



Gus's BALANCED BURGER

SHOPPING LIST

Protein (choose one)

Ground turkey (93/7 or leaner)

Ground beef (90/10 or leaner)

Plant-based patty (like Hey!Hunger)

Add a cheese of your choice to incorporate additional protein

Topping Ideas

(include at least three colors)

Red

sliced tomato, roasted red peppers

Orange & Yellow

yellow or orange bell pepper, pineapple

Green

leafy greens (lettuce, spinach, or arugula), avocado, cucumber

Blue & Purple

shredded purple cabbage, beets, red onion

White

sauteed mushrooms, onion, roasted garlic

Fermented Favorites

pickles, sauerkraut

Bun or Base (choose one)

Classic bun

High fiber bun (like Hero or whole grain)

Lettuce wrap (iceberg works well)

Grilled or roasted portobello cap

Burgers often get a bad rap, but they can absolutely be part of a balanced meal. The key is building a burger with lean protein, lots of colorful vegetables, and a bun that complements the whole meal.

Follow this formula to create your own balanced burger that's satisfying, flavorful, and packed with good nutrition!

A FORMULA TO BALANCE YOUR MEAL

Step 1 Choose a lean protein source

Step 2 Add at least three colorful vegetable toppings

Step 3 Select a bun or wrap that complements the rest of your meal

Step 4 Pair with a produce-forward side

*Grilling season
is here, and burgers
are on the menu!*

BALANCED BURGER TIPS

Keep It Juicy

Lean proteins contain less fat. Mixing in grated onion or finely chopped mushrooms into the patty before cooking can help retain moisture and add flavor. Once the burger hits the grill, resist the urge to press it down to keep the juices in the patty.

Build with Color & Texture

Stacking colors means stacking nutritional benefits! Aim for at least three colorful vegetables to diversify nutrients. Different colors signal different phytonutrients that nourish the body in different ways. For extra flavor and crunch, try fermented vegetables such as pickles, sauerkraut, or kimchi, which may also provide gut-health benefits.

Think Beyond the Burger

A balanced meal includes the whole plate. If you're pairing your burger with a starchier side like potatoes, pasta salad, or chips, consider a higher-fiber bun, such as Hero Classic Burger Buns, or a lettuce wrap to help balance the meal.

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The
**BALANCED
BASKET**



NUTRITION TIPS, RECIPES & ADVICE