

#backtopool

EAT BETTER FEEL BETTER TRUE AUSSIE GRASSFED BEEP

than chicken &

important for energy, brain

function and healthy growth

Benefits of Grassfed Beef^[1]

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



raw almonds top sirloin 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?



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dementia and arthritis

lowers risk of heart disease.

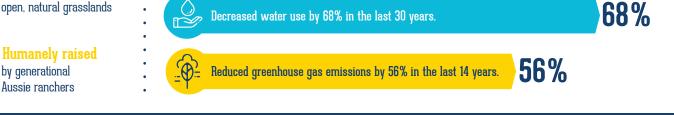
o/ daily **70** vitamins

boosts your energy

and immunity

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

Highly sustainable practices



Australia's commitment to the planet



Tips for cooking grassfed beef



Bring to room temperature before cooking to keep from drying out.



Because of its leanness, it cooks up to **30% faster** than grain-fed beef.



Handle lightly, flipping only once when grilling.

keep it nice and juicy.



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

