

Hamburgers

Makes 1 serving (1 protein)

20 grams protein

8 grams fat

150 calories

Ingredients

- 100 grams extra lean ground hamburger (less than 7% fat)
- 1 tablespoon onion, finely minced
- 1 clove garlic, finely minced
- Dash of onion powder
- Dash of garlic powder
- Cayenne pepper to taste
- Sea salt and black pepper to taste

PHASE 3 MODIFICATIONS:

Add crumbled Gorgonzola cheese to the hamburger meat before cooking. Top cooked hamburgers with Swiss cheese and sautéed mushrooms or top with chili and cheese.

Directions

1. Mix ingredients thoroughly and form into patties (2-3).
2. Fry in small frying pan until desired level of doneness or grill on the barbeque.
3. If using frying pan add small amounts of water and deglaze pan to intensify flavours.
4. Cook approximately 3 minutes each side or to desired level of doneness.

Variations:

Add Stevia, lemon juice, and Bragg's liquid aminos to create a slight teriyaki flavour or top with **Caramelized Onion Garnish**. Also try lean buffalo or bison meat with this.



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