



# BONUS: Burger Recipes



Paleo & Gluten Free  
Meal Plans

## BURGER 1

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# BLTA BURGER

Yield: 4 burgers

### Ingredients:

1/2 package bacon  
2 beefsteak tomatoes  
1-1.5# ground bison (OR sub ground beef)  
S&P to taste  
1-2 avocado  
Romaine lettuce

### Instructions:

1. Preheat oven to 425 and grill or large sauté pan to medium.
2. Place bacon in a single layer on baking sheet. Bake for 20-25 min or until cooked & crispy.
3. Thinly slice 2 beefsteak tomatoes.
4. Season ground bison (or beef) with S&P. Form into 4 patties.
5. Grill (or cook in sauté pan) burgers over med-high heat for 4-6 min/side or desired doneness.
6. Slice avocado for topping on burgers.
7. Serve burgers on lettuce wraps with bacon, avocado, and tomato.

## BURGER 2

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# CAJUN TURKEY BURGER

Yield: 4 burgers



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### Ingredients:

1 red onion  
3 small garlic cloves  
1 bunch green onion  
1 jalapeño  
1T olive oil  
¼c Cajun seasoning\*  
1-1.25# ground turkey thigh  
GF hamburger buns or lettuce for wraps

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

### Instructions:

1. Finely chop:
  - ¼c red onion
  - 3 small garlic cloves
  - white part of green onions
  - 1 jalapeño
2. Heat 1T olive oil in a large sauté pan over med-high heat.
3. Add chopped veggies + ¼c Cajun seasoning.
4. Sauté 3-5 minutes, stirring occasionally. Set aside to cool slightly.
5. In a large bowl, mix sautéed veggies into ground turkey (recommend using hands).
6. Form in 4 patties and cook burgers on a grill (outdoor or indoor) for ~4-5 minutes per side, or bake in 425 F oven ~20-25 minutes.
7. Serve burgers on a GF bun (or lettuce wrap).

## BURGER 3

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# MEDITERRANEAN BURGER

Yield: 4 burgers

### Ingredients:

1-1.25# 93% lean ground turkey  
½c julienned sun-dried tomatoes  
1 bunch mint  
3oz feta, optional  
1tsp garlic powder  
S&P, to taste  
lettuce for wrap, optional

### Instructions:

1. Finely chop mint to equal ~3T
2. Gently combine:
  - 1-1.25# ground turkey
  - ½c julienned sun-dried tomatoes
  - ~3T chopped mint
  - 3oz feta, optional
  - 1tsp garlic powder
  - S&P, to taste
3. Form into 4 patties.
4. Grill turkey burgers or cook in saute pan for ~5min/side over medium.
5. Serve plain or wrapped in optional lettuce wrap.



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# BLACK BEAN BURGER

Yield: 4 burgers



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### Ingredients:

- 1 small bunch cilantro
- 2 x 15oz cans black beans
- 1.5c gluten free rolled oats
- 2 eggs, omega-3
- 2tsp chili powder\*
- 1tsp smoked paprika
- 1tsp garlic salt
- 1/8tsp cayenne, optional
- 1T olive oil
- 4oz pepper jack or Swiss cheese slices (optional)
- 2 avocados

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

### Instructions:

1. Roughly chop cilantro to equal ~1/4c and rinse and drain 2 cans of black beans.
2. In a food processor, pulse 1.5c gluten free oats until coarsely ground.
3. Add 2 cans black beans, 2 eggs, 1/4c roughly chopped cilantro, 2tsp chili powder, 1tsp smoked paprika, 1tsp garlic salt, and cayenne (optional for heat).
4. Pulse until combined.
4. Form batter into 4-6 patties.  
Tip: slightly wet hands when forming each patty to help prevent sticking.
5. Heat 1T olive oil in a large sauté pan over med-high heat.
6. Add patties and cook 4-5min/side or until golden brown.
7. Slice 2 avocados.
8. Serve burgers in GF bun or lettuce wraps topped with avocado slices and 1 slice pepper jack or Swiss cheese (optional).

## BURGER 5

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# LAMB BURGER OVER GREEK SALAD

Yield: 4 burgers & 4 servings of salad



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### Burger Ingredients:

1-1.5# ground lamb  
S&P to taste

### Burger Instructions:

1. Season 1-1.5# lamb w/ S&P & form into 4 patties.
2. Heat grill or large sauté pan to medium-high for burgers.
3. Cook 3-4 min on each side or until desired doneness.
4. Serve burgers over the Greek Salad below.

### Salad Ingredients:

1 pint cherry tomatoes  
1 cucumber  
14oz quartered artichoke hearts in water\*  
½c Kalamata olives  
1T olive oil  
1T red wine vinegar  
1T dried basil  
1-2T fresh chopped dill, optional

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

### Salad Instructions:

1. Halve 1 pint of cherry tomatoes.
2. Dice 1 cucumber & 1 can artichoke heart (drained) in bite-sized pieces.
3. Toss together the following:
  - 1 pint cherry tomatoes, halved
  - 1 cucumber, diced
  - 14oz artichoke hearts, drained & diced
  - ½c sliced Kalamata olives
  - 1T olive oil
  - 1T red wine vinegar
  - 1T dried basil
  - 1-2T fresh chopped dill, optional
  - S&P to taste