

Tuna

With 20–22 grams of top-notch protein in 3 ounces, canned tuna can keep your muscle bonanza booming. Tuna also contains a boatload of selenium and vitamin B₁₂. “You need B₁₂ to convert food into the energy used for intense training,” White says.

Vitamin B₁₂ is also necessary to make DNA, the genetic material of all cells including skeletal muscle. Meatier solid white tuna reels in three times more omega-3 fatty acids than its chunk light counterpart, making it a champion for health. Also, consider splurging for offerings from small-scale producers like Wild Planet, as they catch smaller, more fat-dense tuna and cook the meat only once, helping to preserve its oils and resulting in a product that contains more than twice the amount of omega-3 fats than other canned tuna.

TUNA MELT

FOOD LIST

- 5-oz. can solid white tuna, drained
- 1 shallot, chopped
- 1 Tbsp. reduced-fat mayo
- 2 Tbsp. chopped cilantro or parsley
- 2 tsp. lemon juice
- 1 celery stalk, finely sliced
- A few dashes hot sauce (optional)
- Salt and pepper to taste
- 2 slices whole-wheat bread, toasted
- 1 medium tomato, sliced
- 1/3 cup shredded reduced-fat Swiss or cheddar cheese

NUTRITION FACTS

535 calories
61 g protein
40 g carbs
14 g fat, 4 g saturated
7 g fiber
9 g sugar
1,175 mg sodium
(Makes 1 serving)

Directions:

► Preheat broiler. Combine first eight ingredients in a medium bowl. Spread tuna mixture evenly on both slices of toast; top with tomato slices and cheese. Place sandwich halves on a baking sheet and broil until cheese bubbles, 3–5 minutes.

QUICK TIP

Make sure your bread says “100% whole wheat” or the first ingredient includes the word “whole”

QUINOA TUNA SALAD

FOOD LIST

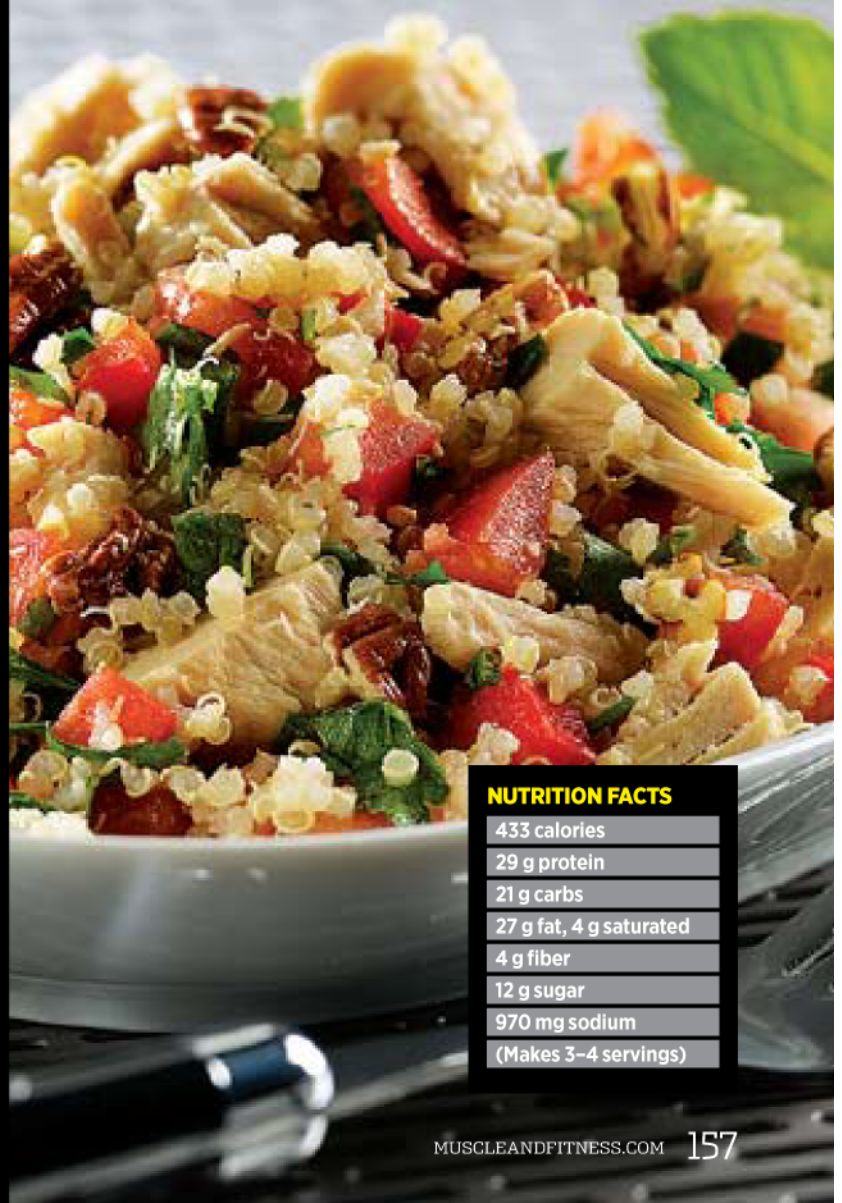
- 1 cup quinoa
- 2 5-oz. cans solid white tuna, drained
- 2/3 cup roughly chopped walnuts or pecans
- 1 red bell pepper, diced
- 2 tomatoes, chopped
- 1 cup chopped parsley
- 1/2 cup chopped fresh mint
- Salt and pepper to taste
- 1/4 cup extra-virgin olive oil
- Juice of 1/2 lemon

Directions:

► In a small saucepan, heat quinoa in 2 cups of water until boiling. Reduce heat to low and simmer covered for 12 minutes or until water is fully absorbed. Remove from heat and allow quinoa to rest for five minutes, then fluff with a fork. In a large bowl, combine tuna, nuts, bell pepper, tomatoes, parsley, mint, and salt and pepper. Mix in quinoa, olive oil and lemon juice.

QUICK TIP

Toasting quinoa for a few minutes in a dry skillet over medium heat before cooking enhances its nutty flavor



NUTRITION FACTS

433 calories
29 g protein
21 g carbs
27 g fat, 4 g saturated
4 g fiber
12 g sugar
970 mg sodium
(Makes 3–4 servings)