

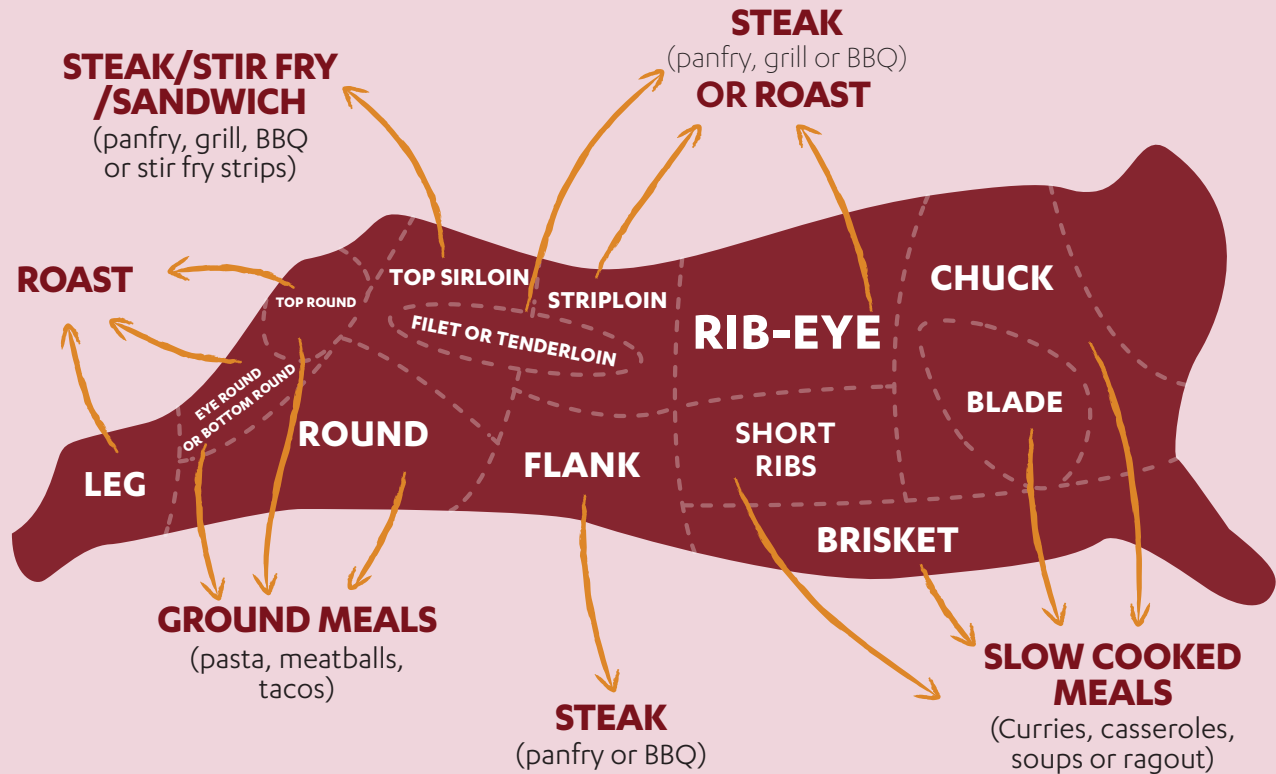
# HEALTHY MEALS BY CUT

## 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.truaussiebeefandlamb.com](http://www.truaussiebeefandlamb.com) for

A Guide to Lean Cuts >

Healthy, Balanced Meal Ideas >

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