

The Freedom Stack Burger & Crunchy Slaw

No wheat buns. No oils. No nitrates. No sneaky gluten or soy. Just pure, mouth-watering goodness with a secret splash of Plant Derived Minerals that'll leave your body as happy as your taste buds.

Here's what you'll need:

- Grass-fed ground beef (or bison) shape into thick patties
- Sea salt & cracked black pepper
- Thick slices of heirloom tomato
- Crisp butter lettuce leaves (these become your buns)
- Sweet onion slices

Oil-Free Slaw:

- Shredded green & purple cabbage
- Shredded carrot
- Chopped fresh parsley
- Fresh lemon juice
- Pinch of sea salt
- And here's the kicker: 1 capful of Plant Derived Minerals mixed right into the lemon juice dressing.

How to grill & build:

1. Season & Grill: Sprinkle your patties with sea salt & pepper, grill over medium heat until medium a little pink is perfect (skip the well-done to avoid cancer-causing heterocyclic amines).
2. Mix the slaw: In a big bowl, toss cabbage, carrot, parsley, lemon juice, sea salt, and the Plant Derived Minerals. It'll taste bright & tangy without needing oil.
3. Stack it up: Use lettuce as buns, add your burger, tomato, onion, and a generous heap of crunchy

mineral-charged slaw.

Why you'll love it:

- Absolutely no oils or fried junk – your liver's already sending thank-you notes.
- No gluten, corn, soy, nitrates, or soda needed to party.
- That dose of Plant Derived Minerals turns your 4th of July from just tasty to truly cell-level celebratory.

So this year, grill like a rebel – and declare independence from the 12 bad foods. Your body (and your future self) will love you for it.