

Trim Healthy
W I S D O M

Apple Tuna & Walnut Salad (E or XO)

(Depending upon the walnut amount)

While the title of this recipe mentions tuna, don't skip it if you are not a tuna lover. This salad can become one of your super-trimming go-to meals that is all kinds of delicious. If you don't love plain tuna, try the *Laughing Lean Tuna Salad* or *Hummus Tuna Salad* as your tuna portion. That steps things up several notches taste-wise. Or you can use diced, pre-cooked chicken breast or even grilled or baked, lean white fish in this recipe.

If you can find organic apples and can swing the extra dollar or so they cost per bag... please do so. That way, you won't have to peel them. The peel is where so much of the goodness lives, but it is also where the toxins live, if not organic. Apple peels are the most nutritious part of the apple. They contain the highest proportion of flavonoids and antioxidants, and they powerfully increase the pro-fat-burning microbe *Akkermansia* in your gut. But any apple... even if conventionally grown and peeled, is better than no apple at all.

Yes, Granny Smith apples are lower in fruit sugars so they may be the wisest option if you have testy blood sugar, but if you don't like those, just eat the apple you prefer rather than no apple at all. Apples contain amylase inhibitors, which decrease the absorption of starch and sugar in your intestinal tract. These polyphenols in apples prevent blood-glucose spikes while lowering the glycemic load of your entire meal. There is so much truth to the old adage... "An apple a day keeps the doctor away."

Studies show people who eat apples frequently have:

- 35 percent reduced risk of all causes of death
- 41 percent less throat cancer
- 30 percent less colorectal cancer
- 24 percent less ovarian and breast cancer
- 35 percent reduced risk of developing type 2 diabetes
- 40 percent drops in LDL cholesterol
- 40 percent lowered risk of cardiovascular death
- 33 percent lowered risk of stroke
- A total reduced daily caloric intake
- Less belly fat

Single Serve Full-Meal Salad

INGREDIENTS:

- Very large bed of leafy greens
- 1 medium-sized carrot (optional; grated)
- 1 apple (diced or finely diced)
or 2-3 Tbs raisins
- Up to 5 oz plain canned or pouch tuna
OR use *Laughing Lean Tuna Salad*
OR *Hummus Tuna Salad* recipes
OR up to 4-6 ounces pre-cooked,
diced chicken breast
- 1 Tbs walnuts (chopped) for E or
2 rounded Tbs walnuts (chopped) for XO
- *Faker Aged Vinegar*



INSTRUCTIONS:

1. Place greens and grated carrot (if using) in your favorite large salad bowl.
2. Toss the greens with half of the *Faker Aged Vinegar*.
3. Top the salad with the apple, tuna, and nuts, then add the rest of the *Faker Aged Vinegar*.

Protein Nerd Notes:

You can get your full Nerd 3 protein 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 meat or 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. There are several options. You can add more protein to your dressing by omitting the [Gentle Sweet](#) and replacing it with ½ Tbs [TH ESSENTIAL](#) or just by putting that much ESSENTIAL in water to have with your meal. Or you can put a

serving of [TH Optimized Collagen](#) in a coffee or tea or use a half serving of another 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 Powder](#). And, of course, there's always the option of chugging a ½ serving of Optimized Collagen plus 1 tsp. ESSENTIAL in a little bit of water before your meal, then drink some more water right after.

Other Notes:

If you don't have an apple, this salad is excellent using raisins instead. Or it is equally good to use just ½ an apple and a ½ serving of the raisins for a combo effect. Dice your apple finely and you get way more pops of sweet crunch throughout the salad.