

Trim Healthy  
W I S D O M

## Bizzaro Sandwich (E)

*(P – I named this sandwich “Bizzaro” because at the time of creating it, it seemed so weird to mix hummus with tuna. Now... well, I’m so used to that combination that “bizzaro” doesn’t feel quite as fitting. But the name stuck. This sandwich combines a variety of extremely healing foods that will nourish you well since it is both protein-rich and veggie-full and will provide a flavor explosion for your taste buds!!*

*You can use on-plan sprouted, store-bought bread. My recommended sourdough rye bread I purchase [HERE](#) does not work well as a closed sandwich because the bread is a bit too thick and dense for that... however, you can make this in an open-faced manner if you desire, spreading the ingredients evenly between the two pieces. Or you can enjoy homemade options such as Serene’s Peasant Bread or Gluten-Free Sourdough No Carb Easy Bread, but if using this last option, consider adding a side of fruit to make this an E Meal.)*

Single Serving

### INGREDIENTS:

- 2 slices on-plan bread of choice
- 1½ Tbs hummus
- Up to 5 ounces canned tuna, pre-cooked chicken breast or baked, sliced tofu
- 2 - 3 tsp live sauerkraut
- Light sprinkle cayenne pepper
- *Sweet & Tangy Beets* (any desired amount)
- sliced cucumber (any desired amount)
- 1 sprinkle [TH Mineral Salt](#)

### INSTRUCTIONS:

1. Spread the hummus on each slice of your bread.



2. Place the tuna on only one slice of the bread. Add the sauerkraut on top of the slice of bread with the tuna, and then sprinkle both slices with cayenne pepper.
3. Place the desired amount of beets and cucumbers on top of the slice of bread with the hummus, tuna, and sauerkraut, and then sprinkle with the Mineral Salt.
4. Add more cucumber slices to your plate and sprinkle with Mineral Salt and nutritional yeast to taste.

### Protein Nerd Notes:

You can get your full Protein Nerd Level 3 requirements in two ways. A full 5-ounce can of tuna or pre-cooked chicken or the same amount of baked, sliced tofu will get you there. 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/meat 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 [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*.