

HAMBURGER WITH SWEET POTATOES

FOR MEN

Serves: 1

Prep: 15 minutes

Cook: 20 minutes

NUTRITION FACTS

Amount Per Serving

Calories	969	Folate	114mcg
Protein (g)	77g	Thiamin	0.6mg
Carbohydrate (g)	99g	Riboflavin	1.4mg
Dietary Fiber	16g	Niacin	12.8mg
Total Sugars	40g	Calcium	736mg
Total Fat	33g	Potassium	2124mg
Saturated Fat	9g	Sodium	957mg
Polyunsaturated Fat	9g	Copper	0.8mg
Monounsaturated Fat	13g	Iron	6.4mg
Cholesterol	150mg	Magnesium	204mg
Vitamin A	1487mcg	Phosphorus	1229mg
Vitamin B6	1.3mg	Selenium	71mcg
Vitamin B12	6mcg	Zinc	10.7mg
Vitamin C	75mg		
Vitamin D	0mg		
Vitamin E	7mg		
Vitamin K	107mcg		

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS

2 ounce(s) cooked ground beef	1 slice (1oz) Swiss cheese, low fat
2 ounce(s) cooked ground turkey	8 oz. Greek yogurt, plain, fat free
1 hamburger bun, 100% whole wheat	1/4 cup sliced red tomato, raw
1 cup shredded cabbage, raw	1 cup blueberries, raw
1 tbsp. salad dressing (vinegar & olive oil)	2 individual packet sugar substitute, herbal extract sweetener, powder (stevia)
1 tsp garlic powder	1 tbsp. almonds
1 dash (1/16 of a teaspoon) black pepper	1 tsp wheat germ, toasted
3/4 cup Sweet potato (yam), baked (no salt added), peel eaten	1 tsp flaxseeds

DIRECTIONS

1. Preheat an outdoor grill for high heat and lightly oil grate.
2. Preheat frying pan to medium/high heat. Wash and cut sweet potato (yam) into desired thickness of fries. Put the cut sweet potato into the frying pan and cook for 8-10 minutes or to desired tenderness.
3. In a medium bowl, mix together 2oz of ground turkey & 2oz of ground beef with garlic powder and black pepper. With hands or a fork, mix until well blended. Form into patty.
4. Place patty on the prepared grill. Cover and cook 6 to 8 minutes per side, or to desired doneness. Add 1 slice of low fat Swiss cheese and tomato if desired. Assemble the hamburger on a whole wheat bun.
5. Combine 1 cup of cabbage with 1 tbsp. of salad dressing and a dash of black pepper.

Greek Yogurt Directions

In a separate bowl combine Greek yogurt with 2 packets of stevia, 1 tbsp. almonds, toasted wheat germ, flaxseeds and 1 cup of blueberries in a bowl.

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HAMBURGER WITH SWEET POTATOES

FOR WOMEN

Serves: 1

Prep: 15 minutes

Cook: 20 minutes

NUTRITION FACTS

Amount Per Serving

Calories	693	Folate	96mcg
Protein (g)	43g	Thiamin	0.5mg
Carbohydrate (g)	73g	Riboflavin	0.7mg
Dietary Fiber	12g	Niacin	9.7mg
Total Sugars	24g	Calcium	427mg
Total Fat	28g	Potassium	1588mg
Saturated Fat	7g	Sodium	826mg
Polyunsaturated Fat	8g	Copper	0.6mg
Monounsaturated Fat	11g	Iron	5mg
Cholesterol	107mg	Magnesium	163mg
Vitamin A	1002mcg	Phosphorus	791mg
Vitamin B6	1.1mg	Selenium	44mcg
Vitamin B12	3mcg	Zinc	7.7mg
Vitamin C	58mg		
Vitamin D	0mg		
Vitamin E	5mg		
Vitamin K	77mcg		

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS

1.5 ounce(s) cooked ground beef	1/2 cup Sweet potato (yam), baked (no salt added), peel eaten
1.5 ounce(s) cooked ground turkey	1 slice (1oz) Swiss cheese, low fat
1 hamburger bun, 100% whole wheat	1/4 cup sliced red tomato, raw
1 cup shredded cabbage, raw	1 tbsp. almonds
1 tbsp. salad dressing (vinegar & olive oil)	1 tsp wheat germ, toasted
1 tsp garlic powder	1/2 tsp flaxseeds
1 dash (1/16 of a teaspoon) black pepper	1/2 cup sliced banana, raw

DIRECTIONS

1. Preheat an outdoor grill for high heat and lightly oil grate.
2. Preheat frying pan to medium/high heat. Wash and cut 1 sweet potato (yam) into desired thickness of fries. Put the cut sweet potato into the frying pan and cook for 8-10 minutes or to desired tenderness.
3. In a medium bowl, mix together 1.5oz of ground turkey & 1.5oz of ground beef with garlic powder and black pepper. With hands or a fork, mix until well blended. Form into patty.
4. Place patty on the prepared grill. Cover and cook 6 to 8 minutes per side, or to desired doneness. Add 1 slice of low fat Swiss cheese and tomato if desired. Assemble the hamburger on a whole wheat bun.
5. Combine 1 cup of cabbage with 1 tbsp. of salad dressing and a dash of black pepper.
6. Enjoy with ½ cup of bananas with almonds, toasted wheat germ and flaxseeds on top.

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