

FREE SAMPLE · PRINT IT FOR THE FRIDGE

Quick Meat Temp Card

Steak doneness and USDA safe minimums in °F and °C. Check the thickest part with a food thermometer.

Beef steak doneness FINAL TEMP AFTER RESTING

RARE	MEDIUM RARE	MEDIUM	MEDIUM WELL	WELL DONE
125°F 52°C final	135°F 57°C final	145°F 63°C final	150°F 66°C final	160°F 71°C final
				
Pull at 120°F (49°C) Cool red center	Pull at 130°F (54°C) Warm red center	Pull at 140°F (60°C) Warm pink center	Pull at 145°F (63°C) Slightly pink center	Pull at 155°F (68°C) Little or no pink

Pull = take the steak off the heat about 5°F (3°C) early. It rises to the **final** temp as it rests. **USDA safe minimum** for beef steaks and roasts: 145°F (63°C) with a 3-minute rest. Rare and medium-rare are below that.

USDA safe minimums COOK TO AT LEAST

FOOD		°F	°C
Ground beef	Burgers, meatballs, meatloaf	160°F	71°C
Pork	Chops, roasts, tenderloin	145°F + 3-min rest	63°C
Lamb	Chops, steaks, roasts	145°F + 3-min rest	63°C
Poultry	Chicken & turkey, all cuts	165°F	74°C
Eggs	Egg dishes (frittatas, quiche, egg bakes)	160°F	71°C
Fish	Fish fillets & steaks	145°F	63°C

You can always cook food hotter than these minimums. °C values are rounded.

This free card is a sample. The full 10-page Meat Temperature Chart (US Letter + A4) adds:

- + Ground pork, sausage, ham & leftovers
- + Kitchen conversions
- + Fridge & freezer storage times
- + Where to put the probe
- + Thawing & leftovers guide
- + 2 cut-out fridge-door cards

Want the full chart and steak recipes?

Meat & Eggs Kitchen on Etsy · etsy.com/shop/MeatAndEggsKitchen

General cooking information. Safe minimums: USDA Food Safety and Inspection Service (FSIS). Doneness levels: Certified Angus Beef. Free for personal use. © 2026 Meat & Eggs Kitchen

