

COMBINING RIGHT RECIPES

Quick Lunches – PROTEIN

Tuna and Caper Salad – serves 2

2 x 185 g cans tuna in oil, drained

1 tbsp capers

mix ingredients and serve on a bed of mixed green salad – use grated raw carrot, thinly sliced cucumber and maybe some yellow capsicum, or add thinly sliced avocado, or several chopped black olives. Sprinkle with lemon juice and freshly ground black pepper.