

## Tuna Salad

*Servings per recipe: 1*

*1 Serving = 1 protein, 1 vegetable*

Tuna salad is a healthy and delicious recipe. The recipe is low caloric one. It can serve as vitamin supplier and energy booster during the hCG Diet.

It is quite easy to be prepared and one can make it at home as well.

If you are not able to combine vegetables (like me!) just follow the directions but use 100 grams of chopped celery and omit the red onion. It is better for your breath anyways.



### Ingredients

- 100 grams solid white albacore tuna in water, drained
- 60 grams celery, finely chopped
- 40 grams red onion, finely chopped
- 1 tsp. French's mustard
- ¼ tsp black pepper
- ¼ tsp. sea salt

### Directions

- Add tuna in a medium bowl and break apart into bite sized pieces using a fork. Mix in the celery, and red onion.
- Whisk together salt, mustard and pepper in a bowl;
- Add to the tuna/celery/onion mixture and toss to combine.



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