



# BACK TO SCHOOL FUEL

EASY MEAL PREP RECIPES AND  
GRAB-AND-GO OPTIONS FOR  
BUSY SCHEDULES





## INTRODUCTION

### CONGRATS ON PICKING UP THIS MONTH'S EDITION OF THE RECIPE BOOK FOR THE V SHRED FOODIES CLUB!

August marks the return to busy schedules, packed calendars, and the need for convenient nutrition that doesn't compromise your health goals. This month we're bringing you a collection of meal prep champions and grab-and-go recipes that make staying on track effortless, even during the craziest weeks. From our Overnight Protein Oats with Berries to our Buffalo Chicken Meal Prep Containers, these recipes are designed to fuel your success whether you're heading to work, school, or the gym. Every recipe can be prepped ahead, stored easily, and enjoyed when life gets hectic!

Have fun, and don't forget to join our private FB Group to post your latest creations!

[Share Your Recipes and Photos in the V Shred Foodies FB Group Here!](#)



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# OVERNIGHT PROTEIN OATS WITH BERRIES

285

CALORIES

7

FAT

42

CARBS

18

PROTEIN

4

SERVINGS

Make breakfast effortless with this protein-packed overnight oats recipe that's ready when you wake up. Perfect for busy mornings when you need grab-and-go nutrition that will keep you satisfied until lunch.

## INGREDIENTS

2 cups rolled oats  
 2 scoops vanilla protein powder  
 2 cups unsweetened almond milk  
 1 cup mixed berries (fresh or frozen)  
 4 tbsp chia seeds  
 2 tbsp honey  
 1 tsp vanilla extract  
 1/4 cup sliced almonds  
 Pinch of salt

## INSTRUCTIONS

1. In a large bowl, whisk together protein powder, almond milk, honey, and vanilla extract until smooth.
2. Add oats, chia seeds, and salt, stirring until well combined.
3. Divide mixture evenly among 4 mason jars or containers.
4. Top each jar with mixed berries and sliced almonds.
5. Cover and refrigerate overnight or for at least 4 hours.
6. Grab and go in the morning, or stir before eating.
7. Store in refrigerator for up to 4 days.

# GREEN GODDESS SMOOTHIE PACK



195

CALORIES

3

FAT

35

CARBS

15

PROTEIN

4

SERVINGS

Pre-portioned smoothie packs make healthy mornings foolproof - just dump, blend, and go! This nutrient-dense green smoothie tastes amazing and provides sustained energy for your busiest days.

## INGREDIENTS

- 2 cups fresh spinach
- 2 frozen bananas, sliced
- 1 cup frozen mango chunks
- 1/2 cup frozen pineapple chunks
- 4 tbsp vanilla protein powder
- 1 tbsp chia seeds per pack
- 1 cup coconut water (per smoothie)
- 1 tsp honey per pack (optional)

## INSTRUCTIONS

1. Divide spinach, banana slices, mango, and pineapple evenly among 4 freezer bags.
2. Add 1 tbsp protein powder and 1 tbsp chia seeds to each bag.
3. Add honey if using, then seal bags and freeze for up to 3 months.
4. To make smoothie, dump one bag into blender with 1 cup coconut water.
5. Blend until smooth and creamy, about 60 seconds.
6. Pour into a travel cup and enjoy immediately.

# TURKEY AND VEGGIE MEATBALL PREP BOWLS

385

CALORIES

12

FAT

45

CARBS

28

PROTEIN

4

SERVINGS

These protein-packed meatballs paired with roasted vegetables make meal prep a breeze. One batch gives you four perfectly balanced meals that taste fresh all week long.

## INGREDIENTS

1 lb ground turkey (93% lean)  
 1 egg, beaten  
 1/2 cup breadcrumbs  
 1/4 cup grated Parmesan cheese  
 2 cloves garlic, minced  
 1 tsp Italian seasoning  
 2 zucchini, diced  
 2 bell peppers, chopped  
 1 red onion, sliced  
 2 tbsp olive oil  
 Salt and pepper to taste  
 4 cups cooked brown rice

## INSTRUCTIONS

1. Preheat oven to 400°F (200°C).
2. Mix ground turkey, egg, breadcrumbs, Parmesan, garlic, Italian seasoning, salt, and pepper.
3. Form mixture into 16 meatballs and place on a baking sheet.
4. Toss vegetables with olive oil, salt, and pepper on another baking sheet.
5. Bake meatballs and vegetables for 20-25 minutes until cooked through.
6. Divide rice among 4 meal prep containers.
7. Top each with 4 meatballs and roasted vegetables.
8. Store in refrigerator for up to 4 days.

# PEANUT BUTTER BANANA ENERGY BITES



315

CALORIES

14

FAT

38

CARBS

14

PROTEIN

4

SERVINGS

These no-bake energy bites are perfect for afternoon crashes or pre-workout fuel. They're naturally sweet, protein-rich, and can be made in just 10 minutes.

## INGREDIENTS

- 1 cup rolled oats
- 1/2 cup natural peanut butter
- 1/3 cup honey
- 1 ripe banana, mashed
- 1/4 cup vanilla protein powder
- 2 tbsp chia seeds
- 1/4 cup mini dark chocolate chips
- 1 tsp vanilla extract
- Pinch of salt

## INSTRUCTIONS

1. In a large bowl, mash banana until smooth.
2. Add peanut butter, honey, and vanilla extract, mixing well.
3. Stir in protein powder, oats, chia seeds, and salt until combined.
4. Fold in chocolate chips.
5. Refrigerate mixture for 30 minutes to firm up.
6. Roll into 16 bite-sized balls using your hands.
7. Store in airtight container in refrigerator for up to 1 week.
8. Grab 2-3 bites for a perfect snack.

# SHEET PAN CHICKEN AND SWEET POTATO MEAL PREP

415

CALORIES

18

FAT

28

CARBS

32

PROTEIN

4

SERVINGS

One pan, minimal cleanup, maximum nutrition - this sheet pan meal delivers perfectly seasoned chicken with roasted sweet potatoes. It's the ultimate meal prep recipe that makes healthy eating effortless.

## INGREDIENTS

1.5 lbs boneless, skinless chicken thighs  
 2 large sweet potatoes, cubed  
 1 lb Brussels sprouts, halved  
 3 tbsp olive oil  
 2 tsp garlic powder  
 2 tsp paprika  
 1 tsp dried thyme  
 1 tsp onion powder  
 Salt and pepper to taste  
 2 tbsp fresh parsley, chopped

## INSTRUCTIONS

1. Preheat oven to 425°F (220°C).
2. Cut sweet potatoes into 1-inch cubes and halve Brussels sprouts.
3. In a large bowl, toss chicken with 1 tbsp olive oil and half the seasonings.
4. On a large sheet pan, toss vegetables with remaining olive oil and seasonings.
5. Place seasoned chicken on the sheet pan with vegetables.
6. Roast for 25-30 minutes until chicken reaches 165°F internal temperature.
7. Divide into 4 meal prep containers and garnish with parsley.
8. Store in refrigerator for up to 4 days.

# VANILLA BERRY PROTEIN SMOOTHIE



235

CALORIES

8

FAT

28

CARBS

18

PROTEIN

2

SERVINGS

This creamy smoothie tastes like a milkshake but delivers serious nutrition for muscle recovery and sustained energy. Perfect for post-workout fuel or a quick breakfast replacement.

## INGREDIENTS

- 1 cup frozen mixed berries
- 1 frozen banana
- 1 scoop vanilla protein powder
- 1 cup unsweetened almond milk
- 1 tbsp almond butter
- 1 tsp honey
- 1/2 cup ice
- 1 tbsp ground flaxseed

## INSTRUCTIONS

1. Add almond milk, protein powder, and almond butter to blender.
2. Blend until protein powder is completely dissolved.
3. Add frozen berries, banana, honey, and flaxseed.
4. Blend on high for 60-90 seconds until smooth and creamy.
5. Add ice and blend again until desired consistency.
6. Pour into two glasses and serve immediately.
7. For meal prep, store in refrigerator for up to 24 hours and shake before drinking.

# MASON JAR GREEK SALADS



285

CALORIES

24

FAT

11

CARBS

12

PROTEIN

4

SERVINGS

These perfectly layered salads stay fresh for days and make grab-and-go lunches effortless. The Mediterranean flavors are satisfying and the protein keeps you full until dinner.

## INGREDIENTS

1/2 cup olive oil  
 1/4 cup red wine vinegar  
 1 tsp dried oregano  
 2 cloves garlic, minced  
 1 cup cherry tomatoes, halved  
 1 cucumber, diced  
 1/2 red onion, thinly sliced  
 1/2 cup Kalamata olives  
 1 cup crumbled feta cheese  
 8 cups romaine lettuce, chopped  
 Salt and pepper to taste

## INSTRUCTIONS

1. In a small bowl, whisk together olive oil, vinegar, oregano, garlic, salt, and pepper.
2. Divide dressing evenly among 4 wide-mouth mason jars.
3. Layer in order: cherry tomatoes, cucumber, red onion, olives.
4. Add crumbled feta cheese on top of vegetables.
5. Pack lettuce tightly on top, leaving 1 inch of space.
6. Seal jars and refrigerate for up to 5 days.
7. When ready to eat, shake jar to distribute dressing and pour into a bowl.

# BAKED EGG MUFFIN CUPS

195

CALORIES

12

FAT

5

CARBS

16

PROTEIN

4

SERVINGS

These protein-packed egg muffins are perfect for busy mornings and can be customized with your favorite vegetables. Make a batch on Sunday and have breakfast ready all week.

## INGREDIENTS

8 large eggs  
 1/4 cup milk  
 1/2 cup shredded cheddar cheese  
 1/2 cup diced bell peppers  
 1/4 cup diced onion  
 1/4 cup chopped spinach  
 1/4 cup diced tomatoes  
 2 tbsp fresh chives, chopped  
 Salt and pepper to taste  
 Cooking spray

## INSTRUCTIONS

1. Preheat oven to 350°F (175°C) and spray 12-cup muffin tin with cooking spray.
2. In a large bowl, whisk eggs and milk until well combined.
3. Add cheese, bell peppers, onion, spinach, tomatoes, chives, salt, and pepper.
4. Stir mixture until vegetables are evenly distributed.
5. Pour mixture evenly into muffin cups, filling each about 2/3 full.
6. Bake for 18-20 minutes until eggs are set and lightly golden.
7. Cool in pan for 5 minutes before removing.
8. Store in refrigerator for up to 5 days or freeze for up to 3 months.

# CHICKEN CAESAR LETTUCE WRAPS

245

CALORIES

9

FAT

8

CARBS

32

PROTEIN

4

SERVINGS

All the flavors of Caesar salad in a convenient, low-carb wrap that's perfect for lunch boxes. These protein-packed wraps are satisfying and mess-free for eating on the go.

## INGREDIENTS

- 1 lb cooked chicken breast, diced
- 1 head romaine lettuce, leaves separated
- 1/2 cup Greek yogurt
- 2 tbsp mayonnaise
- 2 tbsp lemon juice
- 1 clove garlic, minced
- 1/4 cup grated Parmesan cheese
- 1 tsp Dijon mustard
- 1/2 tsp anchovy paste (optional)
- 1/4 cup croutons, crushed
- Salt and pepper to taste

## INSTRUCTIONS

1. In a bowl, whisk together Greek yogurt, mayonnaise, lemon juice, garlic, Parmesan, Dijon, and anchovy paste.
2. Season dressing with salt and pepper to taste.
3. Add diced chicken to dressing and toss to coat.
4. Wash and dry romaine lettuce leaves, selecting the largest ones.
5. Spoon chicken mixture onto each lettuce leaf.
6. Top with crushed croutons for crunch.
7. Roll or fold lettuce around filling.
8. Store prepared wraps in refrigerator for up to 2 days.

# CHOCOLATE ALMOND PROTEIN BALLS

285

CALORIES

14

FAT

32

CARBS

12

PROTEIN

4

SERVINGS

These decadent-tasting protein balls satisfy chocolate cravings while providing sustained energy. They're perfect for post-workout recovery or when you need a healthy sweet treat.

## INGREDIENTS

1 cup pitted dates  
 1/4 cup chocolate protein powder  
 1/4 cup almond butter  
 1/4 cup almonds, chopped  
 2 tbsp unsweetened cocoa powder  
 1 tbsp chia seeds  
 1 tsp vanilla extract  
 2 tbsp dark chocolate chips  
 Pinch of salt

## INSTRUCTIONS

1. Soak dates in warm water for 10 minutes if they're not soft.
2. Drain dates and add to food processor with protein powder, almond butter, and cocoa powder.
3. Process until mixture forms a sticky paste.
4. Add vanilla, chia seeds, salt, and chopped almonds.
5. Pulse until just combined.
6. Fold in chocolate chips by hand.
7. Roll mixture into 12 balls using your hands.
8. Refrigerate for 30 minutes to firm up before serving.

# TERIYAKI SALMON AND BROCCOLI BOWLS



445

CALORIES

15

FAT

42

CARBS

38

PROTEIN

4

SERVINGS

This Asian-inspired meal prep bowl features flaky salmon with perfectly steamed broccoli over rice. The homemade teriyaki glaze is healthier than store-bought and adds incredible flavor.

## INGREDIENTS

- 1.5 lbs salmon fillets, skin removed
- 4 cups broccoli florets
- 3 cups cooked brown rice
- 1/4 cup low-sodium soy sauce
- 2 tbsp honey
- 1 tbsp rice vinegar
- 1 tsp sesame oil
- 2 cloves garlic, minced
- 1 tsp fresh ginger, grated
- 1 tbsp cornstarch
- 2 tbsp water
- 1 tbsp sesame seeds

## INSTRUCTIONS

1. Preheat oven to 400°F (200°C).
2. In a small saucepan, combine soy sauce, honey, vinegar, sesame oil, garlic, and ginger.
3. Bring to a simmer and cook for 2 minutes.
4. Mix cornstarch with water and add to sauce, stirring until thickened.
5. Place salmon on baking sheet and brush with half the teriyaki sauce.
6. Bake for 12-15 minutes until salmon flakes easily.
7. Steam broccoli until bright green and tender, about 5 minutes.
8. Divide rice among 4 containers, top with salmon and broccoli.
9. Drizzle with remaining sauce and sprinkle with sesame seeds.

# APPLE CINNAMON BREAKFAST BARS

265

CALORIES

7

FAT

42

CARBS

12

PROTEIN

4

SERVINGS

These wholesome breakfast bars taste like apple pie but are packed with protein and fiber. Perfect for busy mornings when you need portable nutrition that actually tastes good.

## INGREDIENTS

2 cups rolled oats  
 1/4 cup vanilla protein powder  
 1/4 cup almond flour  
 1 tsp cinnamon  
 1/2 tsp baking soda  
 1/4 tsp salt  
 1 large apple, diced  
 1/3 cup unsweetened applesauce  
 1/4 cup honey  
 1 egg, beaten  
 1 tsp vanilla extract  
 1/4 cup chopped walnuts

## INSTRUCTIONS

1. Preheat oven to 350°F (175°C) and line an 8x8 pan with parchment paper.
2. In a large bowl, combine oats, protein powder, almond flour, cinnamon, baking soda, and salt.
3. In another bowl, mix applesauce, honey, egg, and vanilla until smooth.
4. Pour wet ingredients into dry ingredients and stir until just combined.
5. Fold in diced apple and walnuts.
6. Press mixture firmly into prepared pan.
7. Bake for 25-30 minutes until golden brown and set.
8. Cool completely before cutting into 8 bars.

# TURKEY AND HUMMUS ROLL-UPS



325

CALORIES

12

FAT

35

CARBS

28

PROTEIN

4

SERVINGS

These protein-packed roll-ups are perfect for lunch boxes and afternoon snacks. They're simple to make, travel well, and provide sustained energy without any cooking required.

## INGREDIENTS

8 large whole wheat tortillas  
 1 lb sliced turkey breast (deli meat)  
 1 cup hummus  
 1 cucumber, julienned  
 1 red bell pepper, julienned  
 1 carrot, julienned  
 2 cups baby spinach  
 1/4 cup red onion, thinly sliced  
 2 tbsp fresh dill, chopped  
 Salt and pepper to taste

## INSTRUCTIONS

1. Lay tortillas flat on a clean surface.
2. Spread 2 tbsp hummus evenly on each tortilla, leaving 1 inch border.
3. Layer turkey slices over hummus.
4. Add spinach, cucumber, bell pepper, carrot, and red onion.
5. Sprinkle with dill, salt, and pepper.
6. Roll tortillas tightly from bottom to top.
7. Wrap each roll-up in plastic wrap or foil.
8. Refrigerate for at least 30 minutes to set, then slice in half to serve.

# SLOW COOKER CHICKEN AND RICE BOWLS



395

CALORIES

6

FAT

48

CARBS

35

PROTEIN

4

SERVINGS

Set it and forget it with this easy slow cooker meal that yields tender, flavorful chicken over perfectly cooked rice. One recipe gives you multiple meals with minimal effort.

## INGREDIENTS

- 1.5 lbs boneless, skinless chicken breasts
- 1 cup jasmine rice
- 2 cups low-sodium chicken broth
- 1 can diced tomatoes
- 1 bell pepper, diced
- 1 onion, diced
- 2 tsp garlic powder
- 1 tsp paprika
- 1 tsp cumin
- 1/2 tsp chili powder
- 1 cup frozen corn
- 1/4 cup fresh cilantro, chopped
- Salt and pepper to taste

## INSTRUCTIONS

1. Place chicken breasts in slow cooker and season with salt, pepper, garlic powder, paprika, cumin, and chili powder.
2. Add rice, chicken broth, diced tomatoes, bell pepper, and onion.
3. Stir to combine all ingredients.
4. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours.
5. In last 30 minutes, add frozen corn and stir gently.
6. Shred chicken with two forks and mix back into rice.
7. Divide into meal prep containers and garnish with cilantro.
8. Store in refrigerator for up to 4 days.

# TROPICAL MANGO SMOOTHIE



215

CALORIES

4

FAT

38

CARBS

15

PROTEIN

2

SERVINGS

Transport yourself to the tropics with this refreshing smoothie that's packed with vitamin C and protein. It's like vacation in a glass and perfect for hot summer mornings.

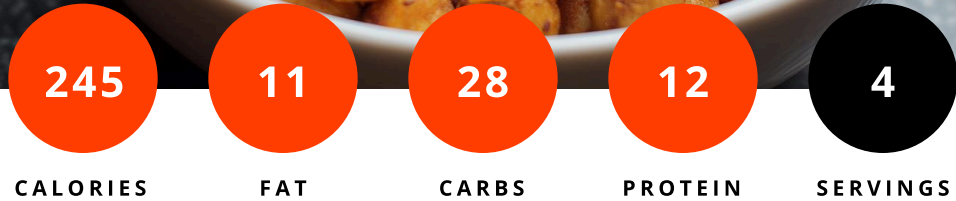
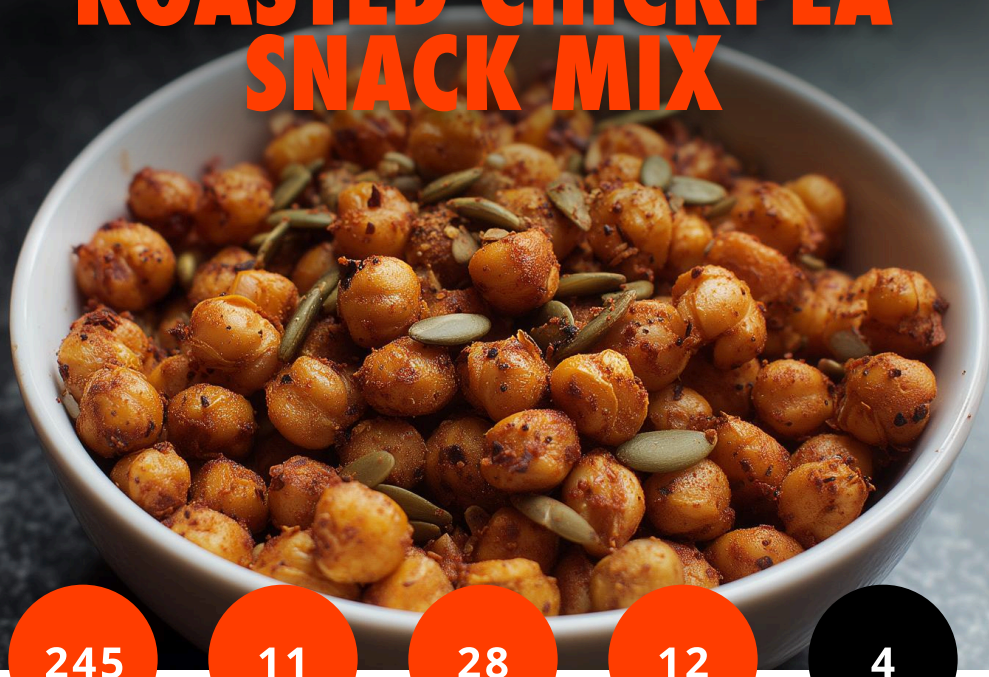
## INGREDIENTS

- 1 cup frozen mango chunks
- 1/2 cup frozen pineapple chunks
- 1 frozen banana
- 1 scoop vanilla protein powder
- 1 cup coconut water
- 1/2 cup coconut milk (canned, light)
- 1 tbsp honey
- 1/2 cup ice
- 1 tbsp shredded coconut for garnish

## INSTRUCTIONS

1. Add coconut water, coconut milk, and protein powder to blender.
2. Blend until protein powder is completely dissolved.
3. Add frozen mango, pineapple, banana, and honey.
4. Blend on high for 60-90 seconds until smooth and creamy.
5. Add ice and blend again until desired consistency.
6. Pour into glasses and garnish with shredded coconut.
7. Serve immediately for best texture and flavor.

# ROASTED CHICKPEA SNACK MIX



This crunchy, protein-packed snack mix is perfect for afternoon munchies or pre-workout fuel. It's infinitely customizable and so much better than store-bought snacks.

## INGREDIENTS

- 2 cans chickpeas, drained and rinsed
- 1/4 cup almonds, chopped
- 1/4 cup pumpkin seeds
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1/2 tsp cumin
- 1/2 tsp chili powder
- 1/4 tsp cayenne pepper
- 1 tsp salt
- 1 tbsp nutritional yeast (optional)

## INSTRUCTIONS

1. Preheat oven to 400°F (200°C).
2. Pat chickpeas completely dry with paper towels.
3. Toss chickpeas with olive oil and all seasonings in a large bowl.
4. Spread on a baking sheet in a single layer.
5. Roast for 20-25 minutes, shaking pan halfway through.
6. Add almonds and pumpkin seeds to the pan.
7. Roast for another 10-15 minutes until chickpeas are crispy.
8. Let cool completely before storing in airtight container for up to 1 week.

# BUFFALO CHICKEN MEAL PREP CONTAINERS



285

CALORIES

10

FAT

12

CARBS

38

PROTEIN

4

SERVINGS

Get all the flavors of buffalo wings in a healthy, protein-packed meal prep container. These bowls are satisfying, flavorful, and perfect for anyone who loves a little heat.

## INGREDIENTS

1.5 lbs boneless, skinless chicken breasts  
 1/4 cup hot sauce  
 2 tbsp ghee or butter, melted  
 1 tsp garlic powder  
 4 cups cauliflower rice  
 2 cups broccoli florets  
 1 cup cherry tomatoes, halved  
 1/2 cup Greek yogurt  
 2 tbsp blue cheese, crumbled  
 1 tbsp lemon juice  
 1 celery stalk, diced  
 Salt and pepper to taste

## INSTRUCTIONS

1. Preheat oven to 375°F (190°C).
2. Season chicken with salt, pepper, and garlic powder.
3. Bake chicken for 25-30 minutes until internal temperature reaches 165°F.
4. Shred chicken and toss with hot sauce and melted ghee.
5. Steam cauliflower rice and broccoli until tender.
6. Mix Greek yogurt with blue cheese and lemon juice for dressing.
7. Divide cauliflower rice among 4 containers.
8. Top with buffalo chicken, broccoli, tomatoes, and diced celery.
9. Add a small container of blue cheese dressing to each.

# LEMON HERB QUINOA SALAD



275

CALORIES

12

FAT

35

CARBS

10

PROTEIN

4

SERVINGS

This refreshing quinoa salad is packed with fresh herbs and Mediterranean flavors that actually improve over time. It's perfect for meal prep and works as a side dish or light lunch.

## INGREDIENTS

2 cups cooked quinoa, cooled  
 1 cucumber, diced  
 1 cup cherry tomatoes, halved  
 1/4 cup red onion, finely diced  
 1/4 cup fresh parsley, chopped  
 1/4 cup fresh mint, chopped  
 2 tbsp fresh dill, chopped  
 1/4 cup olive oil  
 2 tbsp lemon juice  
 1 tsp lemon zest  
 1/2 cup feta cheese, crumbled  
 Salt and pepper to taste

## INSTRUCTIONS

1. In a large bowl, combine cooled quinoa, cucumber, tomatoes, and red onion.
2. Add fresh parsley, mint, and dill to the quinoa mixture.
3. In a small bowl, whisk together olive oil, lemon juice, lemon zest, salt, and pepper.
4. Pour dressing over quinoa salad and toss to combine.
5. Gently fold in crumbled feta cheese.
6. Taste and adjust seasoning as needed.
7. Refrigerate for at least 30 minutes before serving.
8. Store in refrigerator for up to 5 days.

# PROTEIN-PACKED PANCAKE BITES

255

CALORIES

7

FAT

28

CARBS

22

PROTEIN

4

SERVINGS

These mini pancakes are perfect for meal prep and can be eaten on the go or warmed up for a quick breakfast. They're fluffy, protein-rich, and kid-approved.

## INGREDIENTS

1 cup rolled oats  
 1/2 cup vanilla protein powder  
 1/2 cup cottage cheese  
 4 eggs  
 1/4 cup milk  
 2 tbsp honey  
 1 tsp vanilla extract  
 1 tsp baking powder  
 1/2 tsp cinnamon  
 1/4 tsp salt  
 1/2 cup blueberries  
 Cooking spray

## INSTRUCTIONS

1. Preheat oven to 350°F (175°C) and spray mini muffin tin with cooking spray.
2. In a blender, combine oats, protein powder, cottage cheese, eggs, milk, honey, vanilla, baking powder, cinnamon, and salt.
3. Blend until smooth and let batter rest for 5 minutes.
4. Fold in blueberries gently.
5. Fill mini muffin cups about 3/4 full with batter.
6. Bake for 12-15 minutes until golden brown and set.
7. Cool in pan for 5 minutes before removing.
8. Store in refrigerator for up to 5 days or freeze for up to 3 months.

# MEDITERRANEAN TUNA SALAD BOWLS



295

CALORIES

17

FAT

9

CARBS

28

PROTEIN

4

SERVINGS

This protein-packed tuna salad gets a Mediterranean makeover with fresh vegetables, herbs, and a light lemon dressing. It's perfect for quick lunches and meal prep.

## INGREDIENTS

3 cans of tuna in water, drained  
 1 cucumber, diced  
 1 cup cherry tomatoes, halved  
 1/2 red onion, finely diced  
 1/4 cup Kalamata olives, chopped  
 1/4 cup fresh parsley, chopped  
 2 tbsp capers  
 1/4 cup olive oil  
 2 tbsp lemon juice  
 1 tsp dried oregano  
 1/2 cup feta cheese, crumbled  
 4 cups mixed greens  
 Salt and pepper to taste

## INSTRUCTIONS

1. In a large bowl, combine drained tuna, cucumber, tomatoes, red onion, olives, parsley, and capers.
2. In a small bowl, whisk together olive oil, lemon juice, oregano, salt, and pepper.
3. Pour dressing over tuna mixture and toss gently to combine.
4. Fold in crumbled feta cheese.
5. Taste and adjust seasoning as needed.
6. Divide mixed greens among 4 bowls or containers.
7. Top each with tuna salad mixture.
8. Store in refrigerator for up to 3 days.



# LOOKING FOR MORE?

[Click here to explore more delicious ways to stay on track with your goals.](#)

