Dylan's High Protein In-N-Out Style Lettuce Burger Wraps

These are the smash burgers I made during bodybuilding prep that kept me locked in on my diet. They taste better than In-N-Out, they're loaded with protein, and they're perfect for staying lean. Eating healthy doesn't have to taste bad.

Ingredients (Makes 2 Wraps)

1 lb (454g) 96% lean ground beef
2 slices reduced fat cheese
2 large lettuce leaves (iceberg or butter lettuce work great)
1 medium tomato, sliced
Pickles, sliced
1/4 cup diced onion
250g potato, cut into wedges or fries (about 1 large potato)
Salt, pepper, and garlic powder

Smash Sauce

2 tablespoons non fat Greek yogurt
1 tablespoon zero sugar ketchup
1 teaspoon mustard
1 tablespoon finely diced pickles
Mix it all together and set aside

Instructions

1. Take your ground beef and split it into 4 equal balls.
2. Season each one with salt, pepper, and garlic powder. Don't be shy with the seasoning.
3. Cut up your potato into wedges or fries and throw them in the air fryer at 400°F for about 15 to 20 minutes until they're golden and crispy.
4. While the potatoes are cooking, make your smash sauce. Mix the Greek yogurt, zero sugar ketchup, mustard, and diced pickles together in a small bowl. Set that aside.
5. Now get your pan scorching hot. I mean ripping hot. Toss your 4 meatballs right on there.
6. Immediately smash them down flat with a spatula or the bottom of a plate. Press them thin.
7. Let them cook for about 2 to 3 minutes without touching them. You want a hard, crispy crust on the bottom.
8. Give them a flip. Right after you flip, throw a slice of cheese on 2 of the 4 patties.
9. Let them cook for another 30 to 60 seconds, then pull them off the heat.
10. Lay out a big lettuce leaf. Put one patty down on the bottom (no cheese one).
11. Stack on your tomato, pickles, onions, a nice spoonful of that smash sauce, and a handful of your air fryer potatoes.
12. Put your second patty (the one with the cheese) right on top.

13. Fold the lettuce up around everything and wrap it tight with parchment paper so it holds together.
14. Do the same thing for your second wrap. Serve it up and enjoy.

Macros Per wrap (2 servings)

Calories: ~465 kcal
Protein: ~56g
Carbs: ~33g
Fat: ~12g

Final Note: Losing weight and building muscle can be tough to stay consistent with on your own. That's exactly why I built my coaching app, Kolak Performance. I build my clients custom meal plans packed with meals just like this one that actually taste good and keep you in a deficit. You also get custom training programs built around your goals and your schedule, plus weekly accountability through texts and check in calls so you actually stay on track. No cookie cutter plans. No guesswork. Just a real coach in your corner helping you get the results you've been chasing.

If you're serious about making a change and you want someone to build the whole thing out for you, fill out the form below and I'll personally reach out to see if we're a good fit.
https://www.kolakperformance.app/