Pre® 95% LEAN 5% FAT GROUND BEEF

WE'RE 100% TRANSPARENT. LITERALLY. LIFT ME↓

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

NON-GMO

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.

BEEF GEEKS
AND PROUD*

ALWAYS
GRASS FED
AND FINISHED

NOPE
NO ADDED
HORMONES
& NO ADDED
ANTIBIOTICS

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.

LETS 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.

Nutrition Facts
Serving Size 4 oz (112g)
Serving Per Container 4

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat %</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>150</td>
<td>9%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>6g</td>
<td>9%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3g</td>
<td>15%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
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<td>0%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
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<tr>
<td>Cholesterol</td>
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</tr>
<tr>
<td>Sodium</td>
<td>75mg</td>
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<tr>
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</tr>
<tr>
<td>Dietary Fiber</td>
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<tr>
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<tr>
<td>Protein</td>
<td>23g</td>
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<tr>
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<tr>
<td>Vitamin C</td>
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</tr>
<tr>
<td>Calcium</td>
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<td>0%</td>
</tr>
<tr>
<td>Iron</td>
<td>15%</td>
<td>15%</td>
</tr>
</tbody>
</table>

% Daily Value is based on a 2,000 calorie diet.

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

Find out more at eatpre.com/95ground