
FAT-BURNING SALADS

Tuna with Leafy Greens



Here is a tasty tossed salad that is perfect for lunch, dinner or picnic option while also flipping the switch on fat loss.

Summer Salad Series

Key Fat Burners:

Tuna: We're talking High protein content: Tuna is an excellent source of lean protein. Protein requires more energy for digestion, which means your body burns more calories during the process.

Ingredients:

- 1 can of Tuna, drained
- 4 cups Mixed Sala Greens (such as lettuce, spinach, arugula)
- 1/2 cup Cherry Tomatoes, halved
- 1/2 cup Cucumber, sliced
- 1/4 cup Red Onion, thinly sliced
- 1/4 cup sliced Black Olives (optional)
- 1/4 cup crumbled Feta Cheese (optional)
- 2 Tbsp EVOO (Extra Virgin Olive Oil)
- 1 Tbsp Lemon Juice
- Salt and Pepper to taste



Directions

1. In a large salad bowl, combine the mixed salad greens, cherry tomatoes, cucumber slices, red onion, black olives (if using), and feta cheese (if using).
2. Open the can of tuna and drain the liquid. Flake the tuna into small pieces using a fork.

3. Add the flaked tuna to the salad bowl.

“Fiber and protein increase your metabolic rate resulting in greater fat loss.”

4. In a small bowl, whisk together the EVOO and lemon juice to make the dressing. Season with salt and pepper to taste.

5. Pour the dressing over the salad and toss gently to combine, making sure all the ingredients are coated with the dressing. Adjust seasoning as needed.

This recipe is part of our full Fat Burning Salad Summer Series. Check out the rest on FastFitTV