

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.

WHOLE
30
approved
whole30.com



paleofoundation.com

* 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 150	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 2g	
Cholesterol 65mg	22%
Sodium 75mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 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

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.



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