TUNA MELT

COOK TIME: 2 min | PREP TIME: 5 min | SERVINGS: 1-2

INGREDIENTS

- 1 can tuna
- 1-2 pieces of sliced cheese
- 2 pieces of bread

Optional add ins: 2-3 tbsp mayo, 1 tsp mustard, salt/pepper/hot sauce/garlic/onion powder/relish/chopped celery/pickles to taste

PREPARATION

1. Open and drain the tuna. Flake into a bowl. Add optional toppings as preferred.
2. Place bread on a microwave-safe plate, top with tuna, then cheese.
3. Microwave 30–45 seconds until cheese melts.
4. Let cool slightly and enjoy.



NUTRITION NOTES

Tuna is a lean source of protein that supports muscle health and helps you feel full longer. Paired with bread for carbohydrates, this meal provides both immediate energy and lasting fullness. Tuna also contains beneficial fats that support heart health, making this a simple but nutritious option.