



7 Day Meal Plan

LEAN Lighter 1700 120 E052 | Non-vegetarian

Your Business Name

Created: 28/02/24

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast	Porridge (40g), Milk (250mL) + Honey (tsp)	3 Weetbix + Milk (1 cup) + Chia seeds (1 tsp) + Berries (1/2 cup)	1 Sourdough Toast + Avo (1/4) + Skinny Latte (170mL)	Potato Cakes with Smoked Salmon	2 Fried Eggs, 2 Grain Toast with Nuttlex & 8 Roasted Cherry Tomatoes	Black Forest Protein Smoothie	2 Grain Toast with Ricotta (2 tbsp) + Mixed Berries (1/2 cup)
Snacks	Tuna and Hummus on Crackers	1 Chicken & Avocado Sushi Roll	Greek Yoghurt (1 cup) with Mixed Berries (1/2 cup)	3 Ingredient Protein Pancakes	Thinkfood Almond Blueberry 20g + 170g Tub of Chobani Fit Vanilla	1 cup Greek Yoghurt + 6 Dried Apricots + 1 tbsp Coconut	Banana Berry Protein Smoothie
Lunch	Tuna and Avo Tortilla	Multigrain Sandwich (2 Slices Ham, 1/4 Avo, 1 tsp Mayo)	Chicken Wrap with Lemon Yoghurt Sauce	Spicy Salmon & Rice	Toasted Sandwich (2 Slices Turkey, 20g Cheese, Spinach, Flora)	Pumpkin and Spinach Pasta Salad	Tuna and Avo Tortilla
Snacks	Yo Pro + 1 cup Mixed Berries + Honey (drizzle)	Salted Caramel Yopro, Almond Milk (1 cup), Protein (2 scoop) Smoothie	Haloumi, Hommus and Tomato on Crackers	Banana Berry Protein Smoothie	4 Vitawheats, Ham (4 slices), Tomato (1/2) & Cottage Cheese (2 tbsp)	Tuna and Hummus on Crackers	Table of Plenty Choc Coated Rice Cakes + Small Cappucino
Dinner	Chicken Nasi Goreng	Lemon Garlic Salmon with Asparagus and Multigrain Bread Roll	Beef Pitas with Greek Yoghurt Sauce	Chilli Stuffed Capsicum with Feta	Easy Teriyaki Chicken Stir Fry	Greek Style Lamb Burgers with Beetroot Hummus	Speedy Chicken Paella
Snacks	YoPro Salted Caramel Protein Bar	Chocolate Chia Protein Pudding	Dark Choc Almond Smoothie	Lindt 78% Dark Chocolate (4 squares)	YoPro Salted Caramel Protein Bar	Lindt 78% Dark Chocolate (4 squares)	YoPro Salted Caramel Protein Bar
Macros	1741 Calories 7313 Kilojoules 124 Protein (g) 170 Carbs (g) 66 Sugars (g) 56 Fat (g)	1755 Calories 7373 Kilojoules 136 Protein (g) 139 Carbs (g) 40 Sugars (g) 65 Fat (g)	1667 Calories 7001 Kilojoules 125 Protein (g) 136 Carbs (g) 49 Sugars (g) 63 Fat (g)	1690 Calories 7100 Kilojoules 120 Protein (g) 165 Carbs (g) 91 Sugars (g) 52 Fat (g)	1686 Calories 7080 Kilojoules 125 Protein (g) 154 Carbs (g) 38 Sugars (g) 55 Fat (g)	1745 Calories 7329 Kilojoules 126 Protein (g) 137 Carbs (g) 66 Sugars (g) 69 Fat (g)	1727 Calories 7254 Kilojoules 126 Protein (g) 165 Carbs (g) 71 Sugars (g) 55 Fat (g)

For any meals and snacks that have an ingredient you are allergic or intolerant to - please avoid, discuss with your Lean Practitioner or swap with any other equivalent meal or snack on the meal plan that you do tolerate.



7 Day Shopping List

LEAN Lighter 1700 120 E052 | Non-vegetarian

Your Business
Name

Created: 28/02/24

Produce

- Asparagus (20 stalk)
- Baby Spinach (120 grams)
- Blueberry (0.5 cup)
- Cherry Tomato (8 one)
- Cos Lettuce (4 leaf)
- Dill (1 tsp)
- Garlic (14 clove)
- Lemon Juice (3 tbsp)
- Mixed Non Starchy Vegetables (500 grams)
- Pumpkin (peeled) (250 grams)
- Red Capsicum (1 cup)
- Rocket (60 grams)
- Shallots (2 shallot)
- Spinach (20 grams)
- Tomato (4.5 medium)
- Avocado (1 medium)
- Banana (Cavendish) (3 medium)
- Carrot (1.5 medium)
- Chives (1 tbsp)
- Cucumber (0.5 medium)
- Dried Apricot (6 piece)
- Lebanese Cucumber (2 medium)
- Medjool Date (1 date)
- Parsley (0.5 bunch)
- Raspberry (1 cup)
- Red Chilli (1 medium)
- Rocket & Spinach Salad (120 grams)
- Snowpea (1 cup)
- Spring Onion (1.25 cup)
- Traditional Mixed Stir Fry Vegetables Pre-Packaged (1 packet)
- Baby Spinach (4 cup)
- Beetroot (canned) (100 grams)
- Cherry (0.75 cup)
- Coriander (1 tsp)
- Cucumber (1.5 cup)
- Eggplant (1 medium)
- Lemon (0.5 medium)
- Mixed Berries (2.75 cup)
- Potato (floury) (330 grams)
- Red Capsicum (2 medium)
- Red Onion (2 medium)
- Roma Tomato (3 medium)
- Spinach (0.25 cup)
- Strawberry (6 medium)
- Whole Tomatoes (canned) (800 grams)

Meat/Seafood/Meat Alternatives

- Beef Mince (300 grams)
- Chicken Thigh (skinless) (3 medium)
- Ham (deli shaved) (6 slice)
- Red Kidney Beans (canned) (175 grams)
- Tuna (Greenseas canned in olive oil) (4 can)
- Chicken Breast (skinless) (400 grams)
- Chicken Thigh (skinless) (200 grams)
- Lamb Mince (500 grams)
- Salmon Fillet (300 grams)
- Turkey (deli-sliced) (2 slice)
- Chicken Breast (skinless) (1 medium)
- Chickpeas (canned) (100 grams)
- Pink Salmon (canned) (2 tin)
- Smoked Salmon (2 slice)

Cereals/Grains

- Arnotts Vitawheats 9-Grains (4 cracker)
- Flat Bread White (pita or Lebanese) (8 regular)
- Multigrain Bread Roll (3 small/dinner roll)
- Salada Cracker Original (6 whole cracker)
- Sunrice Microwave Rice Basmati Packet (4 serve)
- White Flour (plain) (10 grams)
- Brown Rice (1 cup)
- Keep it Cleaner Konjac Rice (1 cup)
- Rolled Oats (2 tbsp)
- Sourdough Bread (1 slice)
- Tortilla (white) (2 regular)
- Wholegrain Wrap (4 round)
- Brown Rice Quick Cup (1 serve)
- Multigrain Bread (8 slice)
- Rolled Oats (0.5 cup)
- Sunrice Brown Rice and Quinoa Quick Cups (2 serve)
- Weetbix Original (3 single)
- Wholemeal Penne Pasta (200 grams)

Dairy/Cheese/Egg

- Butter (no added salt) (1 tbsp)
- Egg (9 regular)
- Greek Yoghurt (Chobani) (2 cup)
- Milk (full fat) (1.25 cup)
- Natural Yoghurt (Chobani 0.5% fat) (2 tbsp)
- Ricotta (2 tbsp)
- Tasty Cheese Slice (1 slice)
- Yopro Yoghurt (flavoured) (1 tub)
- Chobani Fit Vanilla (1 tub)
- Fetta (reduced fat) (25 grams)
- Greek yoghurt, full fat (Farmers Union) (0.25 cup)
- Milk (full fat) (250 mls)
- Natural Yoghurt (Chobani 0.5% fat) (0.5 cup)
- Sanitarium Almond Milk (3.5 cup)
- Yoghurt Fat Free (Jalna) (1 cup)
- Cottage Cheese (2 tbsp)
- Flora original Margarine (1 tsp)
- Haloumi (40 grams)
- Milk (reduced fat) (470 mls)
- Nuttlex Olive Spread (1 tsp)
- Sour Cream (light) (20 mls)
- Yopro Yoghurt (1 tub)

Nuts/Seeds/Dried Fruit

- Chia Seeds (3 tbsp)
- Chia Seeds (1 tsp)
- Coconut (flesh) (1 tbsp)

Condiments/Sauces/Oils

- Balsamic Vinegar (1 drizzle)
- Honey (1 drizzle or squirt)
- Mayonnaise (reduced fat) (2 tsp)
- Salt (1 pinch)
- Soy Sauce (5 tbsp)
- Chilli Sauce (2 tsp)
- Honey (1 tbsp)
- Olive Oil (3 spray)
- Salt (0.75 tsp)
- Teriyaki Marinade (0.5 cup)
- Honey (3 tsp)
- Mayonnaise (1 tsp)
- Olive Oil (1 tbsp)
- Salt (1 pinch)

Baking/Herbs/Spices

- All Spice (0.25 tsp)
- Chilli Flakes (1 tsp)
- Mixed Herbs (dried) (1 tsp)
- Pepper (2 pinch/sprinkle)
- Cacao Powder (2 tsp)
- Cinnamon (ground) (2 Pinch)
- Oregano (1 tsp)
- Vanilla Essence (2 drop)
- Cajun Seasoning (1 tbsp)
- Cumin (2 tsp)
- Paprika (0.5 tsp)

Miscellaneous

- Breadcrumbs (0.5 cup)
- Cocoa Powder (2 tsp)
- Hummus (4 tbsp)
- Soy Protein Powder (1 scoop)
- Whey Protein Powder (5.5 scoop)
- Cappucino (full cream) (200 mls)
- Cocoa Powder (1 tbsp)
- Lindt 78% Dark Chocolate (8 square)
- Table of Plenty Mini Rice Cakes Dark Chocolate (1 serve)
- Yopro Protein Bar Sattled Caramel (3 Individual)
- Chicken and Avocado Sushi (1 roll)
- Espresso Shot (1 mls)
- Pesto (120 grams)
- Thinkfood Mini Munch Almond Blueberry (1 serve)

3 Ingredient Protein Pancakes

Ingredients

- 1 regular Egg
- 2 tbsp Natural Yoghurt (Chobani 0.5% fat)
- 0.5 scoop Whey Protein Powder
- 1 medium Banana (Cavendish)
- 0.25 cup Mixed Berries

Preparation

Serves: 1

Cooking Method:

1. *Mash banana in a small bowl. Add egg and protein powder and mix until combined (alternately blend all ingredients in a blender)*
2. *Heat a non-stick pan on low-medium heat and scoop out 1-2 Tb of the mixture to form pancakes. When small bubbles start to form on top and the underside of the pancakes are golden brown, flip. Repeat until all batter is used.*
3. *Serve pancakes with yoghurt and berries.*

Banana Berry Protein Smoothie

Ingredients

- 1 Pinch Cinnamon (ground)
- 150 mls Milk (reduced fat)
- 0.25 cup Blueberry
- 1 tbsp Rolled Oats
- 1 scoop Whey Protein Powder
- 3 medium Strawberry
- 1 tsp Honey
- 1 medium Banana (Cavendish)

Preparation

Serves: 1

Cooking Method:

1. Blend all ingredients together with a handful of ice

Beef Pitas with Greek Yoghurt Sauce

Ingredients

- 1 tsp Oregano
- 1 cup Yoghurt Fat Free (Jalna)
- 1 tsp Dill
- 1 medium Tomato
- 8 regular Flat Bread White (pita or Lebanese)
- 300 grams Beef Mince
- 3 clove Garlic
- 0.75 tsp Salt
- 0.5 cup Cucumber
- 1 medium Red Onion

Preparation

Serves: 4

Cooking Method:

1. *Finely chop onion, garlic and dill. Dice tomatoes and cucumbers. Set aside.*

2. *Heat olive oil in a non-stick frying pan over medium heat. Add in beef mince, onion and garlic and cook for 8 to minutes. Remove from heat and drain. Stir in oregano and 1/2 tsp salt.*

3. *Combine yoghurt, chopped tomato, cucumber, dill and 1/4 tsp salt in a small bowl. Add beef mixture over each pita bread and top with 3 tbsp yoghurt sauce. Serve with additional tomatoes and cucumbers.*

Black Forest Protein Smoothie

Ingredients

- 1 cup Sanitarium Almond Milk
- 1 tsp Cocoa Powder
- 1 scoop Soy Protein Powder
- 1 tsp Chia Seeds
- 0.75 cup Cherry
- 1 date Medjool Date

Preparation

Serves: 1

Cooking Method:

1. Preferred method is using cherries from frozen - if not, ensure pips are removed from fresh cherries.

2. Place all ingredients into a blender and blend until smooth.

Chicken Nasi Goreng

Ingredients

- 1 tsp Chilli Flakes
- 1 tsp Honey
- 200 grams Chicken Thigh (skinless)
- 1 cup Red Capsicum
- 0.25 cup Spring Onion
- 1 pinch/sprinkle Pepper
- 3 tbsp Soy Sauce
- 0.5 medium Carrot
- 2 shallot Shallots
- 1 cup Brown Rice
- 2 regular Egg
- 4 clove Garlic
- 1 cup Snowpea

Preparation

Serves: 4

Cooking Method:

1. *Cook brown rice as per package instruction.*

2. *Peel and dice carrot. Roughly chop garlic, shallots, red capsicum and spring onion. Set aside.*

3. *Heat oil in a non-stick frying pan over medium-high heat, pan-sear chicken thigh with salt, pepper and chilli flakes until cooked through. Remove from pan and slice the chicken. Set aside.*

4. *Whisk eggs with salt. Scramble the eggs and break into smaller pieces. Set aside.*

5. *Add 1 Tbsp oil into the pan. Saute shallots, mushrooms, capsicum, garlic and carrot over medium heat for 7 to 8 minutes. Add the cooked rice to the pan. Increase to high heat and fry for 3 to 4 minutes. Combine rice with the vegetables.*

6. *Mix in soy sauce and honey. Add scrambled eggs and sliced chicken into the pan and mix well. Season with salt and pepper. Remove from heat and stir in spring onion. Serve immediately.*

Chicken Wrap with Lemon Yoghurt Sauce

Ingredients

- 1 tsp Mixed Herbs (dried)
- 1 tsp Olive Oil
- 1 medium Chicken Breast (skinless)
- 2 tbsp Lemon Juice
- 0.5 tsp Paprika
- 1 pinch Salt
- 4 leaf Cos Lettuce
- 1 medium Tomato
- 4 round Wholegrain Wrap
- 0.5 cup Natural Yoghurt (Chobani 0.5% fat)
- 2 clove Garlic

Preparation

Serves: 4

Cooking Method:

1. *Mix together olive oil, lemon juice, garlic, mixed herbs, salt and pepper in a large zipper bag. Add chicken breast and toss to coat. Marinate for at least 30 minutes.*

2. *Heat non-stick frying pan over medium-high heat. Add chicken breast and cook for about 8 minutes per side, until cooked through. Remove from heat and slice when cooled.*

3. *Mix together yoghurt, remaining lemon juice, paprika and salt in a small bowl.*

4. *To a piece of wholegrain wrap, add lettuce, sliced tomato, chicken breast slices. Drizzle with yoghurt dressing and wrap to serve. (If only serving one wrap, chicken can be stored in an air tight container in the fridge for up to 3 days).*

Chilli Stuffed Capsicum with Feta

Ingredients

- 1 tsp Cumin
- 175 grams Red Kidney Beans (canned)
- 1 clove Garlic
- 1 medium Red Onion
- 1 regular Egg
- 1 tsp Coriander
- 2 medium Red Capsicum
- 60 grams Rocket
- 25 grams Fetta (reduced fat)
- 1 medium Eggplant
- 1 medium Red Chilli
- 400 grams Whole Tomatoes (canned)

Preparation

Serves: 2

Cooking Method:

1. Preheat oven to 170C. Slice the capsicum in half and deseed. Place in a shallow baking dish skin side up and roast for 15-20 minutes. Meanwhile, tip the spices into a pan and warm briefly. Pour in the diced tomatoes, diced onion, eggplant and chilli, minced garlic, kidney beans. Cover the pan and cook for 20 minutes, stirring occasionally.

2. Beat the egg and feta together. Turn the capsicums over and pour the pan mixture into each, packing it down as much as you can. Top with the feta mixture and return to the oven for 10 minutes or until the topping has set. Serve with a side of rocket.

Chocolate Chia Protein Pudding

Ingredients

- 2 drop Vanilla Essence
- 0.25 cup Milk (full fat)
- 2 tsp Cocoa Powder
- 1 scoop Whey Protein Powder
- 2 tbsp Chia Seeds

Preparation

Serves: 1

Cooking Method:

1. Add all ingredients into a bowl or jar and mix until combined. Cover and leave in the fridge for at least 2 hours.

2. Once set, stir the pudding and serve.

Dark Choc Almond Smoothie

Ingredients

- 2 tsp Cacao Powder
- 1.5 cup Sanitarium Almond Milk
- 1 scoop Whey Protein Powder
- 1 cup Raspberry

Preparation

Serves: 1

Cooking Method:

1. Place all ingredients into blender with a handful of ice, blend until smooth.

Easy Teriyaki Chicken Stir Fry

Ingredients

- 4 serve Sunrice Microwave Rice Basmati Packet
- 0.5 cup Teriyaki Marinade
- 400 grams Chicken Breast (skinless)
- 1 packet Traditional Mixed Stir Fry Vegetables Pre-Packaged

Preparation

Serves: 4

Cooking Method:

1. *Dice chicken breast, and using 1/4 of a cup of the Teriyaki marinade in a medium bowl, allow chicken to marinate for 5 minutes.*

2. *Place wok on a low-medium heat. Add diced chicken along with the extra marinade from the chicken bowl into the pan and cook stirring for a 4-5 minutes until the chicken is cooked through. Add in packet of stir fry veggies along with the remainder of the marinade. Continue to toss the veggies and chicken, cook for a further couple of minutes.*

3. *Before serving, cook basmati rice according to packet instructions.*

Greek Style Lamb Burgers with Beetroot Hummus

Ingredients

- 0.25 tsp All Spice
- 1 regular Egg
- 500 grams Lamb Mince
- 100 grams Beetroot (canned)
- 1 tbsp Lemon Juice
- 1 tsp Cumin
- 0.25 cup Greek yoghurt, full fat (Farmers Union)
- 0.5 cup Breadcrumbs
- 1 clove Garlic
- 2 medium Roma Tomato
- 1 drizzle Balsamic Vinegar
- 100 grams Chickpeas (canned)
- 4 cup Baby Spinach
- 2 medium Lebanese Cucumber

Preparation

Serves: 4

Cooking Method:

- 1. Combine the lamb mince, breadcrumbs, cumin, all spice and egg in a large bowl. Shape mixture into 2cm thick patties.*
- 2. Heat a greased chargrill on medium. Cook patties for 4-5 minutes on each side or until cooked through.*
- 3. Meanwhile, process beetroot, 2 tbsp reserved beetroot liquid, chickpeas, garlic, and lemon juice in a food processor. until almost smooth.*
- 4. Toss together sliced cucumber, tomatoes and baby spinach with a splash of balsamic. Serve lamb burgers on plate with beetroot hummus, dollop of greek yoghurt and salad.*

Haloumi, Hommus and Tomato on Crackers

Ingredients

- 2 whole cracker Salada Cracker Original
- 40 grams Haloumi
- 2 tbsp Hummus
- 0.5 bunch Parsley
- 1 medium Tomato

Preparation

Serves: 1

Cooking Method:

1. Place a non-stick frying pan over high heat, spray with olive oil. Place the haloumi in the frying pan and cook for a minute each side.

2. Slice the tomato into thin slices. Spread the hommus on each salada cracker. Add 2 slices of haloumi to each cracker, 2 tomato slices and parsley. Season with salt and pepper to serve.

Lemon Garlic Salmon with Asparagus and Multigrain Bread Roll

Ingredients

- 1 pinch/sprinkle Pepper
- 1 pinch Salt
- 3 clove Garlic
- 3 small/dinner roll Multigrain Bread Roll
- 300 grams Salmon Fillet
- 0.5 medium Lemon
- 1 spray Olive Oil
- 20 stalk Asparagus
- 120 grams Rocket & Spinach Salad

Preparation

Serves: 3

Cooking Method:

1.Heat olive oil in a frying pan over medium-high heat. Add the salmon and asparagus and season with salt and pepper. Cook for 3 to 4 minutes on one side.

2.Flip and cook for another 3 to 4 minutes. Add minced garlic and lemon zest. cook for another 1 to 2 minutes. Add spinach and rocket, allow to wilt. Remove from pan and squeeze half a lemon on the salmon. Serve with multigrain bread roll.

Potato Cakes with Smoked Salmon

Ingredients

- 10 grams White Flour (plain)
- 20 mls Sour Cream (light)
- 330 grams Potato (floury)
- 1 tbsp Butter (no added salt)
- 2 slice Smoked Salmon
- 1 cup Spring Onion
- 2 regular Egg
- 1 tbsp Chives

Preparation

Serves: 2

Cooking Method:

1. Boil the potatoes in salted water until just cooked. Drain well and, when cooled enough to handle, grate on the coarse side of the cheese grater into a mixing bowl. Add the spring onion, flour, half the butter and mix well, season with salt and pepper. Divide into 4 equal balls and pat into flat rounds

2. Heat a non-stick frying pan over a moderate heat and add the rest of the butter. Gently fry the potato cakes, 2 at a time, for 2 to 3 minutes each side until brown and heated through

3. Meanwhile, soft boil the eggs for 4 minutes - this recipe works best with runny yolks. Arrange a couple of potato cakes on each plate and top with smoked salmon

4. Shell the eggs and place on top. Spoon 1 tsp of sour cream over the eggs and sprinkle with chives.

Pumpkin and Spinach Pasta Salad

Ingredients

- 200 grams Wholemeal Penne Pasta
- 120 grams Baby Spinach
- 1 spray Olive Oil
- 250 grams Pumpkin (peeled)
- 120 grams Pesto

Preparation

Serves: 3

Cooking Method:

1. Preheat oven to 180 degrees celcius and line a baking tray. Dice pumpkin into small cubes, and place on oven tray with a spray of olive oil to avoid sticking. Cook for 15-20 minutes until golden.

2. Bring water to the boil in a medium saucepan. Add pasta and cook according to packet directions. Drain, add back to the pot and stir through pesto.

3. Divide spinach leaves between bowls, add pesto pasta and pumpkin, toss ingredients together before enjoying.

Speedy Chicken Paella

Ingredients

- 1 tbsp Cajun Seasoning
- 2 serve Sunrice Brown Rice and Quinoa Quick Cups
- 1 spray Olive Oil
- 3 medium Chicken Thigh (skinless)
- 500 grams Mixed Non Starchy Vegetables
- 400 grams Whole Tomatoes (canned)

Preparation

Serves: 4

Cooking Method:

1. Combine the chicken and Cajun seasoning in a large bowl.

2. Heat a non-stick frying pan over high heat and spray lightly with olive oil. Add half the chicken and cook, turning occasionally, for 5 mins or until brown all over. Transfer to a bowl. Repeat with remaining chicken.

3. Return the chicken to the pan with tomato. Bring to a simmer. Stir in rice mixture and vegetables.

4. Cook, tossing occasionally, for 5-7 mins or until rice and vegetables are heated through.

Note:

- *You can use any pre-cooked brown rice sachets without quinoa*

Spicy Salmon & Rice

Ingredients

- 1 serve Brown Rice Quick Cup
- 2 tsp Mayonnaise (reduced fat)
- 1 medium Carrot
- 1 cup Keep it Cleaner Konjac Rice
- 2 tbsp Soy Sauce
- 1 cup Cucumber
- 2 tsp Chilli Sauce
- 2 tin Pink Salmon (canned)

Preparation

Serves: 1

Cooking Method:

1. *Cook konjac rice and brown rice as per instructions. Dice cucumber and grate carrot.*

2. *Add konjac and brown rice to a bowl. Add cucumber, carrot and salmon. Top with chilli sauce, soy sauce (gluten free if required) and mayonnaise. Serve.*

Tuna and Avo Tortilla

Ingredients

- 1 regular Tortilla (white)
- 10 grams Spinach
- 1 can Tuna (Greenseas canned in olive oil)
- 0.5 medium Tomato
- 0.25 medium Avocado

Preparation

Serves: 1

Cooking Method:

1.Heat the tortilla for 30 seconds in the microwave. Pile tuna, avocado, spinach and tomato across the centre of the tortilla. Roll up.

Tuna and Hummus on Crackers

Ingredients

- 2 whole cracker Salada Cracker Original
- 0.25 medium Cucumber
- 1 can Tuna (Greenseas canned in olive oil)
- 1 medium Roma Tomato
- 1 tbsp Hummus

Preparation

Serves: 1

Cooking Method:

1. Slice the cucumber and tomato into slices. Spread the hommus on the 2 salada crackers, add cucumber slices, 2 tomato slices, tuna (split the can into two for each cracker). Season with salt and pepper.