Early to Rise Customer Support

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.

Kerri -- ETR Customer Support - 2020-02-20 - 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.