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Day 5, Meal 5: Bedtime Snack: Greek Salmon Salad

Ingredients:

Mixed greens, 2 cups
Cherry tomatoes, 1/2 cup
Olives, 1/4 cup
Feta cheese crumbles, 1/4 cup
Greek vinaigrette, 2 tbsp
Salmon, cooked, 3 oz.

Directions:

1. Toss the greens, tomatoes, olives, cheese, and dressing in a bowl.
2. Top with the cooked salmon.

Nutrition Information:

Serving size: 1 salad
Recipe yields 1 salad

Calories: 281
Fat: 13 g
Carbs: 17 g
Protein: 24 g