

MEALTIME HELPER

MAKING MEALTIME EASY

Classic Meatloaf - Shopping List

- **Meat**

- 2 lb (900 g) ground beef (80/20) — or 1 lb beef + 1 lb pork

- **Pantry & Dry Goods**

- 1 cup (90 g) fresh breadcrumbs or panko

- 1 tablespoon Worcestershire sauce

- 1 teaspoon Dijon mustard (optional, plus 1 tsp for glaze if using)

- 1/2 teaspoon dried thyme or oregano (optional)

- Salt (kosher) & black pepper

- **Dairy & Eggs**

- 1/2 cup (120 ml) whole milk

- 2 large eggs

- **Produce**

- 1 medium onion

- 2 cloves garlic

- 1/2 cup (≈60 g) grated carrot (optional — about 1 small carrot)

- 1/4 cup fresh parsley (or 1 tbsp dried)

- Optional: zucchini (if substituting for moisture)

- **Glaze**

- 1/2 cup (120 g) ketchup

- 2 tablespoons brown sugar or maple syrup

- 1 tablespoon apple cider vinegar or lemon juice

- **Oils & Cooking**

- 2 tablespoons olive oil (optional, for sautéing aromatics)

- **Serving / Optional**

- Mashed potatoes, roasted vegetables, or salad ingredients (as desired)

Notes:

- If you don't have breadcrumbs, substitute crushed crackers or oats.
- Buy extra ketchup or brown sugar if you like a sweeter/smokier glaze (swap half ketchup for BBQ sauce).