

# Ground Beef Guide

We use **93% lean ground beef** in our recipes as it's widely available, provides a solid middle ground of flavor, texture, and nutrition. However, you can choose another option. Here are a few swaps and how they differ:



## GRASS FED

Grass-fed beef usually has a slightly leaner texture and a bit more omega-3s than conventional beef, but the nutritional differences are small for most people



## ORGANIC

Organic beef comes from cattle raised without synthetic pesticides, hormones, or routine antibiotics, but the nutrition and taste are almost identical to conventional beef.



## ~93/7 MEAT

Turkey, chicken, or pork of similar lean % will have a similar nutrition profile.

**\*These options are the closest to what we use both nutritionally and taste wise. Individual brands can vary.**



## LEAN FISH

Tilapia, cod or haddock, shrimp, or scallops have similar protein but typically provide little fat.



## TEMPEH

Plant-based, fermented soy, higher in fiber, slightly lower protein (but much more than other meatless options)



## ROTISSERIE

A fairly nutritionally similar, pre-prepared alternative.



## CAN OF TUNA

Provides similar protein but tend to have less fat.

**\*These options have more nutritional differences but can still be used as a swap! Individual brands can vary.**



## SALMON

Comparable protein, adds fats and omega-3s, making it more nutrient-dense but less lean. Canned is a no-cook option!



## T.V.P

Shelf stable dehydrated soy, similar protein with the addition of fiber.



## EGGS

~1/2 the protein, yolk provides more fat and additional nutrients.



## TOFU

Provides ~1/3 - 1/2 the protein with the addition of some carbs and fat.



## BEANS

Much lower in protein and higher in carbs/fiber.

# Ground Beef Fact Sheet



*Per 4 oz 93/7 lean ground beef*

Calories	Fat	Protein	Carbs	Fiber	Cost
170	7	24	0	0	1.79

- Provides **complete protein** with all essential amino acids, supporting muscle repair, immune function, and steady energy.
- Offers easily absorbed **heme iron** (highly absorbable form of iron found in animal products), which supports oxygen transport, reduces fatigue, and helps maintain focus and energy levels.
- **Excellent source of vitamin B12** which supports brain function, nerve health, and red blood cell formation, a nutrient many people struggle to get enough of.
- **High in zinc**, which helps your immune system function smoothly and supports wound healing and hormone balance.