**Thursday, Fancy Pants Burgers**

**Produce**

garlic*(if needed)*

1 yellow onion

red or green leaf lettuce *(if needed)*

1 cucumber *(if needed)*

6 oz. Cremini mushrooms

cherry tomatoes *(if needed)*

one slicing tomato

1 Bartlett or ripe winter pear

**Canned/Dried Foods**

low sodium vegetable broth *(if needed)*

vegan mayo or lowfat mayo

cornstarch*(if needed)*

dried rosemary leaves *(if needed)*

bay leaf *(if needed)*

white wine to cook with *(if needed)*

**Frozen Foods**

Beyond Meat Patties *(if going meatless)*

**Meat/Fish/Poultry**

 8 oz. lean ground beef or ground turkey breast with no skin *(if eating meat)*

**Chilled Foods/Dairy**

Gorgonzola or blue cheesecrumbles

**Additional Items**

whole-grain burger buns