

CHRISTMAS SNACK BITES – Everyone will love this colorful FAT BURNING recipe!!!



Ingredients	Amount	Nutrition Facts per serving
Organic Red Apple	1	SERVES 2
Albacore Tuna	1 can or pouch	CALORIES 210
avocado	1/2	FAT 10g SAT 0g
Lemon	Juice of 1/2	CARBS 17g SUGAR 8g
Cilantro	Handful chopped	FIBER 7g POTASSIUM 265mg
Chia Seeds	Tablespoon	SODIUM 45g IRON 8mg
Sea Salt and pepper	As desired	PROTEIN 16g
Directions	Mix together the tuna, avocado, lemon juice, cilantro, sea salt and pepper. Scoop a little tuna on an apple and sprinkle with chia seeds.	Bring this FAT BURNING FOODS to eat as an appetizer during the holidays or eat the entire recipe as a meal during the day to feel energized, build lean muscle and burn fat ALL DAY LONG!!!

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