

# Early to Rise Customer Support

[Knowledgebase](#) > [Chef Gui Eat More Burn More](#) > [How can I store fresh vegetables? I would like to be able to prep them and use them for 2-3 days in a row.](#)

## **How can I store fresh vegetables? I would like to be able to prep them and use them for 2-3 days in a row.**

Honey - 2020-02-06 - [Chef Gui Eat More Burn More](#)

The best way to store vegetables is to either leave them as is in the bottom part of your refrigerator, or as soon as you prepare them (peeled, diced, sliced, whatever...) it's best to put them in zip-lock bags and press the air out.