

EAT BETTER. FEEL BETTER.

AUSTRALIAN GRASSFED BEEF



#askforAustralian

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.



-51.5%

Reduced greenhouse gas
emissions by 51.5%
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



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) **145** calories

3 cups quinoa
(25 grams) **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.trueaussiebeefandlamb.com/
summer](http://www.trueaussiebeefandlamb.com/summer)

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!

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.

FIND

where to buy Australian grassfed beef near you