



Image by Gretchen Brown of Kumquat.

Trust U.S. lamb raised on family farms to bring
Pure, Fresh, Juicy Flavor.

And so much more...

Lean, high quality protein – An average 3.5-ounce serving of lamb meets about half of your daily protein needs, plus, all cuts, except ground, are classified as “Extra Lean” or “Lean,” by the USDA.

The “good” fat – Forty percent of the fat in lean lamb cuts is monounsaturated, the same kind of healthy fat found in olive oil. Research shows that diets with healthy amounts of monounsaturated fats have a host of amazing health benefits.

The power of omega 3 – American sheep spend the vast majority of their lives grazing on natural grasses and herbs. U.S. lamb has nearly five times the amount of essential omega 3 fatty acids compared to the same portion of beef.

Naturally low in sodium – Lamb easily fits Dietary Guidelines advising no more than 2300 mg of sodium per day. Plus, U.S. lamb meets stricter sodium recommendations for ages 51 and over and those with hypertension, diabetes and chronic kidney disease.

Clean eating – Shepherd’s Pride lamb is guaranteed to be free of antibiotics, added hormones or artificial ingredients.

Body-loving nutrients – In addition to providing protein and iron, on average, a 3.5-ounce cooked portion of lamb provides nearly 54% of the daily value of selenium, 56% of Vitamin B12 and 62% of zinc your body needs to stay healthy.

Weight management – An average 3.5-ounce serving of lamb has only about 176 calories. Lamb is not only low in calories but is packed with hunger-curbing protein which is a perfect combination for weight management.

Freshness you can taste – Packed at peak freshness. “Homegrown” always means fresh. New Zealand and Australian lamb often mean frozen and are always shipped 10,000 miles.

Always all natural – Minimally processed; no fillers or preservatives. Raised the way nature intended.