Eat Better. Feel Better.







Healthy swaps with Aussie grassfed beef.

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

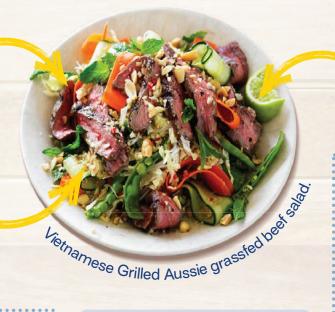
A healthy, balanced and sustainable plate

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

Healthy source of

Zinc, Iron &Omega-3

good for heart, brain, immunity and energy.



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



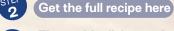
Get the ingredients

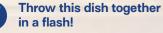
10 oz. Aussie grassfed rib eye steak

1 Tbsp. avocado oil 1 C. cherry tomatoes

1 tsp. fresh garlic, minced 1 ear of corn, roasted

salt and pepper, to taste





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

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

Find diet-friendly recipes here

Grassfed in Australia for naturally lean highquality protein.



Aussie beef satay skewers with papaya relish

"Handy" meals to enjoy outdoors!

Find this recipe and more summer grassfed beef meal ideas at