



Dinner Recipes

Meatloaf Muffins



Ingredients:

- 2 packages ground turkey (1 package of 99% fat free & 1 package of 93% fat free)
- 2 brown eggs
- ½ cup almond milk
- 1 Packet Low Sodium McCormick Meatloaf Mix
- 1/3 cup chopped veggies (celery, peppers, onions)
- 1/3 cup Panko or whole wheat bread crumbs

Directions:

1. Preheat oven to 375 degrees
2. Mix all ingredients together
3. Evenly portion into muffin pan (makes 10-12)
4. Bake for 20-22 minutes

Enjoy!

Serving size is 3 muffins, makes 10-12 muffins.

Nutrition Information:

Meal Plan Blocks:

1 serving: 446 calories, 74 grams protein, 6 grams carbs, 14 grams fat

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