

ALL NATURAL*

LAURA'S LEAN BEEF

92% LEAN 3% FAT
GROUND BEEF

- ✓ NO ADDED HORMONES...EVER
- ✓ NO ANTIBIOTICS...EVER
- ✓ GLUTEN FREE



KEEP REFRIGERATED
*Contains no artificial ingredients.
Minimally processed.



NET WT. 16 OZ.(1LB.)

SELL BY:

92% LEAN 3% FAT

Nutrition Facts

Serving Size 4 oz. (112g)
Servings Per Container 4

Amount Per Serving

Calories 160 Calories from Fat 80

% Daily Value*

Total Fat 9g 14%

Saturated Fat 4g 20%

Cholesterol 60mg 21%

Sodium 70mg 3%

Total Carbohydrate 0g 0%

Protein 21g

Iron 15%

Not a significant source of dietary fiber,
sugars, vitamin A, vitamin C & calcium.

*Percent Daily Values are based on a
2,000 calorie diet.

Distributed by: Meyer Natural Foods
Lexington, KY 40509
LAURASLEANBEEF.COM
1-800-MTS-LEAN

*Contains no artificial ingredients.
Minimally processed.

- All natural* - We believe in raising cattle the way nature intended.
- We added hormones or antibiotics - We don't believe in using antibiotics or growth hormones.
- Stewardship - We believe in the mindful nurturing of land and animals.

Safe Handling Instructions

THIS PRODUCT WAS PREPARED FROM INSPECTED AND PASSED MEAT AND/OR POULTRY. SOME FOOD PRODUCTS MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS IF THE PRODUCT IS MISHANDLED OR COOKED IMPROPERLY. FOR YOUR PROTECTION, FOLLOW THESE SAFE HANDLING INSTRUCTIONS.



KEEP REFRIGERATED OR FROZEN.
THAW IN REFRIGERATOR OR
MICROWAVE.



KEEP RAW MEAT AND POULTRY
SEPARATE FROM OTHER FOODS.
WASH WORKING SURFACE
(INCLUDING CUTTING BOARD),
UTENSILS, AND HANDS AFTER
TOUCHING RAW MEAT OR POULTRY.



COOK THOROUGHLY.



KEEP HOT FOODS HOT. REFRIGERATE
LEFTOVERS IMMEDIATELY OR
DISCARD.



6 12669 31671 4

DISTRIBUTED BY THE MEYER CO., WINCHESTER, OHIO 44094



24g
OF
PROTEIN
PER SERVING

100% PURE BEEF • NO ADDITIVES

GROUND BEEF

CARNE MOLIDA

**96% LEAN
4% FAT**

PRODUCT OF USA
KEEP REFRIGERATED

NET WT 16 OZ
(1 LB) 453g

SEEKING
EXCELLENCE



U.S.
INSPECTED
AND PASSED BY
DEPARTMENT OF
AGRICULTURE

USE BY

EXP.

Nutrition Facts

Serving Size 4 oz (112g)
Servings Per Container 4

Amount Per Serving	
Calories 150	Calories from Fat 50
% Daily Value*	
Total Fat 8g	9%
Saturated Fat 3g	9%
Cholesterol 17mg	23%
Sodium 75mg	3%
Total Carbohydrate 0g	0%
Protein 24g	44%
IRON 1.5%	

*Percent Daily Values are based on a 

INGREDIENTS: 100% PURE BEEF
DISTRIBUTED BY THE KROGER CO.
CINCINNATI, OHIO 45202

Safe Handling Instructions

THIS PRODUCT WAS INSPECTED FROM INSPECTED AND PASSED MEAT AND POULTRY. SOME FOOD PRODUCTS MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS IF THE PRODUCT IS MISHANDLED OR CONSUMED IMPROPERLY. FOR YOUR PROTECTION, FOLLOW THESE SAFE HANDLING INSTRUCTIONS:

- KEEP REFRIGERATED. DO NOT LEAVE OUT AT ROOM TEMPERATURE FOR MORE THAN 2 HOURS.
- KEEP REFRIGERATED. DO NOT LEAVE OUT AT ROOM TEMPERATURE FOR MORE THAN 2 HOURS.
- KEEP REFRIGERATED. DO NOT LEAVE OUT AT ROOM TEMPERATURE FOR MORE THAN 2 HOURS.

Cook to a minimum of 160°F (internal temperature). Cook & eat an accurate indicator of food cooked temperature. To ensure the best results, remove from original packaging and rewrap in freezer wrap or heavy foil.

For More Product Information, Scan UPC Using Your Kroger App or Call 800-632-6900

www.kroger.com



0 11110 96922 4



100% PURE BEEF · NO ADDITIVES

GROUND BEEF

CARNE MOLIDA

**85% LEAN
15% FAT**

PRODUCT OF USA
KEEP REFRIGERATED

NET WT 16 OZ
(1 LB) 453g

100



U.S.
INSPECTED
AND PASSED BY
DEPARTMENT OF
AGRICULTURE

INGREDIENTS: CROCODILE HIDE,
DISTRIBUTED BY THE KROGER CO.
CINCINNATI, OHIO 45202

800-333-6500

**Kroger App
or Call**

www.hogrefe.com

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and energy in the way of heavy oil.

Cooked to a minimum of 165°F internal temperature. Color is not an accurate indicator of final cooked temperature. Tip: Freeze for best results, serves 12.

CALL
1-800-368-7242

1-800-368-7242

LETTERS TO THE EDITOR: I AM WRITING TO YOU ON BEHALF OF MYSELF AND ON BEHALF OF ALL THE OTHERS WHOSE NAMES ARE ON THE SIGNATURE SHEET. I AM REQUESTING THAT YOU REELECT ME TO THE BOARD OF DIRECTORS OF THE NATIONAL ASSOCIATION OF REALTORS® FOR THE YEAR 2006.

PROBATION FOLLOW-UP: 347 MAINTAINING CONTACT

Nutrition Facts

Serving Size 4 oz (112g)
Servings Per Container 4

10

Personal Data Service

Calories 210. Carbs from Fat 150.

Early Warning

Total Fat 17g	26%
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Saturated Fat	23%
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Cholesterol 75mg	26%
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Sodium 75mJ	3%
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Total Carbohydrate 0g 0%

Protein 210 30%

100

Volume 27	•	Nov 1976
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THESE VIDEOS ARE AVAILABLE FOR

Percent Body Fat (measured on a 2000 calorie diet)

GENERALIST: CHLOE REE

DISTRIBUTED BY THE KIDDER CROWDER GROUP
CINCINNATI, OHIO 45202

0 11111096968





23g
OF
PROTEIN
PER SERVING

100% PURE BEEF • NO ADDITIVES

GROUND BEEF

CARNE MOLIDA

**93% LEAN
7% FAT**

PRODUCT OF USA
KEEP REFRIGERATED

NET WT 16 OZ
(1 LB) 453g

USE BY



U.S.
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AND PASSED BY
DEPARTMENT OF
AGRICULTURE

STIR-FRY
SUGGESTION

Ingredients: GROUND BEEF
DISTRIBUTED BY THE KROGER CO.
CINCINNATI, OHIO 45202

Safe Handling Instructions

THE PRODUCT WAS PREPARED FROM APPROPRIATE AND PROPERLY KEPT ALONG
FOOD. SOME FOOD PRODUCTS MAY CONTAIN BACTERIA THAT CAN CAUSE
ILLNESS IF THE PRODUCT IS NOT HANDLED OR COOKED PROPERLY. FOR THE
PROTECTION OF YOURSELF AND YOUR FAMILY, PLEASE FOLLOW THESE INSTRUCTIONS:

KEEP REFRIGERATED UNTIL READY TO COOK. DO NOT LEAVE AT ROOM TEMPERATURE FOR MORE THAN 2 HOURS. IF THE PRODUCT IS NOT COOKED IMMEDIATELY, IT SHOULD BE REFRIGERATED AT 40°F OR BELOW.

COOK TO A MINIMUM OF 165°F INTERNAL TEMPERATURE. COOK TO PREVENT GROWTH
OF BACTERIA THAT CAN CAUSE ILLNESS. TO PREVENT FOUL TASTE, REMOVE
FOOD FROM PACKAGE AND COOK IN THICK MASH OR HEAVY SAUCE.

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Using Your
Kroger App
or Call
800-632-0800

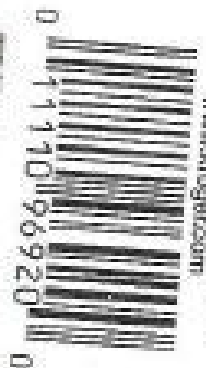
COOKING TIPS:
KEEP FOODS NOT RECOMMENDED FOR IMMEDIATE CONSUMPTION.
KEEP REFRIGERATED UNTIL READY TO COOK. DO NOT LEAVE AT ROOM TEMPERATURE FOR MORE THAN 2 HOURS. IF THE PRODUCT IS NOT COOKED IMMEDIATELY, IT SHOULD BE REFRIGERATED AT 40°F OR BELOW.

Nutrition Facts

Serving Size 4 oz (112g)
Servings Per Container 4

Amount Per Serving		% Daily Value*
Calories 170	Calories from Fat 20	
Total Fat 8g		12%
Saturated Fat 3.5g		17%
Cholesterol 70mg		24%
Sodium 75mg		3%
Total Carbohydrate 0g		0%
Protein 23g		42%
Cholesterol 2%	Iron 15%	

*Percent Daily Values are based on a 



0 11110 96920 0





19g
UP
PROTEIN
PER SERVING

100% PURE BEEF • NO ADDITIVES

GROUND BEEF

CARNE MOLIDA

**80% LEAN
20% FAT**

PRODUCT OF USA
KEEP REFRIGERATED

NET WT 16 OZ
(1 LB) 453g

USE BY

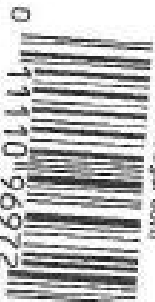
GROUND BEEF

U.S.
INSPECTED
AND PASSED BY
DEPARTMENT OF
AGRICULTURE



INGREDIENTS: GRINDING BEEF
DISTRIBUTED BY THE KROGER CO.
CINCINNATI, OHIO 45202

800-632-8900
or Call
Kroger App
Using Your
Smart Phone



0 11110 96972 9

Nutrition Facts
Serving Size 4 oz (112g)
Servings Per Container 4

Amount Per Serving		% Daily Value*
Calories 200	Calories from Fat 200	
Total Fat 23g		35%
Saturated Fat 9g		43%
Cholesterol 40mg		27%
Sodium 15mg		3%
Total Carbohydrate 0g		0%
Protein 19g		35%
Calcium 2%	Iron 10%	

*Percent Daily Values are based on a 

Safe Handling Instructions

THIS PRODUCT HAS BEEN PREPARED UNDER SUPERVISOR AND PASSED MEAT INSPECTION. SOME FOOD PRODUCTS MAY CONTAIN BACTERIA THAT CAUSE ILLNESS. IF THE PRODUCT IS UNUSUALLY OR UNEXPECTEDLY SMELLY, DISCOLORED, FOLLOW THESE SAFETY INSTRUCTIONS:

- DO NOT REFRIGERATE OR FREEZE. DISCARD IMMEDIATELY.
- DO NOT MARINATE AND DO NOT COOK AT LOW TEMPERATURES. COOK TO 160°F (71°C) AND LET REST FOR 3 MINUTES.
- DO NOT PUT BACK ON REFRIGERATION OR FREEZING.

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