



## Mary Ann's Meatloaf

### Ingredients:

- 2 ½ lbs. of Ground Beef (90% or better), or Ground Turkey
- 1 bag crushed Ranch Protein Balls
- 1 – 2 Eggs (as needed)
- ½ tsp. onion powder (or to taste)
- Peppers, Celery, Mushroom--chopped (or other approved veggies)
- 1/2 to 2/3 cup of Marinara Sauce to be added into meat
- ½ Marinara Sauce additional to add to top
- Salt, Pepper, and other Seasonings to taste

### Directions:

1. Combine all above ingredients together and shape into loaf pan.
2. Add Marinara Sauce on top and bake at 350 degrees for 40 to 60 mins or until internal meat temperature reaches 160 degrees.
3. Let stand for 10 minutes.
4. Enjoy!

Servings: makes 5 servings.

Each serving = 8 oz. lean protein + added select and occasional vegetables.

\*recipe compliments of—Mary Ann Warner\*

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