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## Dinner

# E2 EZ BURGERS

4 thawed veggie burgers (see E2-Approved Foods)  
Low-sodium tamari or Bragg Liquid Aminos  
Cracked pepper  
4 whole grain buns  
Healthy condiments (see E2-Approved Foods)  
Lettuce, tomato slices, onion slice, dill pickles, or other favorites

Sprinkle the patties lightly with the tamari and season with the pepper. Brown the patties in a non-stick skillet on high 3 minutes on each side, until brown. Reserve the hot skillet for buns. Cut the buns in half and toast in a hot skillet. Assemble the burgers with your favorite fixings.

### Variations:

In the hot skillet, on the grill, or in the broiler, cook onions, red bell peppers, and/or mushrooms and add them to the burgers. Top with avocado slices, Guacamole (see page 238), Three-Bean Chili (see page 220), or canned jalapeño slices.

For Fire Cadets during Week One. Use cooked fillets of fish or chicken breasts in place of veggie burgers.