

Trim Healthy
W I S D O M

Hot Tomato Salad (E or XO)

(Depending upon the amount of nut butter)

(P – This is one of the first recipes I created to start scrubbing my CLBM once I got into the thick of my later pause seasons and my metabolism slowed down. You could say... this recipe started it all! Remember, you need scrubbed muscles... not just built muscles. This recipe helps with both, and it helps flush cloggy fat cells, too. It is super plant-strong but now also nerdy protein-ified! It is delicious with the dressing and feels hearty and filling even though we're in E mode.)

Single Serve Full-Meal Salad

INGREDIENTS:

- Very large bed of leafy greens
- 1 large tomato (diced)
- ½ cup canned or pre-cooked beans of choice (we prefer black beans)
- ½ cup pre-cooked brown or black rice
- Seasonings of Choice: [TH Mineral Salt](#), black pepper, and optional cayenne pepper (to taste)
- 2 tsp water (if needed)
- Up to 5 oz pouch or canned tuna or up to 4-6 oz pre-cooked, diced chicken breast
- *Plant Strong Dressing*



INSTRUCTIONS:

1. Place the greens in your favorite large salad bowl and set aside.
2. Place the diced tomato in a pan with the rice and beans and season with salt, pepper, and optional cayenne pepper to your liking. Heat for a couple of minutes

and allow it to bubble; add water if it gets too dry, then add tuna or chicken and let it heat in the stewed tomatoes.

3. Pour the hot tomato stew over the salad greens.

4. Top with *Plant Strong Dressing*.

Protein Nerd Notes:

Choosing Protein Option 2 as a Wizzy E meal option means you would use 5 ounces of tuna or 4-6 ounces of chicken, and that will provide all your Protein Nerd Level 3 requirements. If you prefer a lower tuna or chicken protein option, since you have two carb sources included, you can utilize Protein Option 1 and use a garnish amount of just 2-3 ounces. You can add more protein to your dressing by omitting the Super Sweet and replacing it with ½ Tbs [TH ESSENTIAL](#). Or you can put a serving of any Optimized Protein Powders in a coffee or tea (or chug it with water and a teaspoon of ESSENTIAL before your meal) or use a half serving of another optimized protein powder in another way, perhaps by starting your meal with the *Side Protein & Fiber Chocolate Milk* or the *PYY Booster* using the added tablespoon of [TH Optimized Plant Protein](#).