

Trim Healthy
W I S D O M

Open Faced Tuna Toast (E)

Tuna is such a quick, fantastic protein source. Here's a way to love it as a quick meal... great for lunch! You can use either on-plan store-bought bread (see Pearl's recommendations [HERE](#) for the sourdough rye bread she uses) or enjoy homemade such as Serene's Peasant Bread or Gluten-Free Sourdough No Carb Easy Bread.)

Single Serve Recipe

INGREDIENTS:

- 2 pieces on-plan bread; toasted
(1 or 1½ pieces if using Pearl's preferred [online sourdough option](#))
- Tuna Options to Choose From:
 - *Laughing Lean Tuna Salad*
 - *Hummus Tuna Salad*

INSTRUCTIONS:

1. Top the toast with desired tuna recipe. Slice the loaded tuna toast pieces in halves.

Protein Nerd Notes:

You can get your full Protein Nerd Level 3 requirements in two ways. A full 5-ounce can of tuna will get you there – done deal! That's Wizzy E Protein Option Number 2. A 3-ounce pouch of Safe Catch tuna has 24 grams, so it pretty much gets you there, too, but most other pouch brands of tuna only provide 16 grams of protein. If you prefer a lower fish protein option, you can utilize Protein Option 1 and use a garnish amount of just 2-3 ounces. Now, you need to make up for the rest of your protein needs



in another way. You can have a generous ½ serving of [TH ESSENTIAL](#), or if you prefer getting super filled up... the *Side Protein & Fiber Chocolate Milk* should do the trick. Other ways to get more protein would be to use close to a full serving of [TH Optimized Collagen](#) in a coffee or tea on the side or by chugging close to a serving of the [TH Optimized Collagen](#) with 1 tsp of [TH ESSENTIAL](#) in a little water right before your meal then chasing with more water. Or you could have the *PYY Booster* using 1 Tbs each of [TH Optimized Plant Protein Powder](#) and [TH Optimized Whey Protein Powder](#) or a small serving of *Optimized Protein Mousse*.