



# FIXATE RECIPES

## CHEESEBURGER MEATLOAF

Serves: 4 (1 slice each)



Total Time: 40 min.

Prep Time: 10 min.

Cooking Time: 30 min.

1 lb. / 460 g raw extra-lean (96%) ground beef  
 ¼ cup / 30 g gluten-free bread crumbs  
 ¼ cup / 40 g finely chopped onion  
 1 large egg  
 2 Tbsp. dill pickle relish  
 1 Tbsp. Worcestershire sauce

1 Tbsp. yellow mustard  
 ¾ tsp. sea salt (or Himalayan salt)  
 ½ tsp. garlic powder  
 2 Tbsp. all-natural ketchup  
 ½ cup / 55 g shredded cheddar cheese

**SPECIAL EQUIPMENT:** Nonstick cooking spray

1. Preheat oven to 375° F (190 °C). Lightly coat a loaf pan with spray.
2. Add beef, bread crumbs, onion, egg, relish, Worcestershire sauce, mustard, salt, and garlic powder to a large mixing bowl; mix until well combined. Pack into prepared pan.
3. Bake for 25 minutes. Top with ketchup and cheese. Bake for an additional 5 minutes.

### RECIPE NOTE:

To make this recipe Gut Protocol-friendly, remove the cheese and be sure the Worcestershire sauce you use is gluten-free. If you choose to do this, omit the Blue ■ container (Healthy Fats).

### Nutritional Information (per serving):

Calories:	245	Cholesterol:	121 mg	Fiber:	0 g
Total Fat:	11 g	Sodium:	887 mg	Total Sugars:	3 g
Saturated Fat:	5 g	Carbohydrates:	10 g	Added Sugars:	2 g
				Protein:	28 g

**PORTION FIX** Container Equivalents (per serving)

(REG) ■ 1 ■ ½ ■ ½

**THE 4 WEEK GUT PROTOCOL** Container Equivalents (per serving)

A 1 B ½

Recipes containing the GF icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the GP icon are designed to be 4 Week Gut Protocol-friendly, meaning they do not contain any gluten, dairy, corn, alcohol, artificial sweeteners, or highly processed soy ingredients. These recipes are great to use when following the protocol.