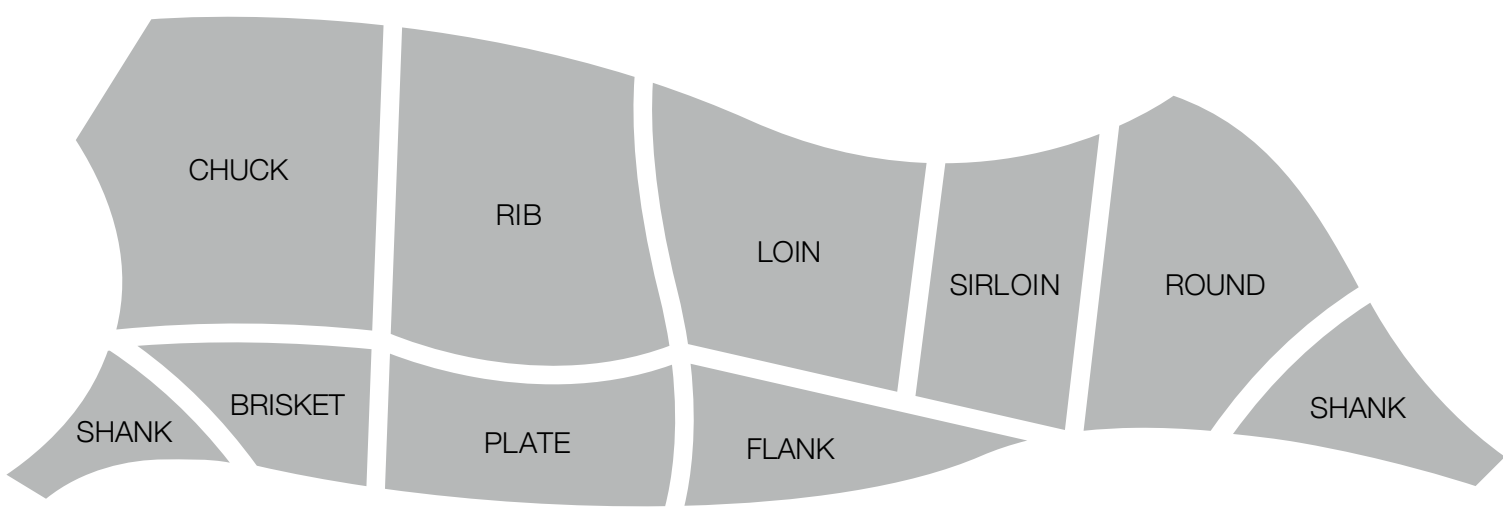




The Comprehensive Cut Guide



Chuck

Chuck 7-Bone Pot Roast 	Boneless Chuck Pot Roast 	Boneless Chuck Eye Roast 	Boneless Chuck Eye Steak 	Chuck Neck Roast 	Flat Iron Steak
Boneless Shoulder Pot Roast* 	Boneless Shoulder Steak* 	Chuck Center Steak* 	Shoulder Petite Tender* 	Shoulder Petite Tender Medallions* 	Chuck Short Ribs*

Rib

Rib Roast 	Rib Steak 	Ribeye Roast 	Ribeye Steak 	Back Ribs


























Loin

Porterhouse Steak 	T-bone Steak 	Boneless Striploin Roast* 	Boneless Strip Steak* 	Tenderloin Roast* 	Tenderloin Steak*

Sirloin

Tri Tip Roast* 	Tri Tip Steak* 	Boneless Top Sirloin Steak 	Petite Sirloin Roast 	Petite Sirloin Steak 	Sirloin Flap Steak

Round










					
Top Round Steak 	Bottom Round Roast 	Bottom Round Steak 	Eye of Round Roast 	Eye of Round Steak 	Round Tip Roast 
				<div>Cooking Method Key</div> <div></div>	
Round Tip Steak 	Sirloin Tip Center Roast 	Sirloin Tip Center Steak 	Sirloin Tip Side Steak 		

Shank and Brisket

Shank Cross Cut* 	Brisket Flat Cut* 	Skirt Steak 	Flank Steak*

Plate and Flank

Cooking Method Key

				
Marinate	Grill or Broil	Skillet	Stir Fry	Smoke
				
Stew	Roast	Braise	Pot Roast	

*Based on cooked servings and visible fat trimmed, these cuts meet the government guidelines for lean. All lean beef cuts have less than 10 grams of total fat, 4.5 grams or less of saturated fat and less than 95 milligrams of cholesterol per 3½-ounce serving.