

## Dinner

### Loaf

#### Ingredients:

Minced lean beef or (lamb, chicken, turkey, veal)  
(first week: 215g beef= 33g protein), 150g = 22g.

1 whole egg  
1 cup mixture: tomato, onion, mushrooms, capsicum finely chopped  
2 tbs. Worcestershire sauce  
onion salt and cracked pepper to taste  
Italian pizza herbs  
sweet paprika  
freshly chopped Italian parsley and chives  
Olive oil cooking spray

#### Method:

- Combine beef, egg, Worcestershire sauce, sprinkling onion salt, pepper, paprika and Italian pizza herbs
- Mix well and then mould into loaf shape and wrap in foil
- Bake in moderate oven until cooked through
- Spray coat frypan with Olive oil cooking oil
- Sauté onion, mushrooms, tomato and capsicum
- When cooked, sprinkle with freshly chopped Italian parsley and chives.
- Serve over loaf