



**FULL SPECTRUM  
FITNESS**  
*"It's never too late"*

# Recipe

## Tuna Boats



If you've ever said that healthy eating takes too much time and effort, then this recipe is for you. A few minutes are all that you need to pull this simple, delicious, protein-packed meal together. Enjoy it whenever you're in a hurry for a nutritious meal.

**Servings: 6**

**Here's what you need:**

- 2 cans of wild caught albacore tuna, packed in water
  - 2 celery stalks, finely chopped
  - half of green apple, finely chopped
  - 1/2 cup red grapes, halved
  - 1/4 cup plain Greek yogurt
  - 1 teaspoon dried dill weed, and more for garnish
  - 3 Avocados, pitted and halved
1. Drain tuna, then flake into a medium bowl.
  2. Add the remaining ingredients, except avocado, and mix until well combined.
  3. Serve by placing a scoop of tuna into each avocado half. Sprinkle with dill weed.

**Nutritional Analysis:** One serving equals: 268 calories, 22g fat, 147mg sodium, 13g carbohydrate, 8g fiber, and 12g protein