AUGUST SPECIALS:

- **Chicken Wings, 5 lbs. for $11.00** - The chicken wings are ready for the air-fryer or grill and are in individual quick frozen.

- **Pork Tenderloin, 1.75 lbs (avg). for $4.50** - The pork tenderloins are a nice option since they are high in protein and low in fat, and are perfect for grilling, roasting, or slow-cooking.

- **Lobster Bites, 15 oz for $5.00** - The lobster bites can be baked in the oven, or cooked in the air-fryer.

- **Mozzarella Sticks, 3 lbs. for $11.50** - The mozzarella sticks are par-cooked and ready for the oven.

- **Protein Box, 5 lbs. for $13.50** - Box includes: Ground Turkey (1 lb.), Italian Sausage (1 lb.), Bnls Chicken Drumstick Meat (1 lb), Fish Sticks (1 lb) and Bologna (1 lb).

- **Meatballs, 5 lbs. for $13.00** - The Italian meatballs are fully-cooked and are in a five-pound bag.
Grilled Turkey Burgers
Serves 4

Ingredients:
• 1 lb. ground turkey*
• 1/4 cup finely chopped onion
• 1/4 cup breadcrumbs
• 1 egg
• 2 tablespoons Worcestershire sauce
• 1 teaspoon garlic powder
• 1 teaspoon onion powder
• Salt and pepper to taste
• Burger buns
• Desired toppings (lettuce, tomato, cheese, etc.)

Directions:
1. In a large bowl, combine the ground turkey, chopped onion, breadcrumbs, egg, Worcestershire sauce, garlic powder, onion powder, salt, and pepper.
2. Mix until well combined.
3. Form the mixture into 4 equal patties.
4. Preheat the grill to medium-high heat.
5. Grill the turkey patties for about 5-7 minutes per side, or until the internal temperature reaches 165°F
6. Build your burger and enjoy!