



TURKEY MEATLOAF WITH ROASTED SWEET POTATOS AND BROCCOLINI					
INGREDIENT	QUANTITY	CALS (g)	PROT. (g)	CARBS (g)	FATS (g)
GROUND TURKEY (EXTRA LEAN)	900g /2lb	1374	172	0	66
SPANISH ONION	1, medium sized	60	1	16	0
BELL PEPPER (RED, YELLOW, ORANGE)	1	33	1.4	7.6	0.3
EGG	1, medium sized	60	1	16	0
QUICK OATS	3, med to large	627	11	110	18
RED ONION	1, medium sized	60	1	16	0
SWEET POTATO	3, med to large	627	11	110	18
BROCCOLINI	3 bunches (24 stalks)	86	7	17	1
OLIVE OIL	2 tbsp	240	0	0	27
BARBECUE SAUCE (OPTIONAL)	1 tbsp	30	0	7	0
BATCH TOTAL CALS & MACROS		CALS (g)	PROT. (g)	CARBS (g)	FATS (g)
		3197	205.4	299.6	130.3
PER SERVING TOTAL CALS & MACROS	#OF SERVINGS	CALS (g)	PROT. (g)	CARBS (g)	FATS (g)
	6	532.83	34.23	49.93	21.72
	7	456.71	29.34	42.80	18.61
	8	399.63	25.68	37.45	16.29
MACRO RATIO			25%	35%	40%
INTRUCTIONS					
<p>MEATLOAF: FINELY DICE SPANISH ONION & BELL PEPPER, SAUTEE IN 1 TBSP OF OLIVE OIL UNTIL SOFT, PUT INTO A LARGE BOWL AND LET COOL. ONCE ONION/PEPPER MIXTURE HAS COOLED, MIX IN EGG (BEATEN), OATS, AND GROUND TURKEY. ALONG WITH SALT & PEPPER TO TASTE, AS WELL AS YOU FAVOURITE HERBS AND SPICES UNTIL MIXTURE EVERYTHING IS INCORPORATED. PLACE MEAT MIXTURE INTO A LOAF PAN AND COOK IN THE CENTRE OF A 400 DEGREE OVEN FOR 1 HOUR.</p>					
<p>OPTIONAL: BRUSH 1 TBSP OF YOUR FAVOURITE BBQ SAUCE ON TOP OF THE LOAF BEFORE BAKING</p>					
<p>SWEET POTATOES : DICE UP SWEET POTATOES INTO 1" CHUNKS, DICE UP ONION (MED. TO LG. CHUNKS), TOSS TOGETHER IN A LARGE BOWL WITH 1TBSP OLIVE OIL, AND SALT + PEPPER TO TASTE. SPREAD OUT IN A SINGLE LAYER ON A LARGE BAKING SHEET, ADD TO THE OVEN TO THE RACK DIRECTLY BENEATH THE MEATLOAF 15 MINUTES INTO THE 1-HR COOK TIME, ROAST FOR 45 MIN. DIVIDE EQUALLY PER SERVING SIZE.</p>					
<p>BROCCOLINI : TOSS IN A LARGE BOWL WITH 1 TBSP OLIVE OIL, SALT + PEPPER. SPREAD OUT IN A ROASTING PAN AND ADD TO THE MIDDLE RACK OF THE 400F OVEN (BESIDE THE LOAF PAN) FOR THE THE LAST 20 MINUTES OF COOK TIME .</p>					
<p>ASSEMBLE : 1 PORTIONED AMOUNT OF EACH INTO A PLATE OR BOWL</p>					