**Burgers and Potato Salad**

**Produce**

1 large sweet onion

1 head leaf lettuce

celery (if needed)

fresh dill weed

6 ears fresh sweet corn

4-5 red potatoes - 14 oz. -

2 slicing tomatoes

1 large fresh cantaloupe or watermelon

**Canned/Dried Foods**

low fat or vegan mayonnaise

dill pickles (if needed)

prepared mustard (if needed)

ground paprika (if needed)

**Frozen Foods**

**Beyond Meat Burger Patties *(if eating plant-based)***

**Meat/Fish/Poultry**

 lean ground beef (10% fat) 4 oz. per diner *(if eating meat)*

**Chilled Foods/Dairy**

4 oz. sharp cheddar cheese

eggs (if needed)

plain, nonfat yogurt

**Additional Items**

1 package whole grain burger buns