



Avocado Tuna Salad Sandwich



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 palm-sized Tuna in Water, drained
- 1/2 Avocado
- A squeeze of Lime Juice
- A small handful Cucumber, sliced
- A handful Baby Spinach
- 2 slices Jason's Protein Sourdough Bread

DIRECTIONS

1. Mix avocado, lime juice and a sprinkle of salt.
2. Drain the tuna and place it in a bowl.
3. Mix the avocado "mayo" with the tuna until combined.
4. Thinly slice the cucumber.
5. Layer one slice of bread with spinach, cucumber, and the tuna avocado salad.
6. Top with the second slice of bread and slice to serve.

NOTES

1. Use Jason's Protein Sourdough Bread, or a similar high-protein bread, for this recipe.

AVERAGE NUTRITION INFO

Energy : 1858 kJ / 444 Cal

Fat : 13 g

Carbs : 37 g

Protein : 41 g

Fibre : 10 g

Sugar : 3 g

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