



Swimsuit-Ready in 20 Days: Lunch Recipes

Tuna Lettuce Wraps

1 6-ounce can water-packed tuna

¼ cup chopped tomato

¼ cup chopped celery

1 tablespoon nonfat mayonnaise

2 to 4 leaves of iceberg lettuce

Mix the tuna, tomato, celery, and mayonnaise in a bowl until combined. Season with pepper. Spoon the tuna mixture into the lettuce leaves and wrap to enclose filling.

Serves: 1