The container traffic light

Stick it on the fridge. Count the days from your cooking session; if you're unsure, check here before you open the lid.

DAYS 1-3 **Fridge**	What you'll eat in the first three days, in the fridge at 40°F (4°C) or below. Fish and rice have shorter limits: check their recipes.
DAYS 4-5 **Freezer**	Straight into the freezer as soon as it's cool. On the night of day 3, move day 4's food to the fridge. Never thaw on the counter.
ALWAYS **Toss it**	More than 2 hours out of the fridge (1 if it's above 90°F / 32°C) · past its time limit · strange smell or look · or simply doubts. Smelling fine doesn't mean it is fine.

High-Risk Foods

MAXIMUM CARE
Rice
Cool within 1 hour. Fridge 1 day; otherwise, freeze. Reheat only once.

SHORT LIMIT
Fish
Cooked, 1-2 days in the fridge. That's why it's always eaten on day 1 or 2.

COOK THROUGH
Chicken
165°F (75°C) in the center, no pink. 3 days in the fridge. Don't rinse it raw.

SHORT LIMIT
Eggs
Omelets and scrambles, 2 days. Hard-boiled in the shell, up to 7.

KEEP WELL
Beans and lentils
2-3 days in the fridge. Frozen in a flat bag, up to 3 months.

LAST MINUTE
Leafy greens
Dressed, same day only. Store them dry and assemble when serving.

Reheating Without Surprises

1
Cover
Not sealed; add 1 tbsp water to rice or pasta.

2
Stir
Halfway through. Microwaves heat in patches.

3
Rest
One minute, covered: the heat spreads on its own.

4
Check
It should steam in the center (165°F / 74°C). Only once per portion.

Guidelines based on the USDA, FDA, and CDC. Details and sources in chapters 5 and 6. When in doubt, throw it out.

How long things keep

COOKED FOOD	FRIDGE	FREEZER
Cooked rice	1 day (cool within 1 hour)	Up to 1 month
Cooked fish	1-2 days	Up to 3 months
Cooked or stewed beans and lentils	2-3 days	Up to 3 months
Cooked chicken or meat	3 days	Up to 3 months
Omelets and egg dishes	2 days	Not recommended
Roasted or cooked vegetables	3-4 days	Up to 3 months (texture changes)

COOKED FOOD	FRIDGE	FREEZER
Pureed vegetable soups and soups	3-4 days	Up to 3 months
Cooked pasta without sauce	2-3 days	Not recommended
Yogurt-based sauces	3 days	No
Homemade tomato sauce	4-5 days	Up to 3 months
Hard-boiled eggs in the shell	Up to 7 days	No
Dressed salad	Same day	No

Fridge at 40°F (4°C) or below; freezer at 0°F (-18°C).