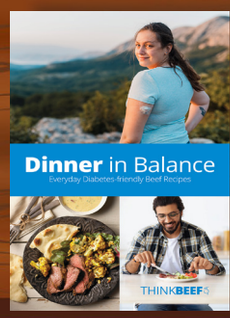
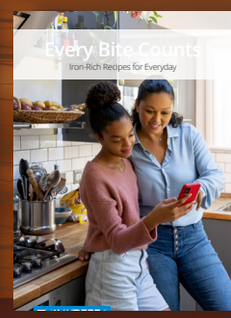

Eat Well
at HOME
Meal ideas to live well & stay strong
THINKBEEF


Dinner in Balance
Everyday Diabetes-friendly Beef Recipes
THINKBEEF


Every Bite Counts
Iron-Rich Recipes for Everyday


PROTEIN + FIBRE =
Better Together


Inspired
Starters
An amazing collection of beef holiday appetizers
THINKBEEF


Women's
Health
Practical nutrition strategies to thrive in midlife


PROTEIN FOR
STRONG
BONES
Find out how much protein you need and how to get enough


Healthy Eating on
Weight-Loss
Medication
Simple strategies to get started and prioritize protein

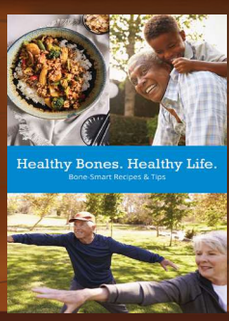

for teen girls
Iron

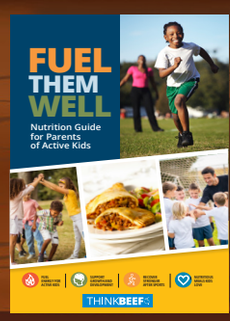

Eat well
Age Well
Nutrition strategies to stay strong and vital in your older years.

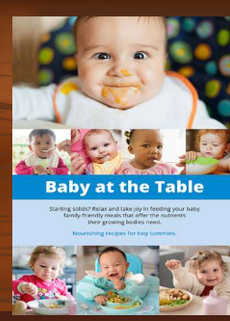

Iron
for pregnancy
Why iron matters for moms and babies – and how to get enough


Iron
for baby
Baby's first foods should be iron-rich

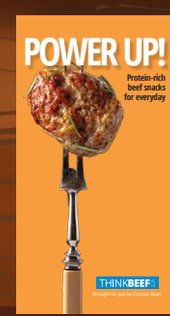

Concerned about your
Cholesterol?

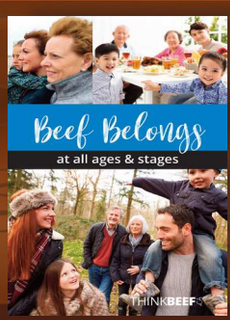

Healthy Bones. Healthy Life.
Bone-Smart Recipes & Tips


FUEL
THEM
WELL
Nutrition Guide
for Parents
of Active Kids
THINKBEEF

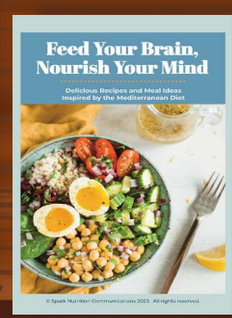

Baby at the Table
Starting solids? Relax and take joy in feeding your baby family-friendly meals that offer the nutrients their growing bodies need.
Nourishing recipes for tiny tummies.

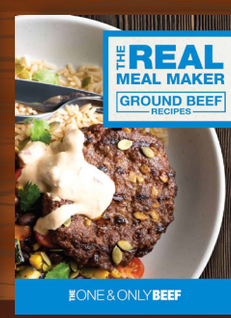

Let's pack it
WITH PROTEIN
Smart lunches that start with beef


POWER UP!
Protein-rich beef snacks for everyday
THINKBEEF

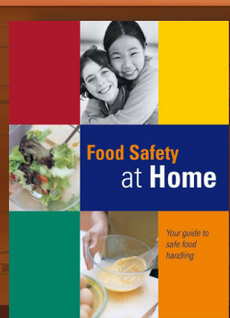

Beef Belongs
at all ages & stages
THINKBEEF


COOK SMART
STRATEGIES
Tackling the dinner dilemma
THINKBEEF


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

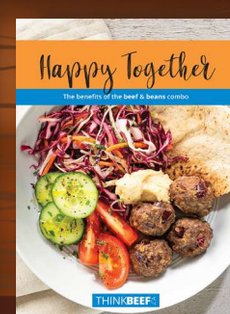

THE
REAL
MEAL MAKER
GROUND BEEF
RECIPES
THE ONE & ONLY BEEF


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


Food Safety
at Home
Your guide to safe food handling


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


Perfect Roast Beef
weeknights to weekend
THINKBEEF


Happy Together
The benefits of the beef & beans combo
THINKBEEF


Cooking
by Degrees
THINKBEEF


In the Kitchen
COOKING 101
SPRING 2019


Fuel up FOR FUN!
Nutrition & Wellness basics for coaches and parents of active kids ages 6 to 15 years
THINKBEEF