

## THE HEALTHY NON-PERISHABLE FOODS LIST

Thanks for downloading this list of fridge-free foods. This document contains a list of healthy snacks that do not require refrigeration. Get the rest of the FREE eating playbook here: [creationpeak.com/playbook](https://creationpeak.com/playbook)

### Notes:

- **Nuts & Seeds:** Best if stored in air-tight containers like glass jars, and kept in a cool, dark place. If you're not going to eat them within a couple of months, then it's best to store them in the refrigerator or freezer.
- **Olives, Dolmas and Sardines:** These all require refrigeration after opening if you don't eat them right away. Also, they are usually found in the "Condiments" or "Canned and Packaged" food aisles.
- **All Items:** The specific food products listed do not contain chemicals, additives or more than 7g of sugar per serving.

***Affiliate Disclosure:** The links in this list are affiliate links, which means I earn a small commission if you make a purchase using my links. This is at no additional cost to you. These products are recommended because they are useful and I believe they will bring value to you too.*

# CREATION PEAK™

1. **JERKY:** [CHOMPS Original Grass-Fed Beef Snack Sticks](#) (Certified Gluten Free)  
[Pan's Mushroom Jerky Zesty Thai Mushroom Jerky](#) (Certified Vegan & Vegetarian)
2. **NUTS & SEEDS:** [Go Raw Organic Sprouted Pumpkin Seeds](#)
3. **COCONUT CHIPS:** [Dang Unsweetened Toasted Coconut Chips, Lightly Salted](#)
4. **ROASTED SEAWEED:** [Thrive Market Sea Salt Seaweed Snacks](#)
5. **PROTEIN BARS:** [Primal Kitchen Dark Chocolate Almond Collagen Fuel Bar](#) (Paleo Friendly, Keto Friendly)  
[Dang Chocolate Sea Salt Bar](#) (Vegetarian, Vegan, Keto)
6. **OLIVES:** [Divina Organic Green Olives Pitted](#)
7. **DOLMAS:** [Divina Dolmas, Stuffed Grape Leaves](#)
8. **SARDINES:** [Wild Planet Wild Sardines in Extra Virgin Olive Oil, Lightly Smoked](#)
9. **COCONUT BUTTER / NUT BUTTER:** [Artisana Organics Raw Coconut Butter Squeeze Packs](#) (Keto)  
[Artisana Organics Raw Almond Butter Squeeze Packs](#) (Organic)
- 10: **CHOCOLATE:** [Hu Chocolate-Covered Hunks, Cashews + Vanilla Bean](#) (Gluten Free, Vegan, Paleo)

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