

Tuna Tomato Salad

Ingredients:

- 1 Large tomato
- 2 cups of romaine lettuce or a leafy green of your preference
- 1 Tbsp. Olive Oil
- 1 Tbsp. MCT Oil
(or you could use 2 TBSP. of olive oil and omit the MCT oil)
- 2 tsp. of apple cider vinegar
- $\frac{3}{4}$ can of tuna fish packed in water
- 1 Tbsp. Mayonnaise
- $\frac{1}{2}$ avocado
- Salt and pepper to taste

Directions:

1. Chop romaine lettuce placing on the plate
2. Mix the oils and apple cider vinegar to coat the lettuce
3. Remove the core of the tomato. Cut the tomato into partial wedges. Do not fully cut them as the idea is to “open the tomato” to place the tuna mixture in the center of the tomato. (naturally you are going to cut the tomato in order to eat this salad, so this is more about presentation!)
4. Place tomato on top of the lettuce
5. Mix the tuna with 1 tbsp. of mayonnaise.
6. Place the tuna “inside” of the tomato
7. Top the tuna with the avocado
8. Add salt and pepper to taste
9. Enjoy!



Nutritional Value:

639 calories 17g Carbs 9 g Fiber 8 g net carbs 50 g Fat 36 g protein