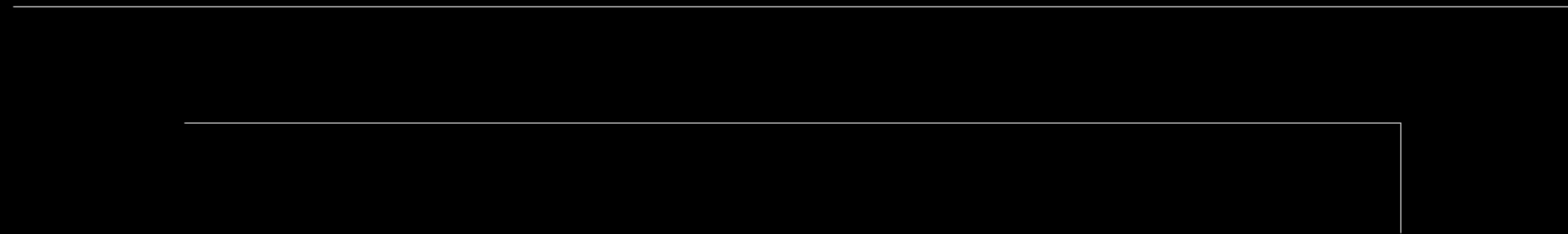


The Tomahawk Twister



Where would we sell it?

We would sell this at any generic grocery store like Hyvee or Walmart.

Why would people buy this?

People would buy this because it is a nutritious and delicious meal for any family. The hands of future farmers prepared this.

Why is this recipe good for you?

This recipe is good for you because beef contains these nutrients - Protein, Iron, Zinc, Selenium, Riboflavin, Niacin, Vitamin B6 & B12. These are just some of the reasons why you should include beef into your everyday diet.



Slogan:

**Til' beef do us
part**

Fat and Calories

These potatoes include 245 calories per serving and 12 grams of fat.

The Tomahawk steak includes 1006 calories and 67 grams of fat.

The asparagus includes 137 calories and 10 grams of fat.



Ounces per serving

This meals serving size provides about
10 oz of the Tomahawk Steak
8 oz of the potatoes
4 oz of the asparagus



Safe storage and handling procedures

To keep the meal safe to eat after made put it in an air-tight container in the fridge. To dispose the bone you can throw it away and with the grease you can pour it down the garbage disposal with hot water or you can pour it outside in the grass.

Nutrients and Vitamins

Total Fat 17g 22% Saturated
Fat 9g 45% Sugars
0g. Protein 22g. 0.28 mg
Riboflavin; 4.77 mg NE
Niacin; 0.45 mg Vitamin B6;
1.86 mcg Vitamin B12

NEW NUTRITIOUS MEAL

THE TOMAHAWK TWISTER

A SEARED TOMAHAWK WITH GARLIC
BUTTERED POTATOES AND ASPARAGUS

A NEW DELICIOUS MEAL IDEA TO TRY

CALORIES

POTATOES - 245 CALORIES

STEAK 1006

ASPARAGUS 137

