



Spicy Tuna & Black Bean Endurance Bowl

Macros: 320 Calories; 38g Protein; 35g Carbs; 3g Fat

Ingredients

- 1 can (5 oz) chunk light tuna in water, drained
- 1/2 cup canned black beans, rinsed and drained
- 1/2 cup sweet corn kernels
- 2 cups chopped mixed greens
- 2 tbsp salsa (chunky)
- 1 tbsp fresh cilantro, chopped
- Squeeze of fresh lime juice

Directions

- In a mixing bowl, combine the drained tuna, black beans, sweet corn, and salsa. Mix well.
- Place the chopped mixed greens in a serving bowl.
- Spoon the tuna and bean mixture over the greens.
- Garnish with fresh cilantro and a heavy squeeze of lime juice.