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Day 6, Meal 2: Lunch: Tuna Salad Wrap

Ingredients:

Whole-grain tortilla, 1 8-inch tortilla
Canned tuna, 3 oz.
Plain now-fat Greek yogurt, 1/4 cup
Deli mustard, 1 tbsp
Red onion, chopped, 1/4 medium
Celery, chopped, 1 stalk

Directions:

1. Combine the tuna, yogurt, mustard, onion, and celery. Mix thoroughly.
2. Add the filling to the center of the tortilla, and roll it closed.

Nutrition Information:

Serving size: 1 wrap
Recipe yields 1 wrap

Calories: 311
Fat: 3 g
Carbs: 37 g
Protein: 34 g