

GRASS-FED BEEF RIBEYE

Nutrition Facts

10 servings per container

Serving size 3 oz (85g)



Calories 115

% DV*	Amount Per 3oz	% DV*	Amount Per 3oz
7%	Total Fat 4g		Sodium 0mg
2%	Sat. Fat 2.5g		Total Carb. 0mg
	Trans Fat 0g		Dietary Fiber 0g
	Polyunsat. Fat 0g		Sugars 0g
	Monounsat. Fat 1.5g		Protein 18g
16%	Cholesterol 55mg		

Omega-3 Fatty Acids 16mg Omega-6 Fatty Acids 35mg
Omega-9 Fatty Acids 407mg

* Percent Daily Values are based on a 2,000 calorie diet



GRASS-FED BEEF SIRLOIN

Nutrition Facts

3 servings per container

Serving size 3 oz (85g)



Calories 140

% DV*	Amount Per 3oz	% DV*	Amount Per 3oz
19%	Total Fat 8g	0%	Sodium 0g
18%	Sat. Fat 4g	0.13%	Total Carb. 0mg
	Trans Fat 0.5g	0%	Dietary Fiber 0g
	Polyunsat. Fat 0g	0%	Sugars 0g
	Monounsat. Fat 3g		Protein 18g
16%	Cholesterol 50mg		

Omega-3 Fatty Acids 75mg Omega-6 Fatty Acids 148mg
Omega-9 Fatty Acids 2.7g

* Percent Daily Values are based on a 2,000 calorie diet



GRASS-FED GROUND BEEF

Nutrition Facts

5 servings per container

Serving size 3 oz (85g)



Calories 110

% DV*	Amount Per 3oz	% DV*	Amount Per 3oz
6%	Total Fat 4g	0%	Sodium 0g
11%	Sat. Fat 2.3g	0.4%	Total Carb. 1g
	Trans Fat 0.3g	0%	Dietary Fiber 0g
	Polyunsat. Fat 0.1g	0%	Sugars 0g
	Monounsat. Fat 1.3g		Protein 18g
17%	Cholesterol 52mg		

Omega-3 Fatty Acids 32mg Omega-6 Fatty Acids 90mg
Omega-9 Fatty Acids 1.1g

* Percent Daily Values are based on a 2,000 calorie diet



GRASS-FED BEEF CUTLET

Nutrition Facts

8 servings per container

Serving size 3 oz (85g)



Calories 90

% DV*	Amount Per 3oz	% DV*	Amount Per 3oz
2%	Total Fat 1g	0%	Sodium 0g
2%	Sat. Fat 0.4g	0%	Total Carb. 0g
	Trans Fat 0g	0%	Dietary Fiber 0g
	Polyunsat. Fat 0g	0%	Sugars 0g
	Monounsat. Fat 0g		Protein 19g
16%	Cholesterol 50mg		

Omega-3 Fatty Acids 16mg Omega-6 Fatty Acids 35mg
Omega-9 Fatty Acids 407mg

* Percent Daily Values are based on a 2,000 calorie diet



GRASS-FED BEEF CHUCK ROAST

Nutrition Facts

10 servings per container

Serving size 3 oz (85g)



Calories 70

% DV*	Amount Per 3oz	% DV*	Amount Per 3oz
2%	Total Fat 1.2g	3%	Sodium 70mg
3%	Sat. Fat 0.5g	<0.03%	Total Carb. 0.1g
	Trans Fat 0g	0%	Dietary Fiber 0g
	Polyunsat. Fat 0g	0%	Sugars 0g
	Monounsat. Fat 0g		Protein 16g
16%	Cholesterol 48mg		

Omega-3 Fatty Acids 38mg Omega-6 Fatty Acids 0.1g
Omega-9 Fatty Acids 0.3g

* Percent Daily Values are based on a 2,000 calorie diet



GRASS-FED BEEF JERKY

Nutrition Facts

8 servings per container

Serving size 3 oz (85g)



Calories 90

% DV*	Amount Per 3oz	% DV*	Amount Per 3oz
2%	Total Fat 1g		Sodium 0mg
2%	Sat. Fat 0g		Total Carb. 0mg
	Trans Fat 0g		Dietary Fiber 0g
	Polyunsat. Fat 0g		Sugars 0g
	Monounsat. Fat 0g		Protein 19g
16%	Cholesterol 50mg		

Omega-3 Fatty Acids 16mg Omega-6 Fatty Acids 35mg
Omega-9 Fatty Acids 407mg

* Percent Daily Values are based on a 2,000 calorie diet



BACON-WRAPPED BEEF FILET

Nutrition Facts

5 servings per container

Serving size 3 oz (85g)



Calories 170

% DV*	Amount Per 3oz	% DV*	Amount Per 3oz
7%	Total Fat 13g		Sodium 230mg
13%	Sat. Fat 4g		Total Carb. 1mg
	Trans Fat 0.3g		Dietary Fiber 0g
	Polyunsat. Fat 2.5g		Sugars 0g
	Monounsat. Fat 5g		Protein 15g
18%	Cholesterol 50mg		

Omega-3 Fatty Acids 43mg **Omega-6 Fatty Acids** 82mg
Omega-9 Fatty Acids 1.2g

* Percent Daily Values are based on a 2,000 calorie diet



GRASS-FED BEEF ARM ROAST

Nutrition Facts

5 servings per container

Serving size 3 oz (85g)



Calories 75

% DV*	Amount Per 3oz	% DV*	Amount Per 3oz
1%	Total Fat 0.8g	3%	Sodium 74mg
2%	Sat. Fat 0g	0%	Total Carb. 0g
	Trans Fat 0.3g		Dietary Fiber 0g
	Polyunsat. Fat 0g		Sugars 0g
	Monounsat. Fat 0g		Protein 17g
17%	Cholesterol 49mg		

Omega-3 Fatty Acids 53mg **Omega-6 Fatty Acids** 0.1g
Omega-9 Fatty Acids 0.2g

* Percent Daily Values are based on a 2,000 calorie diet



GRASS-FED BEEF NY STRIP

Nutrition Facts

5 servings per container

Serving size 3 oz (85g)



Calories 80

% DV*	Amount Per 3oz	% DV*	Amount Per 3oz
1%	Total Fat 0.5g	2%	Sodium 50mg
1%	Sat. Fat 0.5g	0%	Total Carb. 0mg
	Trans Fat 0.2g		Dietary Fiber 0g
	Polyunsat. Fat 0g		Sugars 0g
	Monounsat. Fat 0g		Protein 19g
16%	Cholesterol 50mg		

Omega-3 Fatty Acids 43mg **Omega-6 Fatty Acids** 0.1g
Omega-9 Fatty Acids 0.2g

* Percent Daily Values are based on a 2,000 calorie diet



SUMMER SAUSAGE - REGULAR

Nutrition Facts

10 servings per container

Serving size 3 oz (85g)



Calories 100

% DV*	Amount Per 3oz	% DV*	Amount Per 3oz
2%	Total Fat 1.5g		Sodium 780mg
2%	Sat. Fat 1g		Total Carb. 1g
	Trans Fat 0g		Dietary Fiber 0g
	Polyunsat. Fat 0g		Sugars 0g
	Monounsat. Fat 0g		Protein 20g
16%	Cholesterol 60mg		

Omega-3 Fatty Acids 26mg **Omega-6 Fatty Acids** 118mg
Omega-9 Fatty Acids 475mg

* Percent Daily Values are based on a 2,000 calorie diet

All Natural Ingredients: Salt, Celery, Sugar Beet Powder, Baking Soda, Garlic Powder



SUMMER SAUSAGE - JALAPENO

Nutrition Facts

10 servings per container

Serving size 3 oz (85g)



Calories 100

% DV*	Amount Per 3oz	% DV*	Amount Per 3oz
2%	Total Fat 1.5g		Sodium 840mg
2%	Sat. Fat 0.5g		Total Carb. 1g
	Trans Fat 0g		Dietary Fiber 0g
	Polyunsat. Fat 0g		Sugars 0g
	Monounsat. Fat 0g		Protein 20g
16%	Cholesterol 55mg		

Omega-3 Fatty Acids 26mg **Omega-6 Fatty Acids** 87mg
Omega-9 Fatty Acids 470mg

* Percent Daily Values are based on a 2,000 calorie diet

All Natural Ingredients: Salt, Celery, Sugar Beet Powder, Baking Soda, Garlic Powder



GRASS-FED BEEF STEW MEAT

Nutrition Facts

5 servings per container

Serving size 3 oz (85g)



Calories 90

% DV*	Amount Per 3oz	% DV*	Amount Per 3oz
1%	Total Fat 1g	2%	Sodium 40mg
1%	Sat. Fat 0.5g	0%	Total Carb. 0g
	Trans Fat 0g		Dietary Fiber 0g
	Polyunsat. Fat 0.5g		Sugars 0g
	Monounsat. Fat 0.5g		Protein 18g
12%	Cholesterol 35mg		

Omega-3 Fatty Acids 48mg **Omega-6 Fatty Acids** 0.1g
Omega-9 Fatty Acids 0.1g

* Percent Daily Values are based on a 2,000 calorie diet



STANDING RIB ROAST

Nutrition Facts

10 servings per container

Serving size 3 oz (85g)



Calories 115

% DV*	Amount Per 3oz	% DV*	Amount Per 3oz
6%	Total Fat 4g		Sodium 0mg
2%	Sat. Fat 2.5g		Total Carb. 0g
	Trans Fat 0g		Dietary Fiber 0g
	Polyunsat. Fat 0g		Sugars 0g
	Monounsat. Fat 1.5g		Protein 18g
16%	Cholesterol 55mg		

Omega-3 Fatty Acids 16mg Omega-6 Fatty Acids 35mg
Omega-9 Fatty Acids 407mg

* Percent Daily Values are based on a 2,000 calorie diet



GRASS-FED BEEF RUMP ROAST

Nutrition Facts

10 servings per container

Serving size 3 oz (85g)



Calories 90

% DV*	Amount Per 3oz	% DV*	Amount Per 3oz
2%	Total Fat 1g		Sodium 0g
2%	Sat. Fat 0.4g		Total Carb. 0g
	Trans Fat 0g		Dietary Fiber 0g
	Polyunsat. Fat 0g		Sugars 0g
	Monounsat. Fat 0g		Protein 19g
16%	Cholesterol 50mg		

Omega-3 Fatty Acids 16mg Omega-6 Fatty Acids 35mg
Omega-9 Fatty Acids 407mg

* Percent Daily Values are based on a 2,000 calorie diet



1/4 LB HAMBURGER PATTIES (x4)

Nutrition Facts

5 servings per container

Serving size 3 oz (85g)



Calories 110

% DV*	Amount Per 3oz	% DV*	Amount Per 3oz
6%	Total Fat 4g		Sodium 0g
11%	Sat. Fat 2.5g		Total Carb. 1g
	Trans Fat 0.3g		Dietary Fiber 0g
	Polyunsat. Fat 0g		Sugars 0g
	Monounsat. Fat 1g		Protein 18g
17%	Cholesterol 50mg		

Omega-3 Fatty Acids 32mg Omega-6 Fatty Acids 90mg
Omega-9 Fatty Acids 1.1g

* Percent Daily Values are based on a 2,000 calorie diet



1/3 HAMBURGER PATTIES (x3)

Nutrition Facts

5 servings per container

Serving size 3 oz (85g)



Calories 110

% DV*	Amount Per 3oz	% DV*	Amount Per 3oz
6%	Total Fat 4g		Sodium 0g
11%	Sat. Fat 2.5g		Total Carb. 1g
	Trans Fat 0.3g		Dietary Fiber 0g
	Polyunsat. Fat 0g		Sugars 0g
	Monounsat. Fat 1g		Protein 18g
17%	Cholesterol 50mg		

Omega-3 Fatty Acids 32mg Omega-6 Fatty Acids 90mg
Omega-9 Fatty Acids 1.1g

* Percent Daily Values are based on a 2,000 calorie diet



GRASS-FED BEEF SNACK STICKS

Nutrition Facts

1 serving per container

Serving size 1 stick



Calories 125

% DV*	Amount Per Stick	% DV*	Amount Per Stick
6%	Total Fat 3.5g	39%	Sodium 940mg
7%	Sat. Fat 2g	0.4%	Total Carb. 1g
	Trans Fat 0.3g		Dietary Fiber 0g
	Polyunsat. Fat 0g		Sugars 0g
	Monounsat. Fat 1g		Protein 21g
20%	Cholesterol 60mg		

Omega-3 Fatty Acids 67mg Omega-6 Fatty Acids 149mg
Omega-9 Fatty Acids 1.1g

* Percent Daily Values are based on a 2,000 calorie diet



GRASS-FED BEEF BREAKFAST SAUSAGE

Nutrition Facts

5 servings per container

Serving size 3 oz (85g)



Calories 100

% DV*	Amount Per 3oz	% DV*	Amount Per 3oz
5%	Total Fat 3g	16%	Sodium 390mg
6%	Sat. Fat 1.5g	0.3%	Total Carb. 0.7g
	Trans Fat 0.1g		Dietary Fiber 0g
	Polyunsat. Fat 0g		Sugars 0g
	Monounsat. Fat 1g		Protein 18g
17%	Cholesterol 50mg		

Omega-3 Fatty Acids 50mg Omega-6 Fatty Acids 134mg
Omega-9 Fatty Acids 867mg

* Percent Daily Values are based on a 2,000 calorie diet

