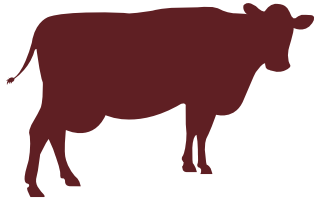


Meat Temperature Guide



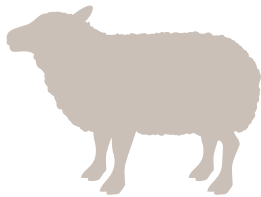
BEEF

Rare = 120F - 125F

Medium Rare = 130F - 135F

Medium = 140F - 145F

Well Done = 150F - 155F



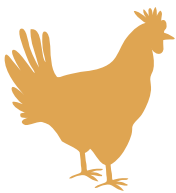
LAMB

Rare = 135F

Medium Rare = 140F - 150F

Medium = 160F

Well Done = 165F



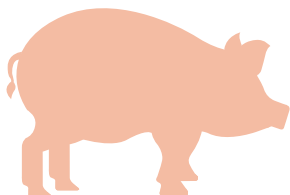
CHICKEN

165-175F



TURKEY

165F-175F



PORK

145F

Pulled = 205F