

## From the Elite Athletic Development Test Kitchen

*Recipes developed, created & adapted by  
Elite Athletic Development / CrossFit Arlington Heights / CrossFit Axis Athletes*



### **Paleo Meatloaf**

*Taste-tested by Licia. Recipe adapted from Everyday Paleo.*

2# Pasture Raised Grass Fed Ground Beef  
2 Organic Free Range Eggs with Omega 3's  
1 cup Bob Mill's Almond Meal/Flour  
1/2 large red onion diced  
2 stalks of celery  
1 large handful of baby carrots  
2 garlic cloves  
1 Can Tomato Paste  
Italian Seasoning  
Sea Salt  
Pepper  
Sugar Free Ketchup ( found at Whole Foods)  
1/2 red onion sliced

In a large bowl add Beef, Eggs, Almond Flour, and diced onion

In a food processor pulse Celery, garlic, and carrots together until finely minced then add to beef mixture

Add tomato paste and seasonings

Form into a loaf. I always put my meatloaf on a piece of parchment paper on a wire rack and then I put the wire rack on a large baking sheet to catch fat drippings

Bake at 350 for approximately one hour or until internal temperature reaches 155 degrees

Saute the onion slices until softened and starting to caramelize. Glaze the loaf with some sugar free ketchup and then place onion slices all over the top.

Bake for about 5-10 more minutes and then it's ready!



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