



1 Week Meal Plan with Bonus Recipe

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Monday

Mama's Meatloaf
Buttery Mashed Sweet
Potatoes
Green Beans

Tuesday

Hamburgers
Carrot & Celery Sticks
with Dressing
Roasted Onion
Potatoes

Wednesday

Lemon Pepper Grilled
Chicken Leg Quarters
Beet Coleslaw
Corn on the Cob

Thursday

InstaPot Spicy Pork Chops
Deviled Eggs
Oven Roasted Broccoli

Friday

Spaghetti with Meat Sauce
Garden Salad

Mama's Meatlof Recipe

This meatloaf is moist and delicious, and will have everyone asking for seconds! Tip: if you double the recipe, it will give you leftovers that can be used for lunch the next day.

Ingredients:

2 eggs
3/4 cup of milk
1/2 cup chopped onion
1/2 cup finely chopped green pepper
2/3 cup crushed saltine crackers or gluten free bread crumbs
1.5tsp each salt and pepper
1.5tsp minced sage leaf
1.5lbs ground beef
1 1/4 cup ketchup
1/2 cup packed brown sugar
1TBSP worcestershire sauce

Directions:

1. Preheat oven to 350.
 2. In a large mixing bowl, beat together eggs, salt, pepper, green pepper, sage, saltines and milk.
 3. Add in the ground beef and mix well.
 4. Mix together ketchup, brown sugar and worcestershire sauce in a separate bowl.
 5. Form into a meatloaf shape in an ungreased shallow baking pan.
 6. Pour your sauce mix over the meatloaf in the pan.
 7. Bake at 350 for about 60 minutes, or until no pink remains in the middle of the meatloaf.
 8. Enjoy!
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