



## DINNER

### Turkey Meat Loaf

Makes 4 Servings

16 oz raw, ground 99% fat free turkey  
 1 cup tomato sauce, commercial brand for convenience (50 calories per 1/2 cup)  
 6 cups raw spinach  
 1 tsp olive oil  
 ¼ teaspoon salt  
 1 cup chopped onions  
 4 cloves of garlic  
 ½ cup dry instant oatmeal (optional)  
 1 tsp chili powder  
 1 egg white  
 1 tsp cumin

Add oil to a pan, heat and add 4 cloves of garlic, 3 cups raw spinach, half of the salt and onions and saute for 5 minutes on high heat. In large bowl mix turkey, egg white, tomato sauce, rest of the salt, oatmeal and chili powder. Add to loaf pan. Cook at 350 for 1 hour.

With added oatmeal: Calories 220 Fat 3g Sat Fat 1g Sodium 375mg, Carbohydrates 15g Protein 24g, fiber 3g

Without oatmeal: 180 calories fat 3 g sat fat 1 g sodium 375 mg, carbohydrates 9 g Protein 22g, fiber 3g

350 calorie meal = 1S, 3P, 2V, 1O, 1F	500 calorie meal = 2S, 4P, 2V, 2O, 1F	600 calorie meal = 3S, 4P, 2V, 2O
<b>1 serving of meatloaf with oatmeal (PPP, V, S)</b> <b>2 cups leafy greens (VV)</b> <b>2 Tbsp low fat dressing (O)</b> <b>17 grapes (F)</b>	<b>1 serving of meatloaf with oatmeal (PPP, V, S)</b> <b>1/3 cup cooked rice (S)</b> <b>2 cups leafy greens (VV)</b> <b>2 Tbsp regular dressing (O,O)</b> <b>¼ cup low fat cheese (P)</b> <b>17 grapes (F)</b>	<b>1 serving of meatloaf with oatmeal (PPP, V, S)</b> <b>2/3 cup cooked rice (S,S)</b> <b>2 cups leafy greens (VV)</b> <b>2 Tbsp regular dressing (O,O)</b> <b>¼ cup low fat cheese (P)</b> <b>17 grapes (P)</b>