

TUNA SANDWICH WITH GREEK YOGURT

FOR MEN

Serves: 1

Prep: 12 minutes

Cook: 0 minutes

NUTRITION FACTS

Amount Per Serving

Calories	984	Folate	172mcg
Protein (g)	84g	Thiamin	0.7mg
Carbohydrate (g)	96g	Riboflavin	1.2mg
Dietary Fiber	19g	Niacin	15.6mg
Total Sugars	38g	Calcium	506mg
Total Fat	34g	Potassium	2206mg
Saturated Fat	4g	Sodium	646mg
Polyunsaturated Fat	17g	Copper	1.3mg
Monounsaturated Fat	9g	Iron	7.2mg
Cholesterol	77mg	Magnesium	309mg
Vitamin A	1154mcg	Phosphorus	1148mg
Vitamin B6	1.8mg	Selenium	157mcg
Vitamin B12	3.6mcg	Zinc	5.8mg
Vitamin C	101mg		
Vitamin D	3mcg		
Vitamin E	4mg		
Vitamin K	44mcg		

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS

1 medium (18-20cm) banana, raw	1 tbsp. chopped onion, raw
1/4 cup blueberries, raw	1 tsp rosemary
8 oz. Greek yogurt, plain, fat free	1 tsp oregano
2 individual packets stevia, herbal extract sweetened, powder	1/4 cup chopped sweet green pepper, raw
2 regular slice bread, 100% whole wheat	1/4 cup chopped sweet red pepper, raw
1 cup solid or chunks, drained tuna, canned, water pack	1 cup chopped carrots, raw
2 tbsp. hummus	4 tbsp. walnuts
	1 tbsp. flaxseeds

DIRECTIONS

Tuna Sandwich Directions

1. Drain the tuna in a strainer in the sink. Place chopped onions, red and green peppers in a medium size bowl with the drained tuna.
2. Add rosemary, oregano and hummus to the bowl. Mix well.
3. Spread tuna mixture on 2 slices of wheat bread.

Greek Yogurt Directions

In a separate bowl combine Greek yogurt with 2 packets of stevia, 1 tbsp. walnuts, 1 tsp flaxseed, blueberries and banana in a bowl.

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TUNA SANDWICH WITH GREEK YOGURT

FOR WOMEN

Serves: 1

Prep: 12 minutes

Cook: 0 minutes

NUTRITION FACTS

Amount Per Serving

Calories	670	Folate	133mcg
Protein (g)	61g	Thiamin	0.5mg
Carbohydrate (g)	77g	Riboflavin	0.9mg
Dietary Fiber	12g	Niacin	12.2mg
Total Sugars	30g	Calcium	354mg
Total Fat	16g	Potassium	1447mg
Saturated Fat	3g	Sodium	518mg
Polyunsaturated Fat	7g	Copper	0.8mg
Monounsaturated Fat	4g	Iron	5.4mg
Cholesterol	61mg	Magnesium	201mg
Vitamin A	83mcg	Phosphorus	773mg
Vitamin B6	1.3mg	Selenium	125mcg
Vitamin B12	2.8mcg	Zinc	3.9mg
Vitamin C	93mg		
Vitamin D	3mcg		
Vitamin E	3mg		
Vitamin K	26mcg		

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS

1 medium (18-20cm) banana, raw	1 tbsp. chopped onion, raw
1/4 cup blueberries, raw	1 tsp rosemary
6 oz. Greek yogurt, plain, fat free	1 tsp oregano
2 individual packets stevia, herbal extract sweetened, powder	1/4 cup chopped sweet green pepper, raw
2 regular slice bread, 100% whole wheat	1/4 cup chopped sweet red pepper, raw
4.5 oz. drained tuna, canned, water pack	1 tbsp. walnuts
2 tbsp. hummus	1 tsp flaxseeds

DIRECTIONS

Tuna Sandwich Directions

1. Drain the tuna in a strainer in the sink. Place chopped red and green peppers in a medium size bowl with the drained tuna.
2. Add rosemary, oregano, onions and hummus to the bowl. Mix well.
3. Spread tuna mixture on 2 slices of wheat bread.

Greek Yogurt Directions

In a separate bowl combine Greek yogurt with 2 packets of stevia, 1 tbsp. walnuts, 1 tsp flaxseed, blueberries and banana in a bowl.

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