

Baked Italian Meatballs

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

21 grams protein

9 grams fat

226 calories

Ingredients

- 100 grams lean ground beef
- ¼ teaspoon basil
- ⅛ teaspoon oregano
- ⅛ teaspoon garlic powder
- 1 tablespoon onion, minced
- 1 serving Melba toast crumbs
- 1 clove garlic, crushed and minced
- 1 serving **Marinara Sauce** recipe (see recipe on our website)



Directions

1. Combine meat, crumbs, and spices, and mix thoroughly.
2. Form into balls.
3. Place into baking dish and cover with marinara sauce.
4. Bake for 20-30 minutes at 350 degrees.
5. Garnish with fresh basil.

HCG Diet Tip

Grind your own hamburger and chicken breast using a grinder or food processor set to pulse. This allows you to control the fat content of the meat better and allows you to make entrees using ground meats without compromising the fat restrictions of the diet.

PHASE 3 MODIFICATIONS

Top with sliced provolone cheese or mozzarella cheese and bake until brown and bubbly. Top with grated Parmesan.