
PROTEIN BURGER HANDBOOK

Beef, turkey, and chicken burgers, homemade fries, and low-cal sauces, fully macro'd out.

"Lean and strong on your schedule, not a 9-to-5 template."

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1 CHOOSE YOUR BUN

No wrong answer here, pick whatever fits your goals and cravings that day. Options below are per bun unless noted.

Regular Hamburger Bun

Standard white or wheat bun, about 52g. The classic, easy to find anywhere.

140 cal · 5P · 25C · 2F

Whole Wheat Bun

Same size, a bit more fiber. Whole wheat or regular both work fine, this is purely preference.

130 cal · 6P · 22C · 2F

Potato Bun

About 55g. Soft, slightly sweet, holds up well to juicy patties.

150 cal · 5P · 27C · 2.5F

Brioche Bun

About 60g. The indulgent choice, buttery and rich, best saved for higher calorie days.

200 cal · 6P · 28C · 7F

Hawaiian Roll (or two, stacked)

About 50g. Slightly sweet, great with teriyaki or BBQ style burgers.

160 cal · 4P · 28C · 3F

Thin Bagel

About 55g. Sturdier and lower calorie than a full bagel, holds toppings well.

110 cal · 5P · 21C · 1F

Lettuce Wrap

2-3 large iceberg or butter lettuce leaves, about 30g. Lowest calorie option, great for a lighter meal or fitting in extra sides.

5 cal · 0P · 1C · 0F

Grilled Portobello Caps (2, as a bun)

About 140g total. Meaty texture, adds a savory flavor, a fun bunless option.

35 cal · 3P · 6C · 0.5F

2 BEEF BURGERS

All patties below use 150g raw lean ground beef (93/7). Bun not included in macros, add your choice from Section 1.

Classic Seasoned Beef Burger

INGREDIENTS

150g lean ground beef (93/7), garlic powder, onion powder, salt, pepper, splash of Worcestershire sauce

METHOD

Mix seasonings into the ground beef, form into a patty. Grill or pan-sear over medium-high heat, about 4-5 minutes per side to your preferred doneness.

~214 cal • 26P • 1C • 11F

Tip: Press a small dimple into the center of the patty before cooking, it keeps the burger from puffing up into a dome.

Bacon-Style Beef Burger

INGREDIENTS

150g lean ground beef (93/7), 2 slices turkey bacon, 20g reduced-fat cheddar, salt, pepper

METHOD

Season and grill the beef patty as above. Cook turkey bacon until crisp. Add cheese to the patty in the last minute of cooking to melt, top with turkey bacon.

~330 cal • 37P • 3C • 19F

Tip: Turkey bacon crisps up faster than pork bacon, keep an eye on it so it doesn't overcook.

3 TURKEY BURGERS

All patties below use 150g raw lean ground turkey (93%). Bun not included in macros, add your choice from Section 1.

Italian Herb Turkey Burger

INGREDIENTS

150g lean ground turkey, 1 tsp Italian seasoning, minced garlic, pinch of salt and pepper

METHOD

Mix seasoning into the ground turkey, form into a patty. Grill or pan-sear over medium heat, about 5-6 minutes per side until fully cooked through.

~211 cal • 26P • 1C • 12F

Tip: Turkey burgers dry out faster than beef, don't press down on them with the spatula while cooking.

BBQ Turkey Burger

INGREDIENTS

150g lean ground turkey, 15g low-calorie BBQ sauce mixed in, 15g sliced red onion, salt, pepper

METHOD

Mix a spoonful of BBQ sauce directly into the turkey before forming the patty for extra flavor throughout. Grill until fully cooked, top with red onion and an extra drizzle of BBQ sauce.

~246 cal • 26P • 8C • 12F

Tip: Look for a BBQ sauce under 40 calories per 2 tablespoons, regular BBQ sauce can be loaded with sugar.

Buffalo Turkey Burger

INGREDIENTS

150g lean ground turkey, 15g buffalo hot sauce, 10g light blue cheese crumbles, salt, pepper

METHOD

Mix a splash of buffalo sauce into the turkey before forming the patty. Grill until fully cooked, top with blue cheese crumbles and an extra drizzle of buffalo sauce.

~250 cal • 28P • 1.5C • 15F

Tip: Pair this one with the tzatziki or light ranch sauce from Section 5 to cool down the heat.

4 CHICKEN BURGERS

All patties below use 150g raw ground chicken breast (lean). Bun not included in macros, add your choice from Section 1.

Teriyaki Chicken Burger

INGREDIENTS

150g ground chicken breast, 15g low-sodium teriyaki glaze, 1 grilled pineapple ring (30g), garlic and ginger to taste

METHOD

Mix a small amount of teriyaki into the chicken before forming the patty. Grill until fully cooked, brush with additional teriyaki glaze in the last minute. Top with a grilled pineapple ring.

~222 cal • 32P • 9C • 4F

Tip: Grilling the pineapple ring for 1-2 minutes per side caramelizes the sugars and makes a big flavor difference.

Southwest Chicken Burger

INGREDIENTS

150g ground chicken breast, 1 tsp taco seasoning, 15g diced green chilies, 15g light pepper jack cheese

METHOD

Mix taco seasoning and green chilies into the chicken before forming the patty. Grill until fully cooked, melt pepper jack on top in the last minute.

~223 cal • 36P • 1C • 7F

Tip: Top with a spoonful of salsa or pico de gallo for extra flavor with almost no added calories.

Greek Chicken Burger with Feta

INGREDIENTS

150g ground chicken breast, dried oregano, minced garlic, lemon zest, 15g crumbled feta mixed in

METHOD

Mix oregano, garlic, lemon zest, and feta directly into the chicken before forming the patty. Grill until fully cooked through.

~220 cal • 34P • 0.5C • 7F

Tip: Serve this one with the tzatziki sauce from Section 5 and sliced cucumber and tomato for a full Greek-style plate.

5 HOMEMADE FRIES

Macros below are per full serving (about 200g raw vegetable per person).

Baked Sweet Potato Fries

INGREDIENTS

200g sweet potato (cut into fries), 1 tsp olive oil, paprika, garlic powder, salt

METHOD

Toss sweet potato fries with olive oil and seasoning. Spread in a single layer on a baking sheet. Bake at 425F for 20-25 minutes, flipping halfway, until crisp on the edges.

~210 cal · 4P · 40C · 5F

Tip: Don't overcrowd the pan, fries need space between them to crisp instead of steam.

Baked Regular Potato Fries

INGREDIENTS

200g russet potato (skin on, cut into fries), 1 tsp olive oil, salt, pepper, optional smoked paprika

METHOD

Soak cut potatoes in cold water for 15-20 minutes to remove excess starch, this helps them crisp up. Pat dry, toss with olive oil and seasoning, bake at 425F for 25-30 minutes, flipping halfway.

~195 cal · 4P · 34C · 5F

Tip: The cold water soak is the biggest trick for getting a crispier baked fry without deep frying.

5 HOMEMADE FRIES (CONT.)

Air Fryer Zucchini Fries

INGREDIENTS

200g zucchini (cut into fries), 15g breadcrumbs, 1 egg white, garlic powder, Italian seasoning

METHOD

Dip zucchini sticks in egg white, then coat in seasoned breadcrumbs. Air fry at 400F for 10-12 minutes, flipping halfway, until golden and crisp.

~105 cal • 8P • 16C • 1F

Tip: A light spray of cooking oil on the outside before air frying helps the breadcrumbs crisp up more evenly.

Air Fryer Turnip Fries

INGREDIENTS

200g turnip (peeled, cut into fries), 1 tsp olive oil, salt, pepper, smoked paprika

METHOD

Toss turnip fries with olive oil and seasoning. Air fry at 400F for 12-15 minutes, shaking the basket halfway, until tender inside and golden outside.

~95 cal • 2P • 13C • 5F

Tip: A lower-carb swap for regular fries, turnips crisp up nicely in the air fryer and take on seasoning well.

6 LOW-CALORIE SAUCES

Macros below are per 2 tablespoon serving (about 30g), unless noted.

Light Garlic Aioli

30g 0% Greek yogurt, 5g light mayo, minced garlic, squeeze of lemon juice, salt. Whisk together until smooth.

~35 cal • 3P • 2C • 1.5F

Spicy Mayo

15g light mayo, 10g sriracha, squeeze of lime juice. Stir together, adjust sriracha to taste for more or less heat.

~55 cal • 0P • 3.5C • 4.5F

Homemade Low-Cal BBQ Sauce

15g tomato paste, splash of apple cider vinegar, sugar-free sweetener to taste, garlic powder, smoked paprika, water to thin. Simmer 5 minutes to combine flavors.

~20 cal • 1P • 4C • 0F

Honey Mustard (light)

10g Dijon mustard, 5g honey, 5g light mayo or 0% Greek yogurt. Whisk together until smooth.

~28 cal • 0.5P • 5C • 0.4F

Tzatziki

40g 0% Greek yogurt, 20g grated cucumber (squeezed dry), fresh dill, minced garlic, squeeze of lemon juice.

~26 cal • 4P • 2C • 0.2F

Chipotle Ranch (light)

15g light ranch dressing, 5g minced chipotle pepper in adobo sauce. Stir together, adjust chipotle for more or less smoky heat.

~38 cal • 0P • 2.5C • 3F

Tip: Make a double batch of any sauce on prep day, most of these hold in the fridge for 4-5 days and work on more than just burgers.

GENERAL RECIPE NOTES

- Patty macros do not include the bun, add your choice from Section 1 to get the full meal total.
- Ground meat values assume cooked weight from a 150g raw portion, actual cooked weight will be a bit less due to moisture loss.
- All recipes can be modified to reduce or increase calories with guidance from Coach Myles.