

# 1/8 EIGHTH COWSHARE

TASTY GRASS-FED BEEF DELIVERED TO YOUR DOOR

43 lbs for  
**\$410.00\***

...and with every purchase we'll  
**DONATE \$20** to your school!

## RECOMMENDED FOR

Smaller families with 1-2 adults and  
0-2 younger kids, or households  
with less cold storage

## STORAGE REQUIREMENTS

Will take up 75% of the freezer section  
of a standard-sized refrigerator

## MEAL PLANNING

About 6 months of meals (at 2 pounds per week)

### STEAKS

- 2 T-Bone Steaks
- 1 Porterhouse Steak
- 3 Ribeyes (bone-in)
- 1 Flat Iron Steak
- 1 Sirloin Steak
- 1 Sirloin Flap Steak  
(Bavette Steak)

### ROASTS

- 1 Chuck Roast
- 1 Brisket or Chuck Roast
- 1 pkg Short Ribs  
(Flanken Style)
- 1 London Broil
- 1 Rump Roast
- 1 Sirloin Tip Roast

### ADDITIONAL ITEMS

- 2 Osso Buco
- 2 Beef Patties (4 / 6 oz)
- 2 Beef Cubes
- 3 Beef Kabobs
- 2 Chipsteak
- 1 pkg Stir-fry
- Ground Beef\*\*

### GRAB BAG

- One of the following:
- Petite Tender
  - Tri-tip
  - Tenderloin Roast
  - Flank Steak
  - Hanger Steak

BE SURE TO USE THE AFFILIATE URL SO THE DONATION  
GOES BACK TO YOUR SCHOOL

[http://www.phillycowshare.com/affiliate/  
masterman](http://www.phillycowshare.com/affiliate/masterman)

\* prices subject to change

\*\* Number of packages of ground beef will vary. To ensure  
you get the most value, we weigh all the non-ground items  
and balance the weight of the CowShare with ground beef.



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