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