



# Build a **Better** Burger

## Pick Your "Bun"

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Whole Wheat Bun  | <input type="checkbox"/> Whole Wheat Tortilla | <input type="checkbox"/> Lettuce Wrap   |
| <input type="checkbox"/> Whole Wheat Pita |   | <input type="checkbox"/> Going Bun-less |

## Choose Your Protein

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Lean Ground Beef | <input type="checkbox"/> Grilled Portabella | <input type="checkbox"/> Bison         |
| <input type="checkbox"/> Ground Turkey    | <input type="checkbox"/> Veggie Burger      | <input type="checkbox"/> Salmon Burger |
| <input type="checkbox"/> Ground Chicken   | <input type="checkbox"/> Black Bean Burger  | <input type="checkbox"/> Eggplant      |

## Load on the Produce

- |                                  |                                    |                                    |
|----------------------------------|------------------------------------|------------------------------------|
| <input type="checkbox"/> Lettuce | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Avocado   |
| <input type="checkbox"/> Tomato  | <input type="checkbox"/> Pickles   | <input type="checkbox"/> Spinach   |
| <input type="checkbox"/> Onion   | <input type="checkbox"/> Pineapple | <input type="checkbox"/> Jalepenos |
| <input type="checkbox"/> Peppers | <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Mango     |

## Sauce It Up

- |                                      |   |  |
|--------------------------------------|---|--|
| <input type="checkbox"/> Ketchup     | <input type="checkbox"/> Greek Yogurt   | <input type="checkbox"/> Garlic Aioli    |
| <input type="checkbox"/> Mustard     | <input type="checkbox"/> Tzatziki Sauce | <input type="checkbox"/> Cranberry Sauce |
| <input type="checkbox"/> BBQ Sauce   | <input type="checkbox"/> Guacamole      | <input type="checkbox"/> Lowfat Ranch    |
| <input type="checkbox"/> Relish      | <input type="checkbox"/> Hummus         | <input type="checkbox"/> Hot Sauce       |
| <input type="checkbox"/> Lowfat Mayo | <input type="checkbox"/> Salsa          | <input type="checkbox"/> Pesto           |

## Other Optional Toppings

- |  |                                   |                                      |
|--|-----------------------------------|--------------------------------------|
| <input type="checkbox"/> Lowfat Cheese | <input type="checkbox"/> Coleslaw | <input type="checkbox"/> Fresh Herbs |
|--|-----------------------------------|--------------------------------------|

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