

Tuna Salad

- 6 oz cooked tuna, flaked
- 1 celery stalk, minced
- 1 cucumber, peeled and diced
- 1 bell pepper, diced
- 1/2 cup cherry tomatoes, diced
- 1 green onion, sliced
- 1/4 avocado
- 1 tablespoon fresh lemon juice
- 1 tablespoon Dijon mustard
- Himalayan sea salt and freshly ground black pepper
- Lettuce for serving tuna



1. In a bowl combine the avocado, lemon juice, Dijon, and season to taste. In another bowl combine all the other remaining ingredients.

2. Pour the mixture over the tuna and toss until everything is well mixed. Cover and refrigerate until ready to eat. Serve the tuna salad over fresh greens.

Tip: Add chopped green apple to get all 4 components of your plan in one meal

Makes 2 servings.

Serving Size = 3 ounces of tuna, 1/8 avocado, 2 cups vegetables.

Enjoy with 1 cup of on plan fruit to complete your meal.

