



# AGE DEFYING — DETOX —

14-DAY AT-A-GLANCE



# SUMMER RESET AT A GLANCE

This simple guide contains your meals for the program and your daily drinks. **Refer to your Recipe Guide** if you want to exchange meals. Refer to your Suggested Meals if you want to print out your meals for the week and post it on your refrigerator. Print out your Shopping List and get ready.

# YOUR DAILY DRINKS

## LEMON WATER ELIXIR

1 cup room-temperature water  
1 tablespoon of raw apple cider vinegar  
Juice of 1 lemon  
dash of sea salt  
1 teaspoon raw honey

**NOTE:** If you feel nauseous or experience tightness in the chest after drinking the morning elixir, omit the raw apple cider vinegar. This reaction can occur when the body releases bacteria and toxins during detox. Continue to drink the Lemon Water Elixir without the apple cider vinegar (or use only ½ teaspoon) for at least three days, and then gradually reintroduce the raw apple cider vinegar. If the reactions continue upon reintroduction, continue to drink only the lemon water.

## ANTI AGING BEAUTY TEA

1 bag of dandelion tea  
1 bag of nettle tea  
2 tablespoons cranberry juice concentrate  
Juice of 1 lemon  
1 teaspoon of raw honey or pure maple syrup

**To Make:** Steep the tea bags in hot water for 15 minutes. Remove the tea bags, then add ice with cranberry juice concentrate and lemon. Chill the tea in your refrigerator.

**NOTE:** If you cannot find cranberry juice concentrate, you can use pomegranate or cherry juice concentrate instead.

# DAY 1

## BREAKFAST:

### GREEN SMOOTHIE

- 1 ½ cups dairy free milk
- 3 kale leaves
- ½ avocado
- ½ cup blueberries
- Juice from ½ lemon
- 1 scoop NeoLife protein powder (or protein of your choice)

## LUNCH:

### SUMMER SALAD

#### Serves 2

- 2 heads romaine lettuce, chopped
- 1 cup cooked chickpeas
- 1 cup snow peas
- 1 zucchini, chopped
- 1 avocado

Combine all ingredients in a large bowl. Serve with your favorite detox salad dressing. I like to mix EVOO with vinegars, add herbs & spices, lemon & lime juice.

# DINNER:

## DETOX SPINACH BOWL

### Serves 2

1 teaspoon coconut oil  
2 garlic cloves, chopped  
6 cups spinach  
sea salt and black pepper to taste  
1 cup canned chickpeas, drained and rinsed  
1 cup sprouts  
2 tablespoons hemp seeds  
1 avocado  
Juice of 1 lemon

Melt coconut oil in large pan. Add chopped garlic. Sauté for about 2 minutes. Add the spinach. Let the spinach wilt for about 3 to 5 minutes. Season with sea salt and black pepper. Serve in a bowl with chickpeas, sprouts, hemp seeds, avocado, and lemon juice. Top with your favorite salad dressing.

# DAY 2

## BREAKFAST:

### PROTEIN OATMEAL

**Serves 2**

2 cups water

1 cup rolled oats

1 heaping tablespoon NeoLife or hemp vanilla protein powder

1 teaspoon cinnamon

1 teaspoon ginger powder

pinch of sea salt

Heat water in a medium pot and allow to come to a light boil. Add rolled oats, turning the heat down a bit. Add protein powder, cinnamon, ginger, and sea salt. Mix well to desired consistency.

## LUNCH:

### CABBAGE SALAD

#### Serves 2

- 2 cups thinly sliced red cabbage
- 2 cups mixed greens
- 2 celery ribs, chopped
- 1 cucumber, sliced
- 1 cup olives
- ½ cup chopped red onion
- 1 cup cooked quinoa

Combine all ingredients in a large bowl and mix well. Serve with your favorite salad dressing.

## DINNER:

### CURRY ROASTED CAULIFLOWER WITH MIXED GREENS

#### Serves 2

- 1 head cauliflower, chopped
- 1 fennel, thinly sliced
- 1 heaping tablespoon coconut oil
- 1 tablespoon garlic powder
- 1 tablespoon curry powder
- 1 teaspoon thyme
- sea salt and black pepper to taste
- 4 cups mixed greens

Preheat oven to 425 degrees Fahrenheit.

Combine chopped cauliflower and sliced fennel in a large mixing bowl. Coat with coconut oil, garlic powder, curry powder, thyme, sea salt, and black pepper to taste. Mix well and layer onto a baking sheet. Roast for about 20 minutes until the cauliflower is golden brown. Serve with mixed greens and top with your favorite salad dressing.

# DAY 3

## BREAKFAST:

### ENERGY SMOOTHIE

1 ½ cups coconut water  
1 scoop NeoLife protein powder  
1 orange, without peel  
2 tablespoons chia seeds  
½ avocado  
dash of turmeric

## LUNCH:

### JICAMA PAPAYA SALAD

#### **Serves 2**

2 cups mixed greens  
½ bunch cilantro, chopped  
1 cup peeled and chopped jicama  
1 cup chopped papaya  
½ cup chopped red onion  
Juice of 1 lime

Combine all ingredients in a large bowl and mix well. Serve with your favorite salad dressing.

# DINNER:

## SUMMER ZEN BOWL

### **Serves 2**

- 1 tablespoon coconut oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 bunch collard greens, thinly sliced (OR 1 16-ounce bag of chopped collard greens)
- ½ cup water
- 2-inch piece of ginger, grated
- 1 tablespoon tamari
- sea salt and black pepper to taste
- 1 teaspoon toasted sesame oil
- 1 cup cooked lentils
- 1 avocado
- 2 tablespoons tahini dressing

Melt coconut oil in a large pot over medium heat. Add chopped onion and garlic. Cook until fragrant (about 3 to 5 minutes). Add collard greens and water. Cover and allow the greens to steam for about 20 to 25 minutes. Stir occasionally so they do not burn. Add ginger and tamari. Season with sea salt and black pepper as needed. Sauté for another 5 to 10 minutes until the greens are tender. Top with sesame oil, lentils, avocado and tahini dressing.

# DAY 4

## BREAKFAST:

### RASPBERRY CHOCOLATE CHIA PUDDING

#### Serves 2

- 1 cup dairy-free milk
- 2 tablespoons raw honey OR 2 to 3 drops stevia
- ½ teaspoon vanilla extract
- dash of cinnamon
- dash of ground ginger
- 1 teaspoon cacao powder
- ⅓ cup chia seeds
- 1 cup fresh raspberries

Mix the milk, sweetener of choice, vanilla, cinnamon, ginger, and cacao powder together in a bowl. Once it is well mixed, add chia seeds and mix again. Allow the mixture to set for about 10 minutes to allow the chia seeds to absorb the liquid. Once the pudding is set, top with fresh raspberries.

For warm pudding, heat the dairy-free milk over a stove for several minutes until warm, not boiling (about 3 minutes). Mix in the sweetener, vanilla, cinnamon, ginger, cacao, and chia seeds. Mix well, then leave the pudding to set. Serve with fresh raspberries.

## LUNCH:

### MIXED GREENS WITH FRUIT AND SEEDS

#### Serves 2

- 4 cups mixed greens
- 1 cup fresh strawberries, chopped
- 1 cup blueberries
- ½ cup chopped red onion
- ½ cup pumpkin seeds
- 1 avocado

Combine all ingredients in a large bowl. Serve with your favorite salad dressing.

## DINNER:

### RED LENTIL STEW WITH FRESH GREEN BEANS

#### Serves 4

1 tablespoon coconut oil  
1 onion, chopped  
2 garlic cloves, chopped  
1 32-ounce container of vegetable broth  
1 cup dried red lentils  
2 teaspoons ground cumin  
1 teaspoon ground turmeric  
1 inch piece of fresh ginger, grated  
½ pound fresh green beans  
sea salt and black pepper to taste  
Juice of 1 lemon

Melt coconut oil in a large soup pot over medium heat. Once the oil has melted, add chopped onion and garlic. Cook until fragrant (about 3 minutes). Add broth, lentils, cumin, turmeric, ginger and green beans. Stir well and cover. Simmer for about 20 minutes. The lentils should have fallen apart and the green beans should be soft. Season with sea salt and black pepper as needed. Serve topped with lemon juice.

# DAY 5

## BREAKFAST:

### BERRY SMOOTHIE

- 1 ½ cups dairy free milk
- 1 cup kale
- ½ cup mixed frozen berries
- 2 tablespoons tahini
- 2 tablespoons chia seeds
- dash of cinnamon
- 1 scoop NeoLife protein powder

## LUNCH:

### LENTIL BURGER WITH GRILLED PINEAPPLE AND MIXED GREENS

#### Serves 4

- 2 cups cooked brown lentils
- 1 onion, chopped
- 1 garlic clove, chopped
- 3 tablespoons ground flax
- 1 teaspoon sea salt
- 1 teaspoon thyme
- 1 teaspoon curry powder
- 1 tablespoon of water or vegetable broth
- 1 tablespoon coconut oil (for frying)
- 4 pineapple slices
- 4 cups mixed greens

Combine lentils, onion, garlic, flax, sea salt, thyme, and curry powder in a large mixing bowl. Mash the ingredients well with a fork and form into burger patties. Add water or vegetable broth if the mixture is dry. Melt coconut oil in pan over high heat. Fry each burger until brown on both sides (about 3 to 5 minutes per side). Once the burgers are done, set to the side. Briefly fry the pineapple slices for about 2 minutes per side and place on top of the burgers. Serve with mixed greens and your favorite salad dressing.

## DINNER:

### ZUCCHINI NOODLES WITH CURRY COCONUT SAUCE

#### **Serves 2**

- 2 large zucchini, spiralized
- 1 13.5-ounce can coconut milk
- ½ cup sunflower seeds
- 2 teaspoons curry powder
- 1 teaspoon thyme
- 1 garlic clove, chopped
- 1 large carrot, chopped
- 2 cups baby spinach

Add spiralized zucchini to a large bowl. You can use a spiralizer at home, or you can buy a bag of spiralized zucchini at some grocery stores. If you can't find pre-spiralized zucchini in a store near you, simply use a vegetable peeler and peel the zucchini down to the seeds. Blend the seeds with the curry sauce.

To make curry sauce, add the remaining ingredients to a blender. Blend well. If you have a high-speed blender, blend until warm. If you have a conventional blender, blend the sauce until smooth. Transfer to a small pot over medium heat. Heat until warm. Serve the curry sauce on top of the zucchini noodles.

# DAY 6

## BREAKFAST:

### SIMPLE SMOOTHIE

- 1 ½ cups dairy free milk
- 2 cups frozen blueberries
- 1 cup spinach
- 5 mint leaves
- 1 tablespoon raw cacao
- 1 scoop NeoLife protein powder

## LUNCH:

### SUMMER SALAD

#### **Serves 2**

- 2 heads romaine lettuce, chopped
- 1 cup cooked chickpeas
- 1 cup snow peas
- 1 zucchini, chopped
- 1 avocado

Combine all ingredients in a large bowl. Serve with your favorite salad dressing.

## DINNER:

### CHICKPEA CHILI OVER GREENS AND GUACAMOLE

#### **Serves 4**

- 1 tablespoon coconut oil
- 1 large onion, chopped
- 2 garlic cloves, chopped
- 1 yellow squash, chopped
- 1 zucchini, chopped
- 2 15.5-ounce cans chickpeas, drained and rinsed
- 2 tablespoons chili powder
- 1 tablespoon oregano
- 1 tablespoon cumin
- 1 cup vegetable broth
- 1 bunch cilantro, chopped
- 4 cups mixed greens
- 1 cup guacamole
- 1 small red onion, chopped

Melt coconut oil in large pan. Add the onion and garlic. Sauté until fragrant (about 3 to 5 minutes). Add yellow squash, zucchini, chickpeas, chili powder, oregano, cumin, vegetable broth, and cilantro. Cover and simmer until the vegetables are soft (about 15 minutes). Serve over mixed greens with guacamole and chopped red onion.

# DAY 7

## BREAKFAST:

### PROTEIN OATMEAL

**Serves 2**

2 cups water

1 cup rolled oats

1 heaping tablespoon NeoLife or hemp vanilla protein powder

1 teaspoon cinnamon

1 teaspoon ginger powder

pinch of sea salt

Heat water in a medium pot and allow to come to a light boil. Add rolled oats, turning the heat down a bit. Add protein powder, cinnamon, ginger, and sea salt. Mix well to desired consistency.

## LUNCH:

### CABBAGE SALAD

**Serves 2**

2 cups thinly sliced red cabbage

2 cups mixed greens

2 celery ribs, chopped

1 cucumber, sliced

1 cup olives

½ cup chopped red onion

1 cup cooked quinoa

Combine all ingredients in a large bowl and mix well. Serve with your favorite salad dressing.

## DINNER:

### DETOX SPINACH BOWL

#### **Serves 2**

1 teaspoon coconut oil  
2 garlic cloves, chopped  
6 cups spinach  
sea salt and black pepper to taste  
1 cup canned chickpeas, drained and rinsed  
1 cup sprouts  
2 tablespoons hemp seeds  
1 avocado  
Juice of 1 lemon

Melt coconut oil in large pan. Add chopped garlic. Sauté for about 2 minutes. Add the spinach. Let the spinach wilt for about 3 to 5 minutes. Season with sea salt and black pepper. Serve in a bowl with chickpeas, sprouts, hemp seeds, avocado, and lemon juice. Top with your favorite salad dressing.

# DAY 8

## BREAKFAST:

### PEACH SMOOTHIE

- 1 ½ cups dairy free milk
- 1 cucumber
- 4 kales leaves
- 2 peaches, without pit
- ½ avocado
- dash of ginger powder
- 1 scoop NeoLife protein powder

## LUNCH:

### EGG SALAD

#### **Serves 2**

- 2 cups mixed greens
- 1 cup quinoa
- 4 boiled eggs, chopped
- 2 heaping tablespoons of vegan mayonnaise OR plain dairy-free yogurt
- 1 cup purple cabbage, thinly sliced
- 2 celery ribs, chopped,
- ½ cup chopped olives
- ½ cup sliced red onion
- 1 teaspoon dried basil
- sea salt and black pepper to taste

Place mixed greens in a serving bowl and set to the side. In a separate bowl, mix the remaining ingredients. Stir well and serve on top of the mixed greens.

## DINNER:

### SUMMER ZEN BOWL

#### **Serves 2**

- 1 tablespoon coconut oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 bunch collard greens, thinly sliced (OR 1 16-ounce bag of chopped collard greens)
- ½ cup water
- 2-inch piece of ginger, grated
- 1 tablespoon tamari
- sea salt and black pepper to taste
- 1 teaspoon toasted sesame oil
- 1 cup cooked lentils
- 1 avocado
- 2 tablespoons tahini dressing

Melt coconut oil in a large pot over medium heat. Add chopped onion and garlic. Cook until fragrant (about 3 to 5 minutes). Add collard greens and water. Cover and allow the greens to steam for about 20 to 25 minutes. Stir occasionally so they do not burn. Add ginger and tamari. Season with sea salt and black pepper as needed. Sauté for another 5 to 10 minutes until the greens are tender. Top with sesame oil, lentils, avocado and tahini dressing.

# DAY 9

## BREAKFAST:

### SCRAMBLED EGGS WITH CILANTRO

#### Serves 2

- 1 teaspoon coconut oil
- 4 eggs
- 1 teaspoon oregano
- sea salt and black pepper to taste
- 1 cup chopped cilantro

Add coconut oil to a large sauté pan over medium/low heat. While the oil is melting, crack 4 eggs into a bowl and whisk with a fork. Season with oregano, sea salt and black pepper. Add the eggs to the hot pan along with the cilantro. Mix well using a rubber scraper to desired consistency.

## LUNCH:

### JICAMA PAPAYA SALAD

#### Serves 2

- 2 cups mixed greens
- ½ bunch cilantro, chopped
- 1 cup peeled and chopped jicama
- 1 cup chopped papaya
- ½ cup chopped red onion
- Juice of 1 lime

Combine all ingredients in a large bowl and mix well. Serve with your favorite salad dressing.

# DINNER:

## SUMMER MINESTRONE

### **Serves 4**

- 1 tablespoon coconut oil
- 1 large onion, chopped
- 2 carrots, chopped
- 1 celery rib, chopped
- 2 garlic cloves, chopped
- 2 large zucchini, chopped
- 1 15-ounce can cannellini beans, drained and rinsed
- ½ pound fresh green beans, chopped
- 1 bay leaf
- 2 teaspoons dried thyme
- 1 teaspoon dried basil
- 1 32-ounce container of vegetable broth
- sea salt and black pepper to taste
- ½ bunch parsley, chopped

Place coconut oil in a large soup pot and melt over medium heat. Add onions, carrots, and celery. Cook until fragrant (about 3 minutes). Add garlic, zucchini, canned beans, green beans, bay leaf, thyme, basil, and vegetable broth. Mix well and cover. Simmer for about 20 minutes or until the vegetables are cooked through. Season with sea salt and pepper as needed. Add chopped parsley and serve.

# DAY 10

## BREAKFAST:

### GREEN SMOOTHIE

- 1 ½ cups dairy free milk
- 3 kale leaves
- ½ avocado
- ½ cup blueberries
- Juice from ½ lemon
  
- 1 scoop NeoLife protein powder

## LUNCH:

### STRAWBERRY SALAD WITH ALMONDS

#### **Serves 2**

- 4 cups mixed greens
- handful of strawberries, sliced
- ½ cup almonds
- 1 cucumber, chopped

Combine all ingredients in a large salad bowl. Serve with your favorite salad dressing.

## DINNER:

### ZUCCHINI NOODLES WITH CURRY COCONUT SAUCE

#### **Serves 2**

- 2 large zucchini, spiralized
- 1 13.5-ounce can coconut milk
- ½ cup sunflower seeds
- 2 teaspoons curry powder
- 1 teaspoon thyme
- 1 garlic clove, chopped
- 1 large carrot, chopped
- 2 cups baby spinach

Add spiralized zucchini to a large bowl. You can use a spiralizer at home, or you can buy a bag of spiralized zucchini at some grocery stores. If you can't find pre-spiralized zucchini in a store near you, simply use a vegetable peeler and peel the zucchini down to the seeds. Blend the seeds with the curry sauce.

To make curry sauce, add the remaining ingredients to a blender. Blend well. If you have a high-speed blender, blend until warm. If you have a conventional blender, blend the sauce until smooth. Transfer to a small pot over medium heat. Heat until warm. Serve the curry sauce on top of the zucchini noodles.

# DAY 11

## BREAKFAST:

### ALMOND BUTTER CHIA PUDDING

#### Serves 2

- ½ cup almond butter
- 1 tablespoon honey
- 1 teaspoon vanilla extract
- 1 cup dairy-free milk
- ⅓ cup chia seeds
- 1 banana, sliced

Combine almond butter, honey, vanilla extract, and dairy-free milk in a mixing bowl. Stir well, then add chia seeds. Mix well again then set to the side to allow the chia seeds to absorb the liquid. Serve topped with sliced banana.

## LUNCH:

### MIXED GREENS WITH FRUIT AND SEEDS

#### Serves 2

- 4 cups mixed greens
- 1 cup fresh strawberries, chopped
- 1 cup blueberries
- ½ cup chopped red onion
- ½ cup pumpkin seeds
- 1 avocado

Combine all ingredients in a large bowl. Serve with your favorite salad dressing.

## DINNER:

### CURRY ROASTED CAULIFLOWER WITH MIXED GREENS

#### **Serves 2**

- 1 head cauliflower, chopped
- 1 fennel, thinly sliced
- 1 heaping tablespoon coconut oil
- 1 tablespoon garlic powder
- 1 tablespoon curry powder
- 1 teaspoon thyme
- sea salt and black pepper to taste
- 4 cups mixed greens

Preheat oven to 450 degrees Fahrenheit.

Combine chopped cauliflower and sliced fennel in a large mixing bowl. Coat with coconut oil, garlic powder, curry powder, thyme, sea salt, and black pepper to taste. Mix well and layer onto a baking sheet. Roast for about 20 minutes until the cauliflower is golden brown. Serve with mixed greens and top with your favorite salad dressing.

# DAY 12

## BREAKFAST:

### PROTEIN OATMEAL

**Serves 2**

2 cups water

1 cup rolled oats

1 heaping tablespoon vanilla NeoLife or hemp protein powder

1 teaspoon cinnamon

1 teaspoon ginger powder

pinch of sea salt

Combine water and oats in a medium pot over medium heat. Allow the mixture to come to a light boil. Add protein powder, cinnamon, ginger, and sea salt. Mix well to desired consistency.

## LUNCH:

### SUMMER SALAD

**Serves 2**

2 heads romaine lettuce, chopped

1 cup cooked chickpeas

1 cup snow peas

1 zucchini, chopped

1 avocado

Combine all ingredients in a large bowl. Serve with your favorite salad dressing.

## DINNER:

### CURRIED VEGGIE AND BROWN RICE SALAD BOWL

#### **Serves 2**

- 1 tablespoon coconut oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 cup chopped carrots
- 1 cup frozen peas
- 1 teaspoon curry powder
- sea salt and black pepper to taste
- 1 cup cooked brown rice
- 2 cups mixed greens

Melt coconut oil in sauté pan over high heat. Add onions, garlic, carrots, peas, curry powder, sea salt, and black pepper. Sauté until the vegetables are soft (about 10 minutes). Serve with warm brown rice and mixed greens. Top with your favorite salad dressing.

# DAY 13

## BREAKFAST:

### ENERGY SMOOTHIE

1 ½ cups coconut water  
1 scoop NeoLife protein powder  
1 orange, without peel  
2 tablespoons chia seeds  
½ avocado  
dash of turmeric

## LUNCH:

### JICAMA PAPAYA SALAD

#### **Serves 2**

2 cups mixed greens  
½ bunch cilantro, chopped  
1 cup peeled and chopped jicama  
1 cup chopped papaya  
½ cup chopped red onion  
Juice of 1 lime

Combine all ingredients in a large bowl and mix well. Serve with your favorite salad dressing.

## DINNER:

### LEMON BASIL ZUCCHINI GRAIN BOWL

**Serves 2**

1 tablespoon coconut oil  
1 onion, chopped  
2 zucchinis, chopped  
1 teaspoon dried basil  
sea salt and black pepper to taste  
1 cup cooked brown rice  
2 cups mixed greens  
Juice of 1 lemon

Melt coconut oil in hot sauté pan. Add onion and zucchini. Sauté until soft (about 10 minutes). Season with basil, sea salt, and black pepper. Serve over warm brown rice and mixed greens. Top with a squeeze of lemon juice and your favorite salad dressing.

# DAY 14

## BREAKFAST:

### RASPBERRY CHOCOLATE CHIA PUDDING

#### **Serves 2**

- 1 cup dairy-free milk
- 2 tablespoons raw honey OR 2 to 3 drops stevia
- ½ teaspoon vanilla extract
- dash of cinnamon
- dash of ground ginger
- 1 teaspoon cacao powder
- ⅓ cup chia seeds
- 1 cup fresh raspberries

Mix the milk, sweetener of choice, vanilla, cinnamon, ginger, and cacao powder together in a bowl. Once it is well mixed, add chia seeds and mix again. Allow the mixture to set for about 10 minutes to allow the chia seeds to absorb the liquid. Once the pudding is set, top with fresh raspberries.

For warm pudding, heat the dairy-free milk over a stove for several minutes until warm, not boiling (about 3 minutes). Mix in the sweetener, vanilla, cinnamon, ginger, cacao, and chia seeds. Mix well, then leave the pudding to set. Serve with fresh raspberries.

## LUNCH:

### CABBAGE SALAD

#### Serves 2

- 2 cups thinly sliced red cabbage
- 2 cups mixed greens
- 2 celery ribs, chopped
- 1 cucumber, sliced
- 1 cup olives
- ½ cup chopped red onion
- 1 cup cooked quinoa

Combine all ingredients in a large bowl and mix well. Serve with your favorite salad dressing.

## DINNER:

### LENTIL BURGER WITH GRILLED PINEAPPLE AND MIXED GREENS

#### Serves 4

- 2 cups cooked brown lentils
- 1 onion, chopped
- 1 garlic clove, chopped
- 3 tablespoons ground flax
- 1 teaspoon sea salt
- 1 teaspoon thyme
- 1 teaspoon curry powder
- 1 tablespoon of water or vegetable broth
- 1 tablespoon coconut oil (for frying)
- 4 pineapple slices
- 4 cups mixed greens

Combine lentils, onion, garlic, flax, sea salt, thyme, and curry powder in a large mixing bowl. Mash the ingredients well with a fork and form into burger patties. Add water or vegetable broth if the mixture is dry. Melt coconut oil in pan over high heat. Fry each burger until brown on both sides (about 3 to 5 minutes per side). Once the burgers are done, set to the side. Briefly fry the pineapple slices for about 2 minutes per side and place on top of the burgers. Serve with mixed greens and your favorite salad dressing.