

What do you get when you buy Zoe's Grassfed Lamb & Beef??

- ◆ Meat with a balanced ratio of Omega-3 to Omega-6 fatty acids.
- ◆ Meat higher in CLA (Conjugated Linoleic Acid)
- ◆ Meat higher in beta-carotene and vitamin E indicated by the yellow color of the fat.
- ◆ Lamb & Beef raised the way nature intended without the use of hormones or unnecessary antibiotics.
- ◆ Most of all, a healthier meat that you can prepare for your family without concern for "mad cow disease" or BSE.

Price List

Beef

Tenderloin Steaks	\$18.98/lb
Rib eye Steaks	\$13.98/lb
New York Steaks	\$12.98/lb
T-Bone Steaks	\$11.98/lb
Porterhouse Steaks	\$11.98/lb
Sirloin Steaks	\$ 6.98/lb
Flank Steaks	\$ 5.48/lb
Cube Steaks	\$ 4.98/lb
Round Steaks	\$ 4.88/lb
Sirloin Roast	\$ 5.98/lb
Rump Roast	\$ 5.48/lb
Round Roast	\$ 4.48/lb
Ground Round	\$ 4.88/lb
Chuck Roast	\$ 4.48/lb
Stew Meat	\$ 4.48/lb
Ground Chuck	\$ 4.48/lb
Ground Beef	\$ 3.98/lb
Organ Meat	\$ 2.48/lb
Dog Bones	\$ 1.48/lb
Whole Beef (avg. hanging weight 600lbs.*)	\$ 2.48/lb
Half Beef	\$ 2.68/lb
Split Half Beef	\$ 2.88/lb

Lamb

Boneless Shoulder Roast	\$ 5.25/lb
Shoulder Chops (blade & arm)	\$ 5.48/lb
Frenched Rib Roast	\$12.25/lb
Rib Chops	\$12.25/lb
Rib Chops (frenched, special)	\$12.25/lb
Loin Roast	\$12.25/lb
Loin Chops	\$12.25/lb
Frenched-Style Leg Roast	\$ 5.98/lb
Boneless Leg Roast	\$ 7.25/lb

Shanks (foreshank)	\$ 5.25/lb
Shanks (frenched hindshank)	\$ 6.98/lb
Spareribs (denver ribs)	\$ 4.25/lb
Lamb for Stew	\$ 5.25/lb
Ground Lamb	\$ 4.98/lb
Lamb Sausage	\$ 5.98/lb
Whole Lamb (avg hanging weight 70lbs*)	\$ 6.98/lb
Half Lamb	\$ 6.98/lb

Cooking Tips

- ◆ Thaw meat in refrigerator overnight or in cold water, do not thaw in the microwave
- ◆ Cook slow on a low temperature. Cooking too fast or at too high of a temperature will dry out your meat.
- * If you have any questions about hanging weight, please contact David.

Zoe's Grassfed Lamb & Beef

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