

A FREE GUIDE FROM POCKETSTRIDE

The Master Pantry Reset & Shelf-Life Guide

A 15-minute routine to clear out what's gone bad, see what you actually have, and stop buying duplicates — plus a quick-reference chart for how long your everyday groceries really last.



PocketStride

STEP-BY-STEP

The 15-Minute Pantry Reset

Do this once a week — Sunday works well — and grocery shopping stops being guesswork. Grab a trash bag and a notepad (or your phone) and go.

☐ 1. Pull everything forward

Empty one shelf or drawer at a time so nothing hides in the back. Wipe it down while it's empty.

☐ 2. Toss anything expired or "off"

Check dates on dairy, sauces, and anything opened more than a few weeks ago. When in doubt, smell it out.

☐ 3. Group like with like

Grains together, canned goods together, snacks together. You'll immediately see what you have too much of.

☐ 4. Note what's running low

Anything under 25% full goes on this week's list — not next month's.

☐ 5. Move "eat soon" items to the front

Anything expiring in the next 5 days goes at eye level, so it actually gets used.

☐ 6. Update your list before you shop

Write down (or type into your planner) only what's actually missing — not a guess.

QUICK REFERENCE

Produce & Pantry Shelf-Life Guide

A rough guide for how long common groceries actually last — so you can stop guessing and start planning around what needs to go first.

ITEM	COUNTER	FRIDGE	FREEZER
Leafy greens (lettuce, spinach)	—	5–7 days	Not recommended
Berries	—	3–6 days	8–12 months
Bananas	2–5 days	Extends 5–7 more	2–3 months (peeled)
Tomatoes	3–5 days	Not ideal (texture)	2–3 months (cooked)
Onions & potatoes	2–4 weeks	—	Not recommended raw
Fresh herbs	1–2 days	1–2 weeks	4–6 months
Milk	—	5–7 days past date	1–3 months
Eggs	—	3–5 weeks	Not recommended in shell
Raw chicken	—	1–2 days	9 months
Ground beef	—	1–2 days	3–4 months
Bread	3–5 days	1–2 weeks (denser)	3 months
Cooked leftovers	—	3–4 days	2–3 months

General guidance only — always trust your eyes and nose over any chart.

WANT THIS AUTOMATED EVERY WEEK?

GroceryFlow Planner does the reset for you.

The Use It Soon tab flags what's about to expire automatically, and your grocery list already subtracts what's in your pantry — so you only ever buy what you're actually short on.

See GroceryFlow Planner →