



Mini Meat Loaves

SERVING: 2 LOAVES
YIELD: 6 SERVINGS

PREP TIME: 5 MINS
TOTAL TIME: 35 MINS

Ingredients

- Meat Loaves
- 1 medium Bell Pepper
 - 1 lb Lean Ground Beef (93%Lean7%Fat)
 - 6 Tbsp 100% Liquid Egg Whites
 - 1/2 cup Old Fashioned Rolled Oats
 - 1 Tbsp Minced Garlic
 - 3 Tbsp Ketchup
 - 1/4 cup Milk
 - 1 Tbsp Parsley Flakes
 - 1 Tbsp Onion Powder
 - 1 Tbsp Italian Seasoning
 - 1/2 tsp Ground Black Pepper
 - 1/2 tsp Ground Paprika
 - 1/2 tsp Salt
 - Cooking Oil Spray
- Topping
- 3/4 cup Ketchup
 - 1 tsp White Vinegar
 - 2 Tbsp Brown Sugar
 - 1 tsp Garlic Powder
 - 1 tsp Onion Powder

Nutrition Facts	
6 servings per container	
Serving size	2 LOAVES (0.0g)
Amount Per Serving	
Calories	220
% Daily Value*	
Total Fat	6g8%
Saturated Fat	2.5g13%
Trans Fat	0g
Cholesterol	50mg17%
Sodium	720mg31%
Total Carbohydrate	24g9%
Dietary Fiber	1g4%
Total Sugars	13g
Includes	12g Added Sugars24%
Protein	19g
Vitamin D	0.1mcg0%
Calcium	10mg2%
Iron	2.2mg10%
Potassium	80mg2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Directions

1. Preheat oven to 375° F.
2. In a large mixing bowl, combine bell pepper, ground beef, egg whites, oats, garlic, ketchup, milk, and seasonings.
3. Divide the mixture among the 12 cups in a standard muffin tin, pressing them down to fill the cup. Bake for 15 minutes.
4. In the meantime, in a small bowl mix together all of the ingredients for the sauce.
5. Remove the meat loaves from oven.
6. Generously spoon sauce over each mini meat loaf. Return to oven for an additional 15 minutes or until the meat is cooked through or until the internal temperature is 160° F. Enjoy!

*Cost information includes lower cost ingredients found at local grocery store 06/21/23.



Cost Per Recipe	Cost Per Serving
\$7.54	\$1.26

Helpful Guidelines for Successful Weight Loss

Weight loss should occur when you eat fewer calories than you use. Increasing physical activity while limiting your calories will help with weight loss and weight maintenance. Talk to your dietitian about your calorie needs to achieve your weight loss goals.

My Goals

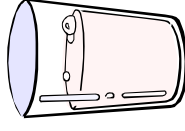
Basic Tips



- Be mindful of your daily food intake.
 - Keep a written food journal.
 - Read food labels to learn serving sizes and calories of foods you eat.
 - Turn off the TV and computer during meals and snacks.
 - Eat slowly and enjoy the meal.
- Make smart food choices. For example:
 - Eat breakfast every day and do not skip meals. Skipping meals can lead to extreme hunger, over-eating, and poor food choices.
 - Eat a diet rich in whole grains, vegetables, fruits, lean proteins, and dairy.
 - Limit high fat, high sugar foods.
 - Decrease your portion size.
 - Choose calorie-free, caffeine-free beverages.
 - Limit restaurant and fast food meals by cooking at home more often.
- Be more active
 - Reduce the amount of time you spend sitting. Increase the time you spend moving each day.
 - Use a journal to track your physical activity.
- Monitor your progress
 - Weigh yourself once per week at the same time of day.
 - Keep track of body measurements (waist, hip, thigh, and upper arm).

Portion Control

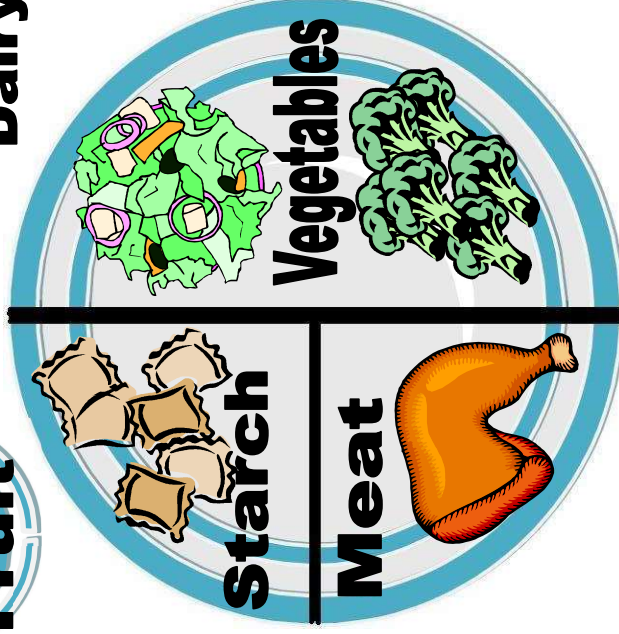
The plate method can be helpful in limiting calories and choosing the right amount of food items for meals.



Dairy



Fruit



Check List for Your Meal:

- | | |
|---------------------------------------------------------------------------------|------------------------------------------------------|
| <input type="checkbox"/> 1 serving starch | <input type="checkbox"/> 1 serving nonfat or 1% milk |
| <input type="checkbox"/> 1 serving lean protein | <input type="checkbox"/> 1 serving fruit |
| <input type="checkbox"/> Nonstarchy vegetables (excludes potato, peas and corn) | |