

[LOW CAL TUNA RECIPES](#)



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<http://ebookslibrary.club/10-Best-Low-Calorie-Canned-Tuna-Recipes-Yummly.pdf>

Low Calorie Tuna Recipes EatingWell

The herb-infused dressing in this healthy tuna salad recipe calls for equal parts Greek yogurt and low-fat mayo to keep it light. Lots of fresh veggies, including bell pepper, carrot, radishes and celery, also give boosts of flavor, color and nutrients.

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Low Cal Tuna Sandwich Recipe Genius Kitchen

This is a recipe for my "under 200 cal" cookbook. I like to make the sandwich with Ezekiel bread most of the time- but it's double the calories of Orowheats "light" whole wheat bread.

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Low Calorie Tuna Recipes SparkRecipes

Top low calorie tuna recipes and other great tasting recipes with a healthy slant from SparkRecipes.com.

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10 Healthy Canned Tuna Recipes Food Network Healthy Eats

It's one of the easiest proteins to keep on hand for a quick meal. Get the scoop on buying the best varieties, then get ready to cook these deliciously healthy canned-tuna recipes.

<http://ebookslibrary.club/10-Healthy-Canned-Tuna-Recipes-Food-Network-Healthy-Eats--.pdf>

10 Best Low Fat Low Calorie Tuna Casserole Recipes

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Healthy Tuna Casserole Low Fat Recipe Genius Kitchen

Chef's Note Cooked chicken breast may be used in place of the tuna, if desired add in 1 cup low-fat grated cheddar cheese to the soup mixture, this is only optional --- for Weight Watcher's program 1 serving = 7 points :)

<http://ebookslibrary.club/Healthy-Tuna-Casserole-Low-Fat--Recipe-Genius-Kitchen.pdf>

Low Calorie Tuna Salad The 5 2 Fasting Diet Plan

Tuna salad is an all-time favorite and a staple at diners and delis. Although the dish that you buy is not exactly considered a healthy option (often being drowned in dressing!), the homemade version can make a perfect low-calorie lunch with plenty of flavor.

<http://ebookslibrary.club/Low-Calorie-Tuna-Salad-The-5-2-Fasting-Diet-Plan.pdf>

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