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## **Day 4, Meal 2: Lunch: Low-Fat Meatloaf and Sweet Potato Puree**

### **Meatloaf Ingredients:**

90% lean ground turkey, raw, 1.5 lbs.  
Uncooked oats, 3/4 cup  
Red onion, finely diced, 1/2 medium  
Egg, slightly beaten, 1 large  
Garlic, minced 1 clove  
Salt, 1 tsp  
Black pepper, 1/2 tsp  
Chili powder, 1 tsp  
Cinnamon, 1/2 tsp

### **Directions:**

1. Preheat oven to 350 degrees F.
2. Combine all ingredients in a large bowl, then press the mixture into a 10x6 loaf pan.
3. Bake the meatloaf in the oven for 50-55 minutes or until the center reaches 170 degrees F.

### **Sweet Potato Puree**

#### **Ingredients**

Sweet potatoes, 3 medium  
Low-fat milk, 1/3 cup  
Butter, 3 tbsp  
Salt, 1 tsp  
Garlic powder, 1/2 tsp  
Chili powder, 1 tsp  
Cinnamon, 1 tsp

#### **Directions**

1. Preheat your oven to 425 degrees F.

2. Wash and scrub the sweet potatoes under cool running water, and dry them with a paper towel.
3. Poke the potatoes all over with a fork, then bake them in the oven for 50-60 minutes or until soft when pierced.
4. Once the potatoes are cool enough to handle, remove the skin and place the potatoes in a food processor.
5. Add milk, butter, salt, chili powder, garlic powder, and cinnamon, and puree the potatoes until smooth.

**Nutrition Facts:**

Serving size: 1 slice meatloaf with 2/3 cup potatoes

Recipe yields 6 servings

Calories 420

Fat 20 g

Carbs 35 g

Protein 25 g