



1-Week Fit Meal Planner: Meat Muffins

- **2 lbs ground meat (I've used beef, turkey, and combinations)**
- **1/4 heaping cup chopped celery**
- **1/4 heaping cup mushroom, diced**
- **1/4 cup oatmeal**
- **1/4 cup finely chopped onion or 1 tbsp dehydrated onion flakes**
- **2 cloves garlic, minced, or 1 tsp garlic powder**
- **1 tsp dry mustard powder**
- **1 tsp dried thyme**
- **1 tsp dried sage**
- **1/2 tsp black pepper**
- **2 tbsp Worcestershire sauce**
- **2 tsp salt**
- **2 egg whites**
- **1/4 cup water**

Directions:

Preheat oven at 325 degrees.

Spray 2 muffin tins with nonstick spray or oil.

Mix all ingredients in a bowl (using your hands works best).

Cook at 325 degrees for 22 minutes.