

Not Your Mom's Meatloaf

Serving size: 5 ounces

Each Serving Provides:

<i>Vegetable</i>	<i>1</i>
<i>Fruit</i>	<i>0 ounces</i>
<i>Protein</i>	<i>1 serving</i>
<i>Fat</i>	<i>0 serving</i>
<i>Grain</i>	<i>0 serving</i>



Ingredients

- 2 pounds ground beef
- 1 egg
- 8 ounces marinara sauce, divided
- 6 ounces riced cauliflower
- 2 ounces diced onion
- 2 teaspoons Italian herb seasoning
- 2 teaspoons garlic salt

Directions

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper or aluminum foil.
2. Place the beef, egg, 4 ounces of marinara sauce, and all the remaining ingredients in a large bowl and mix by hand. Form into two loaves and place them on the baking sheet.
3. Bake for 40 minutes
4. Top with the remaining 4 ounces of marinara sauce.
5. Allow to rest for 5 minutes.
6. Weigh a 5-ounce servings. Enjoy!

MEN'S OPTION:

Serving size is 7 ounces