

June 2020

Keto Meal Plan Main Meal

Tangy Tuna Tantaliser

Ingredients:

- 115 gms tuna (in oil, drained).
- 4 eggs.
- 50 gms lettuce (chopped).
- 50 gms cherry tomatoes.
- ½ cup celery (chopped).
- ½ cup mayonnaise.
- ½ red onion (diced).
- ½ lemon (juiced and zest).
- 2 tbsp olive oil or grapeseed oil
- 2 tbsp capers.
- 1 tbsp Dijon mustard.
- 2 tsp white wine vinegar.
- Salt and pepper.

Instructions:

- In a large bowl, mix together tuna, celery. Mayonnaise, onion, lemon juice and zest, olive oil, capers and mustard.
- In a large saucepan, bring water to boil; add a tsp salt and white wine vinegar. Crack in the eggs and allow to simmer for 3-4 minutes.
- Place lettuce and tomatoes on a serving plate, place eggs on top and tuna mix to side.

Total Time: 20 Minutes

Nutritional Information:

Total servings - 2

Per serving:

Fat: 70g

Carbohydrates: 6g

Protein: 30g

Calories: 767

Retail Store

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