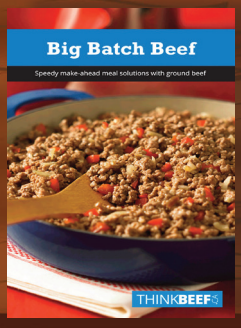
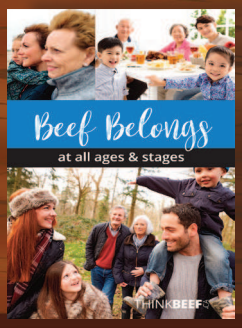
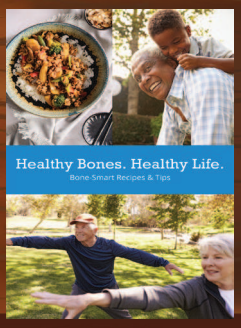
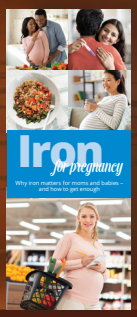
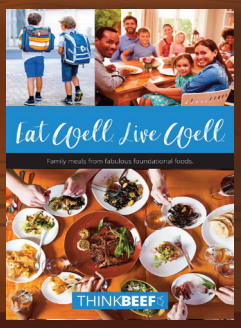

Big Batch Beef
Speedy make-ahead meal solutions with ground beef
THINKBEEF

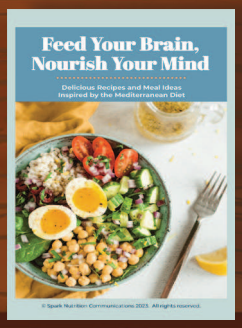

Beef Belongs
at all ages & stages
THINKBEEF

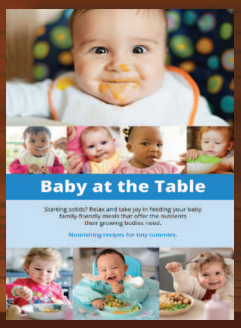
Fuel up
FOR FUN!
NUTRITION & WELLNESS BASICS
for coaches and parents of active kids ages 6 to 15 years


Healthy Bones. Healthy Life.
Bone-Smart Recipes & Tips


Iron
for pregnancy
Why iron matters for moms and babies – and how to get enough

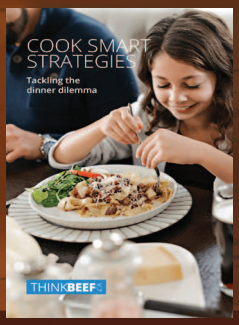

Eat Well Live Well
Family meals from fabulous foundational foods.
THINKBEEF

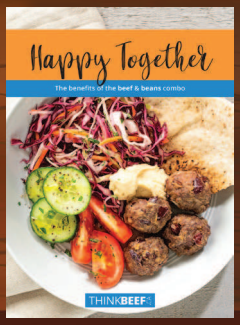

Feed Your Brain, Nourish Your Mind
Delicious Recipes and Meal Ideas Inspired by the Mediterranean Diet


Baby at the Table
Starting solids? Relax and take joy in feeding your baby family-friendly meals that offer the nutrients their growing bodies need.
Nourishing recipes for tiny tummies.

Cooking by Degrees
THINKBEEF

Iron
for baby

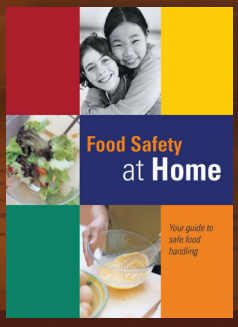

COOK SMART STRATEGIES
Tackling the dinner dilemma
THINKBEEF


Happy Together
The benefits of the beef & beans combo
THINKBEEF

Perfect Roast Beef
weeknights to weekend
THINKBEEF

In the Kitchen
COOKING 101
SPRING 2018

Eat well
Age Well
Nutrition strategies to stay strong and vital in your older years.


Food Safety
at Home
Your guide to safe food handling

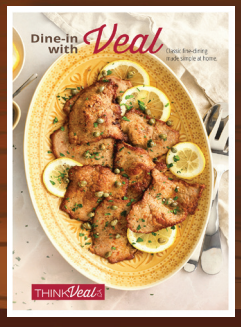
Minced Meat Trio
Beef, Veal and Pork

THE REAL
MEAL MAKER
GROUND BEEF
RECIPES
THE ONE & ONLY BEEF

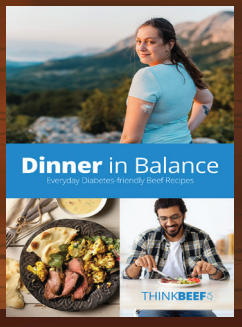
Sizzle this Winter
Your how-to guide for great steaks all winter long
THINK BEEF

Women's
Health
taking care of you

Fuel up
FOR FUN!
NUTRITION BASICS
for coaches and parents of sporty kids ages 6 to 15 years


Dine-in with Veal
THINK Veal

Concerned about your Cholesterol?


Dinner in Balance
Everyday Diabetes-Friendly Beef Recipes
THINKBEEF

Eat Well
at HOME
Meal ideas to live well & stay strong
THINKBEEF