Beef (Ground Beef)

Potato

Dinner D7-4

Low SF

High Protein

Low Sodium

Cheddar Topped BBQ Meat Loaf

1/2 cup Smashed Potatoes

2/3 cup Mixed Vegetables

Notes:

3 qt or larger oval slow cooker

Servings	*Prep*	*Cook*	*Total*
8	15 min	4 hrs	4hrs15min

Nutritional Information

8/9/2026

		Meatloaf	*Potatoes*	*Veggies*	*Total*
Calories		295	89	50	*434*
Total Fat (g)		11	0	0	*11*
Saturated Fat (g)		**4**	**0**	**0**	***4***
Cholesterol (mg)		**123**	**0**	**0**	***123***
Sodium (mg)		**440**	**0**	**20**	***460***
Carbs (g)		**23**	**21**	**10**	***54***
Fiber		1	2	2	*5*
Sugar		10	1	4	*15*
Protein (g)		25	2	2	*29*

Meal Formula by Food Groups

P	FC	SC	SC	FC	SC	F
Meat	***Starch***	***Vegetable***	***Fruit***	***Dairy***	***Legumes***	***Fat***
3	2	2				

4 Carb Count ***6 HH Score***

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