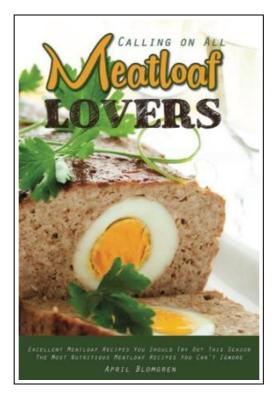
# Calling on All Meatloaf Lovers: Excellent Meatloaf Recipes You Should Try Out This Season - The Most Nutritious Meatloaf Recipes You Can t Ignore (Paperback)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*. Meatloaf s has become one of the most popular full course meals not only in North America and Europe, but in some other parts of the world. Meatloaf is typically nutritious, and keeps you full quickly. A single large slice of meatloaf contains about 295 calories and 32 of the slice is Protein, while 13 of it is carb. It should be noted that a slice of meatloaf contains between 35 and 55 of fat, hence it may be incorporated into your Ketogenic diet which is known to be effective in switching the body to fat-burning, instead of carb-reliant. Meatloaf can therefore be recommended for those who want to speed up their weight loss by consuming highly satiating meals. This book has been written to educate and entertain readers, especially on how to be creative with meatloaf ingredients. Meatloaf can be incorporated into different types of meals, these include; vegetarian meals, whole grain meals, and sauce. Some of the recipes you will learn here include: - Delicious Meatloaf recipes containing fruits and veggie mixes - Heart Meatloaf with different sauces - Low calorie meatloaf with whole grains - Meatloaf recipes from different regions of the world - Meatloaf snacks.

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