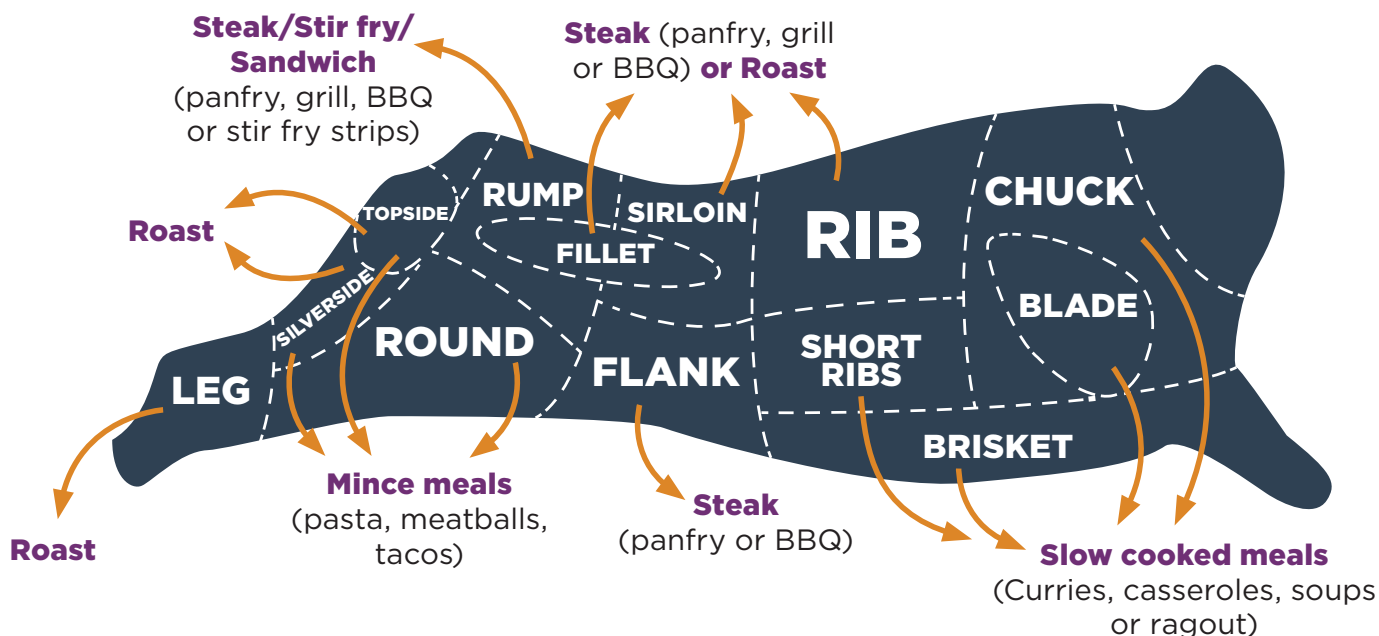


Healthy Meals by Cut

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 meal

Stir Fry



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

Sandwich/Wrap



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

Slow Cook



650g-1kg slow cook cuts or diced meat makes 5 meals

Mince (pasta)



500g lean mince makes 4 meals

Mince (meatballs)



500g lean mince makes 4 meals

Roast



1kg roast makes 5 meals

Click mlahealthymeals.com.au 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