



# YAK FACTS

- 🐾 Yak is chock full of Omega 3s & 6s.
- 🐾 Is protein packed, with almost 40% more than beef.
- 🐾 Contains healthy monounsaturated fats.
- 🐾 Is low in calories, cholesterol, saturated fats & triglycerides, leaving little to no plaque in your arteries.
- 🐾 Is a heart healthy, lean red meat with a sweet, delicate taste.

"We are native to the Himalayas, and live at the highest altitude of any mammal. Our dense undercoat provides protection in temperatures as low as -40 degrees F. Our cold hardiness makes life below 6,000 ft difficult, even in winter, but is why we thrive here in the Rocky Mountains of Divide, Colorado."

🐾 the PBJ Yaks





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**Please Contact Us for Information on  
Ordering Wholesale, Shopping Individual Cuts,  
& All Things Yak (& Beef!)**

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