

C's Tuna Salad Wraps

**yields**

**10 servings @ 2 units for EACH protein, carbs and fat  
1/2 cup prepared salad  
1 small Low-Carb Whole Wheat Tortillas AT TRADER JOE'S  
OR  
1/2 any Low-Carb Tortilla from the grocery store**

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**8 servings @ 3 units for EACH protein, carbs and fat  
3/4 cup prepared salad  
2 small Low-Carb Whole Wheat Tortillas AT TRADER JOE'S  
OR  
1 any Low-Carb Tortilla from the grocery store**

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**6 servings @ 4 units for EACH protein, carbs and fat  
1 cup prepared salad  
3 small Low-Carb Whole Wheat Tortillas AT TRADER JOE'S  
OR  
1 1/2 any Low-Carb Tortilla from the grocery store**

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**Ingredients:**

**2 large cans Albacore Tuna in Water, drained, rinsed and broken apart with your hands**

**1/3 cup Light Mayo**

**2/3 Non-Fat Plain Yogurt (amount may vary depending on how moist you like your tuna)**

**1/4 Dijon Mustard**

**1/3 cup sweet pickle relish**

**1 whole and two egg whites, hardboiled, sliced and diced**

**1/3 cup very diced Maui Onion pieces**

**1/3 cup very diced celery pieces**

**1/2 cup shredded jack or cheddar cheese**

**Above mentioned tortilla's.**

**C's Notes:**

**\*Of course you can add any type of carb that you want.**

**\*The Tuna Salad alone is 100% of your protein and fat needs.**

**\*In order to make your tuna as moist as you want, you can adjust the amount of yogurt up or down in measurement to your desired consistency. Do not adjust the mayo amount.**

**\*Tuna salad lasts for up to a week in your refrigerator. The Trader Joe's tortillas have no preservatives and don't last as long as the tuna. You can freeze tortilla's easy!**

**\*Don't "wrap" your tuna until you intend to eat it.**

**You can use this as a meal or a snack.**

**\*You can use this tuna on a bed of lettuce with other veggies, but, unless you omit the mayo in the recipe (use more yogurt), then don't add any salad dressing. It's a trade-off. There is so much going on in the tuna salad as it is you really can get away without salad dressing anyway.**