

Lose 5 lbs by next week?

Yes, it's possible!

We Are Different From Other Programs

LeanMD is a Medically Supported Weight Loss Program based on real fresh foods, an easy-to-follow diet with personalized virtual support. Our board certified doctors will help you reach your goals quickly and safely. Call us today to learn more and schedule your consultation.

- **Fresh Foods** Not packaged or processed
- **Convenience** Virtual weigh-in visits and calls
- **Fast Results** Doctor directed, safe and effective

\$50 OFF
your initial
consultation

Our 3-phase program is safe and medically supported so you can quickly reach your goals, transition to maintenance, and keep the weight off for good:

Phase 1

WEIGHT LOSS

Personalized and physician supervised rapid weight loss

Phase 2

TRANSITION TO SUCCESS

Learn the tools to sustain the loss you have achieved

Phase 3

SUSTAINABLE LOSS

Keep it off for good! Continued support with monthly virtual weight check-in's

Program Includes Manual | Recipes & Shopping Lists | Tracker

925-999-6264 | Visit: LeanMD.com and learn more about how we can help you!

Herbed Turkey **Burgers**

(Adapted from *The Wellness Lowfat Cookbook*, UC Berkeley 1993)

*Lose Weight,
Not Flavor!*

3

SERVING SIZE: 1 burger

INGREDIENTS

3 medium scallions
2 cloves of garlic
1/4 cup parsley
1 lb ground turkey breast
2 Tbsp Dijon mustard
2 tsp Worcestershire sauce
1 egg white
1 tsp thyme
1/4 tsp black pepper
1 Tbsp olive oil

In food processor, mince the scallions, garlic and parsley.

In a medium sized bowl, combine the minced vegetables with the turkey breast, mustard, Worcestershire sauce, egg white, thyme and pepper, and mix to blend well.

Divide the mixture into 6 equal portions and form into 1/2-inch thick patties.

In a large skillet, warm oil over medium high heat until hot but not smoking. Add the turkey patties and cook until well browned on both sides, 3-5 minutes for the first side and 2-4 minutes for the second side.