

## Low Carb Spicy Meat Loaf:

### Ingredients:

2 lbs Italian sausage  
2 tablespoons rosemary  
¼ cup finely chopped fresh basil  
3 tablespoons cilantro  
3 tablespoons parsley  
¼ cup chopped red onions  
1 clove garlic  
1 tablespoon red vinegar  
¾ cup chopped cooked broccoli  
1 cup sliced black olives  
¼ cup melted coconut oil  
8 egg whites

### Directions:

1. Preheat oven to 350 degrees. Line two bread pans or a large pan with parchment paper.
2. In a mixing bowl, mix the Italian sausage with rosemary, basil, cilantro, parsley, onions, garlic. Add melted coconut oil and egg whites. Add and stir remaining ingredients.
3. Add mix to the baking pans and heat in oven for about one hour and remove when firm and slightly brown.