in fridge		Nut or seed butters (e.g., Tahini)
	Garlic	3-5 months		Dried fruit (raisins, apricots, dates, etc.)
	Mushrooms	4-7 days in fridge		Applesauce
	Carrots	3-4 weeks in fridge		Whole grain pancake/baking mix
	Bell Pepper	1-2 weeks in fridge		Herbs/spices and vanilla extract
	Cucumber	1 week in fridge		Sweeteners: maple syrup, honey, sugar
	Fresh herbs	10-14 days in fridge		Baking supplies: flour, salt, baking powder/soda, cocoa, choco chips
	Yogurt-Based Salad Dressing	Until sell by date		Snacks: Triscuits, pretzels, popcorn, granola bars, cookies

\*This not an exhaustive list; consider what's in season and your weekly meal plan when deciding between fresh, canned or frozen

Dairy

Meat/Protein

✓	Dairy	✓	Meat/Protein
	Milk		Boneless, skinless chicken thighs
	Yogurt (Greek and Flavored)		Whole chicken
	Kefir		Ground turkey (97% lean)
	Cottage Cheese		Ground beef or bison (>90% lean if possible)
	Butter		Flank steak
	Cheese		Pork tenderloin
	Eggs		Fish
	Bacon		Tofu/tempeh/other vegan protein sources



# The Running Dietitian

## Frozen

## Other Items

✓		✓	
	Berries		
	Peaches		
	Mangos		
	Green Beans		
	Broccoli		
	Edamame and Mukimame (shelled soybeans)		
	Riced cauliflower		
	Peas		
	Sweet potato fries		
	Pizza crust		
	Ice cream (e.g., Yasso Frozen Yogurt Bars)		
	Whole grain frozen waffles		
	Brown rice		
	Sprouted grain bread		
	Shrimp		

## Weekly Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>							
<b>Lunch</b>							
<b>Dinner</b>							
<b>Snack 1</b>							
<b>Snack 2</b>							

