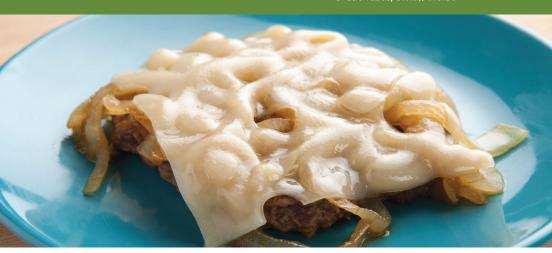
## Creative Food Ideas

### Personal Trainer Food

Great Taste, Small Waist<sup>™</sup>



# **Patty Melt**

Indulge in the hearty flavors of a patty melt without the bread (try it with our favorite Burger Sauce)!

#### **Personal Trainer Food Ingredients:**

• 1 Angus Burger

#### **Additional Ingredients:**

- ½-½ onion, thinly sliced
- 1 tbsp butter
- 1 slice Swiss cheese
- ½ tbsp Worcestershire sauce

#### Instructions:

- 1. Place the onion slices and butter in a microwave safe bowl and heat for about 1-2 minutes until golden brown (stir gently halfway through heating). Once cooked, stir in Worcestershire sauce.
- 2. Heat the Angus Burger in the microwave and place on a microwave safe plate.
- 3. Top the burger with the cooked onions and cheese. Heat until the cheese is melted.