

# TUNA

## 3-WAYS



### TUNA AVOCADO SALAD

Tuna  
Avocado  
Cucumber  
Red Onion  
Spinach  
Olive Oil  
Lemon Juice

### TUNA WRAP

Whole Wheat Tortillas  
Romaine Lettuce  
Light Mayo  
Cheese (optional)



### TUNA MELT

Tuna  
Light Mayo  
Relish  
Cheddar Cheese  
Sourdough Bread

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