

# Eat Better. Feel Better.

## Australian Grassfed Beef.

### #gograssfed



## Healthy swaps with Aussie grassfed beef.

Give your meal routine an instant upgrade and nutritious, sustainable boost.

### A healthy, balanced and sustainable plate

Australian grassfed beef + colorful veggies  
3 - 4 times a week.\*

Healthy source of

### Zinc, Iron & Omega-3

good for heart, brain, immunity and energy.



Vietnamese Grilled Aussie grassfed beef salad.



## 78%

Reduced greenhouse gas emissions by 78% since 2005

### Small ingredient list, Big on Taste.

Cast iron grassfed ribeye with burst tomatoes and roasted corn sauce



## 0%

Committed to be Carbon Neutral by 2030



STEP 1

#### Get the ingredients

10 oz. Aussie grassfed rib eye steak  
1 Tbsp. avocado oil  
1 C. cherry tomatoes  
1 tsp. fresh garlic, minced  
1 ear of corn, roasted  
salt and pepper, to taste

STEP 2

#### Get the full recipe here

STEP 3

Throw this dish together in a flash!

### Tips for Grilling Greater with grassfed beef

- ✓ Bring to room temperature before cooking to keep from drying out.
- ✓ Because of its leanness, it cooks up to 30% faster than grained beef.
- ✓ Handle lightly, flipping only once when grilling.
- ✓ Rest for 5-10 minutes to keep it nice and juicy.
- ✓ Try our handy steak mate tool, just plug in cut, a few details and we'll do the rest.

### High in Protein, Low in Calories

4 oz grassfed beef top sirloin steak  
(25 grams of protein) **145** calories

3 cups quinoa  
(25 grams of protein) **666** calories

[Find diet-friendly recipes here](#)

## 100%

Grassfed in Australia for naturally lean high-quality protein.



Aussie beef satay skewers with papaya relish

### "Handy" meals to enjoy outdoors!

Find this recipe and more summer grassfed beef meal ideas at

[www.aussiebeefandlamb.com](http://www.aussiebeefandlamb.com)

Eat Better. Feel Better.  
With an #aussome new dish!

\*Latest dietary guidelines from USDA recommends eating 3 to 6 ounce portions of lean meat 3 to 4 times a week.