

|             |                    |                |                |                 |
|-------------|--------------------|----------------|----------------|-----------------|
| <b>B</b>    | <b>I</b>           | <b>N</b>       | <b>G</b>       | <b>O</b>        |
| Vitamin B12 | 29 Lean Cuts       | 150 Calories   | Chuck Shoulder | Skillet Cooking |
| Niacin      | Bottom Round Roast | Top Loin       | Riboflavin     | 3oz Serving     |
| Selenium    | Strip Steak        | <b>FREE</b>    | Beef Shank     | Protein         |
| Grilling    | Boneless Top Blade | Iron           | Stewing        | Medium          |
| Round Tip   | Stir Frying        | Grain Finished | Flank Steak    | Oven Roasting   |

|                          |                   |                 |                  |                        |
|--------------------------|-------------------|-----------------|------------------|------------------------|
| <b>B</b>                 | <b>I</b>          | <b>N</b>        | <b>G</b>         | <b>O</b>               |
| Iron                     | Cubed<br>Steak    | Beef<br>Shank   | Beef<br>Tri-Tip  | Phosphorus             |
| Niacin                   | Medium<br>Rare    | Beef<br>Brisket | Strip<br>Steak   | Beef<br>Tenderloin     |
| Skillet<br>Cooking       | Grilling          | <b>FREE</b>     | Top Loin         | 3oz<br>Serving         |
| Vitamin<br>B6            | T-Bone<br>Steak   | Protein         | Oven<br>Roasting | Lean<br>Ground<br>Beef |
| Bottom<br>Round<br>Roast | Chuck<br>Shoulder | Round<br>Roast  | Slow<br>Cooker   | Selenium               |

|                 |                    |             |               |              |
|-----------------|--------------------|-------------|---------------|--------------|
| <b>B</b>        | <b>I</b>           | <b>N</b>    | <b>G</b>      | <b>O</b>     |
| Riboflavin      | Stewing            | Beef Shank  | Beef Tri-Tip  | Round Roast  |
| Niacin          | Bottom Round Roast | Round Tip   | Oven Roasting | Phosphorus   |
| 29 Lean Cuts    | Grilling           | <b>FREE</b> | 150 Calories  | Medium Rare  |
| Top Sirloin     | Beef Tenderloin    | Zinc        | Well Done     | Beef Brisket |
| Skillet Cooking | Protein            | Broiling    | Vitamin B6    | 3oz Serving  |