

Pre

95% LEAN  
5% FAT

GROUND BEEF

GRASS FED AND FINISHED  
NO ADDED HORMONES  
NO ADDED ANTIBIOTICS  
NON-GMO PROJECT VERIFIED

WE'RE 100% TRANSPARENT. LITERALLY.

LIFT ME ↓



KEEP REFRIGERATED

NET WT. 16 OZ (1 LB)

EASY  
OPEN SEAL

THE  
**LEAN MACHINE: 95% LEAN / 5% FAT GROUND BEEF**

No need for draining or sacrificing when it comes to our 95% lean / 5% fat ground beef. Since it's Pre® beef, it stays full of flavor even though it's easy on fat. You have to taste it to believe it. Makes a great substitute for ground turkey too.



\* THIS GRASS FED AND FINISHED BEEF IS RAISED ON PASTURES IN COMPLIANCE WITH NON-GMO PROJECT STANDARDS FOR AVOIDANCE OF GENETICALLY ENGINEERED INGREDIENTS

**BEEF GEEKS AND PROUD™**

★  
**ALWAYS GRASS FED AND FINISHED**

**NOPE**  
**NO ADDED HORMONES & NO ADDED ANTIBIOTICS**

**LET'S COOK THIS**

**FOR YOUR SAFETY**, the USDA recommends cooking ground beef to a minimum internal temperature of 160°F as measured by a food thermometer.

**Skillet Preparation:**

Just crumble the ground beef straight into the pan or break it up in the pan with a wooden spoon while it cooks.



**SERVING SUGGESTION**

**Nutrition Facts**

Serving Size 4 oz (112g)  
 Servings Per Container 4

Amount Per Serving		Calories from Fat 50	
		% Daily Value*	
<b>Total Fat</b>	6g		9%
Saturated Fat	3g		15%
Trans Fat	0g		
Polyunsaturated Fat	0g		
Monounsaturated Fat	2g		
<b>Cholesterol</b>	65mg		22%
<b>Sodium</b>	75mg		3%
<b>Total Carbohydrate</b>	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
<b>Protein</b>	23g		46%
Vitamin A	0%	•	Vitamin C 0%
Calcium	0%	•	Iron 15%

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

Find out more at [eatpre.com/95ground](http://eatpre.com/95ground)

**DEFROSTING?**

Set in refrigerator overnight or tear off pouch and submerge in cool water; replace water every 30 minutes until thawed.

**SOURCED FROM**  
 THE BEST GRASS FED PRODUCING REGIONS IN AUSTRALIA AND NEW ZEALAND



**Safe Handling Instructions**

This product was prepared from inspected and passed meat and/or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.



Keep refrigerated or frozen. Thaw in refrigerator.



Keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.



Cook thoroughly.



Keep hot foods hot. Refrigerate leftovers immediately or discard.

