

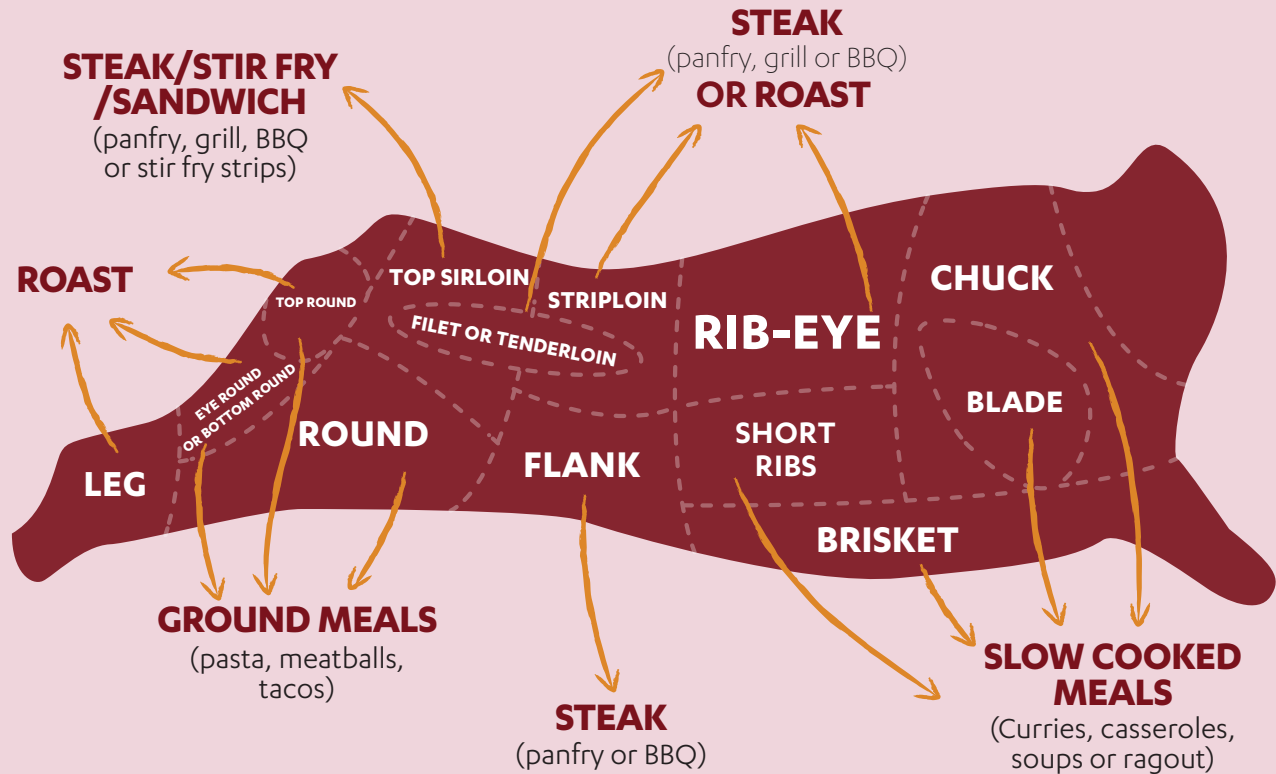
HEALTHY MEALS BY CUT

A Guide to Beef and Lamb Cuts

Use this guide to choose different cuts and a variety of healthy, balanced meals.

Lean red meat is recommended every other day for iron and zinc.

For variety and health, alternate between meals with larger and smaller portion sizes.



STEAK



Use 1 small to medium steak per person

STIR FRY



Slice 1 large rump steak into strips to make 2-3 servings

SANDWICH/WRAP



1 to 2 slices of leftover roast meat to make a sandwich

SLOW COOK



1 ½ to 2lbs slow cook cuts or diced meat makes 5 servings

GROUND (PASTA)



1lb lean ground beef makes 4 servings

GROUND (MEATBALLS)



1lb lean ground beef makes 4 servings

ROAST



2lb roast makes 5 servings

Click www.aussiebeefandlamb.com for

A Guide to Lean Cuts >

Healthy, Balanced Meal Ideas >

Information in this brochure is aimed at healthy individuals without special dietary requirements and intended as general information only. Care is taken to ensure accuracy and currency of the information, however we cannot guarantee accuracy or currency. This information does not constitute medical, dietary or nutrition advice and you should consult a health professional before making any decisions concerning your health or nutrition requirements. September 2019.



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