

Lunch

Tuna-Cheese and Celery Sticks

Ingredients:

Tuna or salmon canned, water packed
(first week: 150g tuna = 33g protein), 90g = 20g.

45g cream or cottage cheese, low fat = 10g protein
2 large celery sticks, stringed
3 tsp. nut meal (linseed, sunflower, almonds = LSA)
 garnishing, fresh chopped parsley and chives

Method:

- Trim celery sticks
- Mix cheese with strained tuna or salmon, parsley and chives
- Fill cavity of celery sticks with mixture
- Sprinkle nut meal on top and press into filling
- Cut sticks into small lengths and serve