

Khaana Prep & Storage Quick Guide

1. Safe Temperatures (USDA-aligned)

- Cold hold: at or below 40°F (4°C)
- Hot hold: at or above 140°F (60°C)
- Cook to:
 - Poultry: 165°F (74°C)
 - Ground meats: 160°F (71°C)
 - Whole cuts beef/pork/lamb: 145°F (63°C) + 3-min rest
 - Fish: 145°F (63°C) or flesh opaque/flakes
 - Reheat leftovers/sauces: 165°F (74°C)

2. Fridge & Freezer Storage Times (after delivery)

Item	Fridge (≤40°F)	Freezer (0°F/-18°C)
Raw poultry	1-2 days	Up to 9 months
Raw beef/pork (whole cuts)	3-5 days	6-12 months
Ground meats	1-2 days	3-4 months
Fresh fish	1-2 days	2-3 months
Cooked grains/pasta	3-4 days	2 months
Chopped vegetables	3-5 days	8-12 months
Prepared sauces (sealed)	3-4 days	2-3 months
Ready-to-heat entrées	3-4 days	2-3 months

3. Same-Day Prep Timelines (typical Khanna kits)

- 15-Minute Chicken (pan-sear + steam veg)
 1. Unbox → check ice packs → store items (2 min)
 2. Preheat pan & season (3 min)
 3. Sear chicken to 165°F (8-10 min)
 4. Steam/saute veg (5-7 min)
- Veggie Power Bowl (sheet-pan + assemble)
 1. Preheat oven to 425°F (3-5 min)
 2. Roast veggies/grains tray (12-15 min)
 3. Toss with dressing & toppings (2-3 min)
- Salmon & Lemon Rice (skillet + finish)
 1. Pat dry, season salmon (1-2 min)
 2. Pan-sear skin-side down (6-8 min total to 145°F)
 3. Warm rice, add lemon/herbs (3-4 min)