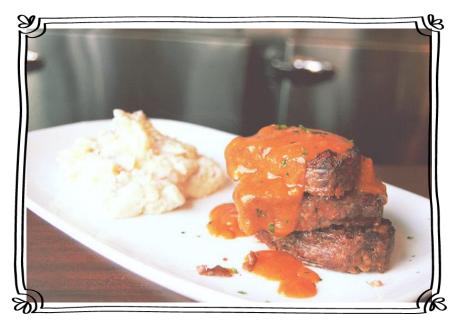
MEATLOAF



INGREDIENTS

Any gone bad meat, or vegetable recipes Baked potato Any type of soup, broth, or gravy

The great thing about the meal in a bowl is you can add whatever you want. I always have potato, veggies, meat, and some type of soup, broth, or gravy. This is another way you can hide foods that EQUPMENT Pan Stove Spoon Food processor others won't eat, but are healthy.

S METHOD

TOP TIPS

Cook your potato, skin on, top with your meat or vegetables.
Add your soup, broth, or gravy, I put some greens through the food processor and add those as well along with some bee pollen.

