

Meatloaf

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

Ingredients

- 100 grams ground beef (extra lean) for each serving
- 1 serving Melba toast crumbs
- 1 hCG approved ketchup recipe
- 1 tablespoon chopped onion
- 1 clove minced garlic
- Cayenne to taste
- ¼ teaspoon paprika



Directions

- Crush Melba toast into fine powder.
- Mix with the ground beef, chopped onion and spices.
- Place in a baking dish, loaf pan or muffin tin for single servings.
- Baste with ketchup recipe mixture and bake at 350 for 15-20 minutes.
- Cook longer for multiple servings using a loaf pan.

Phase 2 variation

Use apple pulp after juicing to make meatloaf sweet and moist.



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