



#backtopool

EAT BETTER. FEEL BETTER. TRUE AUSSIE GRASSFED BEEF.

Benefits of Grassfed Beef [1]

Lean and naturally nutritious. Good for heart, brain health, energy and immunity.

Omega 3

46% daily vitamins

lowers risk of heart disease, dementia and arthritis

B12

60% daily vitamins

boosts your energy and immunity



3x more iron

than chicken & 2x more than pork

important for energy, brain function and healthy growth



Free of hormones and antibiotics



Keto and Paleo friendly



More protein, less calories:



USDA recommends eating 3 to 6 oz. portions of lean or extra lean meats - 3 to 4 times a week with vegetables for a satisfying, tasty meal

Why Australian Grassfed Beef?



100% grassfed free to graze on Australia's open, natural grasslands

Highly sustainable practices



Decreased water use by 68% in the last 30 years.

68%



Humanely raised by generational Aussie ranchers



Reduced greenhouse gas emissions by 56% in the last 14 years.

56%

Australia's commitment to the planet



to be Carbon Neutral by 2030



50% renewable energy use on Aussie farms by 2030

Tips for cooking grassfed beef

- ✓ Bring to room temperature before cooking to keep from drying out.
- ✓ Handle lightly, flipping only once when grilling.
- ✓ Because of its leanness, it cooks up to 30% faster than grain-fed beef.
- ✓ Rest for 5-10 minutes to keep it nice and juicy.

Find this Vietnamese Aussie grassfed beef salad and more fresh, healthy grassfed beef recipes at backtopoolparty.com

