

Meat Loaf ideas

1 ½ lbs ground meat (beef, pork, turkey)

1 cup milk

Worcestershire sauce

Sage/Basil

Ground mustard

garlic powder

1 large egg

½ cup pork rinds

1 tbs Not Starch

1/4 cup onion

½ cup shredded cheese

(option: 1 pkg frozen (thawed & squeezed) spinach, 1/4 cup pine nuts/slivered almonds)

Bake at 350 to 160 deg on thermometer.



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