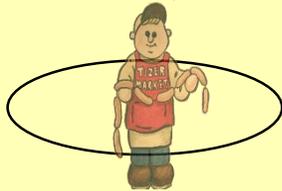


TIZER MEAT'S MONTHLY NEWS LETTER

FIRST QUARTER 2019



2508 York Rd
Helena MT 59602

Hours:

Monday - Friday 9am to 6pm

Saturday - 10am to 2pm

Sunday - Closed

Kill Floor Happenings



We are slaughtering custom exempt animals, on site, most Monday's. Drop off at Tizer Slaughter Facility, 3801 Wiley Drive, Friday through Sunday. Please schedule an appointment by calling (406) 422-4822.

We are very close to having our State inspection.

Mobile may be available but fees have increased. Please see our website for rates.

Welcome 2019



Thank you to those who purchased our Sweetheart Bundle for Valentine's Day. We have received great feedback on the Ribeye Steaks, Potato's, Vegetables, Candy, Card and Flower's.

If you missed continue to look for future Bundle and specials.



What should every St. Patrick's Day have? Corned Beef and Cabbage is what! We are offering two Corned Beef options in 2019:

- Tizer's Original Corned Beef \$5.99 per pound.
- Retail Corned Beef \$2.99 per pound

Quantity is limited so order right away. 10% down payment is required. Call 406-422-4822.



Steak's are always a great meal. Check out our Select Steak Bundle:

- Tenderloin Steaks
- New York Steaks
- Ribeye Steaks
- Hamburger

A great deal at \$25.00



Fill your freezer with your tax return. We have locker Beef and Pork for sale. Call today for more information.



Meat and Cheese Bundle available. Looking for a great and easy lunch? Pick up bundles today. Some examples are

- Black Forest Ham and America Cheese
- Roast Beef and Provolone Cheese
- Corned Beef and Swiss Cheese

Watch future bundles and specials.

NEW

 **Free Large Fountain Drink with Coupon**
Coupon must be presented.
Expires 3/31/19

 **Buy 10 Single Snack sticks get one free (mix flavors)**
Coupon must be presented.
Expires 3/31/19

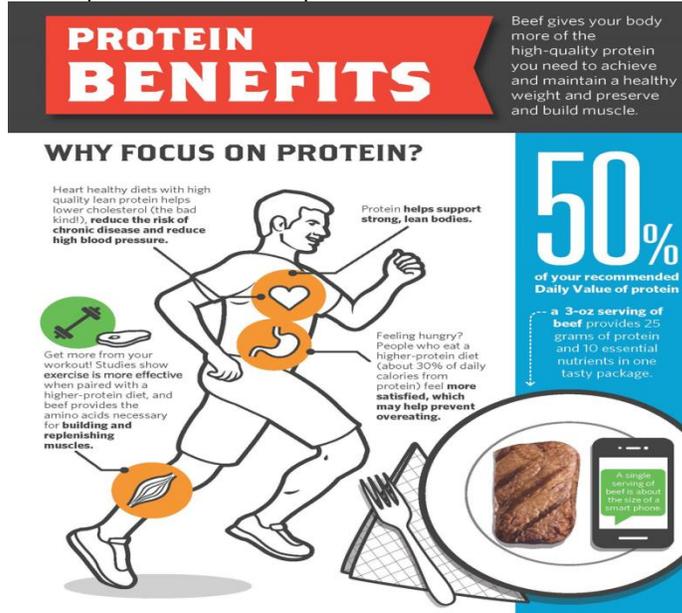
THE POWER OF BEEF'S PROTEIN

If there was a protein contest, beef would surely be crowned the king! Among the powerful package of **10 essential nutrients** beef is known for, protein may be one of the most notable. In fact, one 3 oz cooked serving of beef provides 50% of your Daily Value (25 grams) of this important nutrient—making it an excellent source!

A wealth of research¹ has linked protein to favorable lifestyle markers such as healthy body weight and/or weight loss, maintaining and building muscle, and overall diet satisfaction. When you're looking for ways to improve your health, manage your weight or satisfy your appetite, consider all that protein can do for you:

- Feeling hungry? People who eat a higher-protein diet (about 30% of daily calories from protein) feel more satisfied, which may help prevent overeating.²
- Protein helps support strong, lean bodies. Eating at least 4 ounces of high-quality protein from foods like beef at each meal provides your body with energy to lead an active lifestyle.³
- Protein may help **cut the fat**. Research has shown exercise is more effective for weight management when paired with a higher-protein diet, and beef provides the amino acids necessary for building and replenishing muscles.

Let's explore the benefits of protein:



PROTEIN BENEFITS

Beef gives your body more of the high-quality protein you need to achieve and maintain a healthy weight and preserve and build muscle.

WHY FOCUS ON PROTEIN?

Heart healthy diets with high quality lean protein helps lower cholesterol (the bad kind), **reduce the risk of chronic disease and reduce high blood pressure.**

Protein helps support strong, lean bodies.

Feeling hungry? People who eat a higher-protein diet (about 30% of daily calories from protein) feel **more satisfied, which may help prevent overeating.**

Get more from your workout! Studies show exercise is more effective when paired with a higher-protein diet, and beef provides the amino acids necessary for **building and replenishing muscles.**

50% of your recommended Daily Value of protein

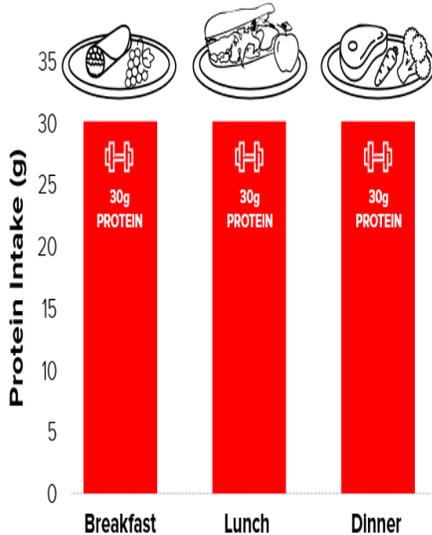
— a 3-oz serving of beef provides 25 grams of protein and 10 essential nutrients in one tasty package.

A single serving of beef is about the size of a smart phone.

Protein Throughout the Day

So let's ditch those fad diets and consider how we fill our plates at each meal. It's not only important to just get protein in at dinner or lunch, **but to spread it throughout your day**. This can really maximize the benefits above. Aim for 25-30 grams of protein at each meal and you'll start to feel the difference.

Aim for 20-30 Grams of Protein at Each Meal Throughout the Day



WHAT DOES 25 GRAMS OF PROTEIN LOOK LIKE?

	AMOUNT	CALORIES	PROTEIN
Quinoa	 3 cups	666	25g
Peanut Butter	 6.5 tbsp	613	25g
Black Beans	 1 2/3 cups	379	25g
Edamame	 1 1/3 cups	249	25g
Beef	 3 ounces	173	25g

New research shows spreading protein intake evenly throughout the day - about 25 to 30 grams per meal - may be the most beneficial for overall health and wellness. Hear Dr. Chris Mohr explain the importance of balancing protein throughout the day.

Reference:

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QUARTERLY RECIPE



HOT ROAST BEEF SANDWICHES

Ingredients

1/4 cup mayonnaise
1/4 cup spicy mustard
3 tablespoons grated onion
1 tablespoon horseradish mayonnaise
Dash of Worcestershire
12 soft hamburger buns, sliced in half
1 pound thinly shaved roast beef
8 ounces sliced provolone
8 ounces American cheese

Directions:

1. Preheat the oven to 350 degrees F.
2. Mix together the mayo, mustard, poppy seeds, grated onion, horseradish mayo and Worcestershire. Taste the dressing and adjust the ingredients however you wish.
3. To assemble, spread the dressing on the top and bottom buns. On the bottom bun, lay on some provolone, roast beef and American cheese, and place the top bun on top. Repeat with the next sandwich.
4. Wrap each sandwich in a foil square, and either bake right away or keep in the fridge. To bake right away, put them on a baking sheet in the oven until the buns are slightly crusty and the cheese is melted, 15 to 20 minutes. Great for a crowd!

Check us out on Facebook and our website at www.tizermeats.com