

Blood Sugar-Friendly Vegetable-Packed Meatloaf

A protein-rich meatloaf loaded with fiber from lentils and vegetables, designed to provide steady energy without spiking blood glucose levels.

Prep: 10 min

Cook: 50 min

Total: 60 min

Servings: 4

GL 7.8 / GI 27

Ingredients

- Choose grass-fed for better omega-3 profile; turkey or chicken mince work equally well

lean beef mince
- Squeeze out excess liquid to prevent soggy texture

medium zucchini, finely grated
- Provides natural sweetness and beta-carotene

medium carrot, finely grated
- Adds soluble fiber to slow glucose absorption

canned lentils, rinsed and drained
- Contains quercetin which may support insulin sensitivity

small onion, finely chopped
- May help improve glucose metabolism

garlic cloves, crushed
- Binds ingredients while adding complete protein

large eggs
- Low-carb binder rich in healthy fats and vitamin E

almond meal
- For mixing into meatloaf; provides umami depth

tomato paste, no added salt
- Or use reduced-salt soy sauce for similar savory notes

Worcestershire sauce
- Italian seasoning, herbes de Provence, or your favorite blend

mixed dried herbs

Freshly ground for best flavor black pepper

Optional glaze for caramelized top reduced-salt tomato paste for topping

Serve 1/2 cup per person; eat these first for optimal glucose control mixed steamed vegetables to serve

Instructions

Step 1

Position your oven rack in the center and preheat to 180°C (350°F) fan-forced or 200°C (400°F) conventional. Lightly grease a standard loaf tin with olive oil or line it with parchment paper for easy removal.

Step 2

Prepare your vegetables by finely grating the zucchini and carrot. Place the grated zucchini in a clean kitchen towel or several layers of paper towels and squeeze firmly to remove as much moisture as possible—this prevents a watery meatloaf.

Step 3

In a large mixing bowl, combine the lean beef mince, squeezed zucchini, grated carrot, rinsed lentils, chopped onion, and crushed garlic. Add the eggs, almond meal, one tablespoon of tomato paste, Worcestershire sauce, dried herbs, and black pepper.

Step 4

Using clean hands or a large spoon, gently mix all ingredients until just combined—avoid overmixing as this can make the meatloaf dense and tough. The mixture should hold together when pressed but still look slightly loose.

Step 5

Transfer the mixture into your prepared loaf tin, pressing gently to eliminate air pockets. Smooth the top with the back of a spoon. If desired, spread the remaining two tablespoons of tomato paste evenly over the surface for a flavorful glaze.

Step 6

Bake in the preheated oven for 45-55 minutes until the internal temperature reaches 70°C (160°F) and the juices run clear. The top should be golden brown and slightly caramelized.

Step 7

Remove from oven and let the meatloaf rest in the tin for 10 minutes—this allows the juices to redistribute and makes slicing much easier. Meanwhile, prepare your steamed vegetables.

Step 8

Carefully turn out the meatloaf onto a cutting board and slice into 8 pieces (2 slices per serving). Serve immediately with steamed vegetables on the side. For best blood sugar control, eat the vegetables first, then enjoy the protein-rich meatloaf.