



# 60 Days to Reclaim YOUR Health

## VEGGIE BURGERS

### Ingredients

Veggie Burgers (without soy) from the frozen food section  
Ketchup  
Mustard  
Vegenasie  
Whole grain buns (Ezekiel 4:9 brand if available – frozen food section)  
Slices of onion  
Spinach  
Slice or 2 tomato

### Directions

Prepare burgers according to package directions and layer with fixings to your liking — and, voilà! You have a healthy version of an American classic!

**Despite what many people assume, soy burgers are not the only vegetarian burger alternative. Today we'll show you something healthier.**