



Lindner Bison's 15% Steak Rule™
Sustainable Menu & Budget Planning
for Carnivores with a Conscience

The adage “You get what you pay for” may never apply more than it does today concerning U.S. food production and 100% grassfed bison meat. We continue to appreciate that *what* we choose to eat defines, in large part, how food is produced and how that food production affects us, the animals and the earth.

As new customers discover humanely raised 100% grassfed bison meat and a new price structure, we enjoy teaching that it's not necessary to spend a lot of money for this meat if you don't want to. Proudly and sustainably, we practice *nose-to-tail eating* and our product list reflects this. Lindner Bison seeks to honor the gifts of each animal by wasting nothing. In this way we show respect, appreciation and gratitude.

Though Lindner Bison has unlimited access to steaks, we generally eat them on a quarterly basis or about every 3-4 months. How can we ask our customers to eat sustainably if we don't? When hungry for a steak, we enjoy our wonderful cubed steaks (aka minute steaks) or other selections from the roast, ribs or burger categories. All are delicious & have higher yields. Typically the higher the yield, the lower the price, so this is an added benefit.

Our 15% Steak Rule is this: On average, only 15% of the carcass is steaks. *When we practice sustainable eating, this means our menu is in proportion to the carcass yield percentages.* So for steaks, as an example, with 365 days/year, 15% = 55 days. When we practice *Meatless Mondays*, the year becomes 313 days, and the 15% rule equals 47 days. Consider an average meat portion is around 1/2 lb. or 8 oz., and go from there. It's a good start for sustainable and affordable menu planning.

Planning a sustainable menu based on carcass yield creates a shared new connection between us, the animals and the earth. When everything is used, there is less waste and fewer harvests are necessary!

A naturally nutritiously-dense meat, 100% grassfed bison has more protein & iron, with less fat and cholesterol, so it takes less to satisfy an appetite. Another plus is that sustainable menu planning supports and encourages small producers like Lindner Bison, and the small meat processors who help them stay in business. With customer support, together we can all make a positive difference!



Lindner Bison's 15% Steak Rule™
Sustainable Menu Planning
for Carnivores with a Conscience

LINDNER BISON		
Sustainable Menu Planning Guide		
Average % Carcass Yield		
Cut	Yield %	Subtotal %
TENDERLOIN	2.03	
NEW YORK	3.43	
RIBEYE	3.84	Steaks
TOP SIRLOIN	3.41	15.01
CHUCK	2.00	
CUBED (from roasts)	2.00	
FLANK/SKIRT/HANGAR	0.30	
<hr/>		
BRISKET	0.33	
CHUCK	3.39	
HUMP	0.86	Roasts
ROUND, Bottom	4.00	20.86
ROUND, Top	1.75	
RUMP	3.51	
SIRLOIN TIP	4.00	
TRI TIP	1.02	
<hr/>		
BURGER, Bulk	30.34	Burger
BURGER, Patties	6.92	37.25
<hr/>		
FAJITA STRIPS (from flank)	1.87	
KABOBS (from top round)	0.83	Other
STEW MEAT (from chuck)	3.32	6.02
<hr/>		
BONES, DOG & SOUP	1.26	
BONES, MARROW	1.55	
BONES, MEATY SOUP	2.58	Bones
BONES, NECK	1.65	11.12
BONES, OSSO BUCCO	3.90	
TAIL	0.19	
<hr/>		
BULL FRIES	0.07	
FAT, KIDNEY	0.73	
HEART, Half	0.38	Organs
HEART, Ground	0.42	4.42
KIDNEY	0.38	
LIVER	1.89	
TONGUE	0.56	
<hr/>		
RIBS, Back	0.94	Ribs
RIBS, Short	4.38	5.32
<hr/>		
TOTAL:		100%