## **Quick**



# Healthy

Meadow Munchies mission is to provide healthy alternatives to traditional fast food while also emphasizing the benefits of grass-fed beef and locally sourced ingredients.

Our alternatives to your traditional fast food will make you feel good!

We have many locations in California and are branching out to other states to portray the image of sustainability and health!

Contact Us At

Meadowmunchies@gmail.com

(123) 456-7890

or

At our various locations!

We hope to see you soon!



Fast Food for YOU!



#### Our Menu:

Customers Choice!
Our grass fed beef,
lettuce, corn, cheese,
avocado, beans, and
tomatoes wrapped in
a warm tortilla





Our grass fed beef patty is accompanied with cheese, onion, tomato, cheese, and lettuce with a warm bun.

Our salads are a bed of fresh lettuce, with our beef cut thinly, accompanied by whatever toppings you would like!



#### WHYUS?

Grass-fed beef isn't just a culinary trend; it's a nutritional powerhouse with a host of benefits for your health and the environment.

Grass-fed beef boasts higher levels of omega-3 fatty acids, essential for heart health, with studies showing up to 5 times more omega-3s.

With lower levels of unhealthy saturated fats and fewer calories per serving, grass-fed beef aligns with dietary recommendations for reducing the risk of obesity and related diseases.

Its production promotes more sustainable agricultural practices, requiring less water and emitting fewer greenhouse gases.

Choosing our grass-fed beef isn't just a choice for YOUR well-being; it's a vote for a healthier PLANET.

### **Sides:**

