

**THE AVERAGE WEIGHT PER STEAK** (as of June 15, 2022)

- Tenderloin steak: **.59 lbs (268 gram)**
- Ribeye steak: **1.29 lbs (585 gram)**
- NY Strip steak: **.93 lbs (422 gram)**
- Top Sirloin steak: **.66 lbs (299 gram)**
- Picanha (Sirloin cap steak): **.61 lbs (277 gram)**
- Sirloin Butt steak: **1.01 lbs (458 gram)**
- Flat Iron steak: **.63 lbs (286 gram)**
- Chuck eye steak: **1.28 lbs (581 gram)** (*Blade eye*)
- Skirt steak: **.69 lbs (313 gram)**
- Tri Tip steak: **1.49 lbs (676 gram)**
- Flank steak: **1.85 lbs (839 gram)**
- Denver steak: **.67 lbs (304 gram)**
- Cross-Rib Roast: **3.19 lbs (1.4 kg)**

