



AVOCADO TUNA SMASH

Prep Time: 5 minutes
Cook Time: 0 minutes
Yield: 1 serving
Serving Size: 1 (125 g)

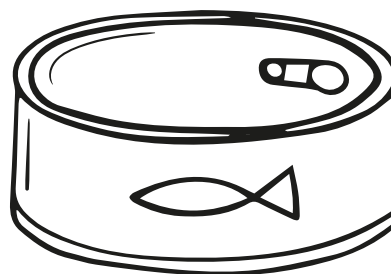
Ingredients

- 1 pouch of tuna, canned in water (2.6 oz)
- 1 smashed avocado cup (or 1 small avocado)
- Seasoning blend to taste (lemon pepper, EVVO, Greek, etc)

Directions

1. Open the pouch of tuna and drain the liquid. Place the tuna in a bowl.
2. Take the avocado and smash it in a separate bowl until it becomes creamy. You can use a fork or a spoon to do this.
3. Add the smashed avocado to the bowl with the tuna.
4. Choose your preferred seasoning blend, such as lemon pepper, Everything Bagel, or Greek seasoning. Sprinkle it on top of the tuna and avocado mixture.
5. Mix everything together in the bowl until the tuna, avocado, and seasoning are well combined.
6. You can enjoy the tuna avocado salad by serving it over a bed of fresh salad greens or alongside raw veggies and whole grain crackers.

| Nutrition Facts | |
|--|-------------------------|
| 1 serving per container | |
| Serving size | 1 serving (131g) |
| Amount per serving | |
| Calories | 180 |
| % Daily Value* | |
| Total Fat 11g | 14% |
| Saturated Fat 2.0g | 11% |
| Trans Fat 0g | |
| Cholesterol 25mg | 9% |
| Sodium 450mg | 20% |
| Total Carbohydrate 5g | 2% |
| Dietary Fiber 3g | 11% |
| Total Sugars 0g | |
| Protein 15g | |
| Vit. D 0.88mcg 4% • Calcium 13mg 0% Iron 1mg 6% • Potas. 130mg 2% | |



*If using this recipe in your personalized ATNG meal plan, 1 protein, 2 fat servings (this is just for the tuna salad and does not include any other variables).