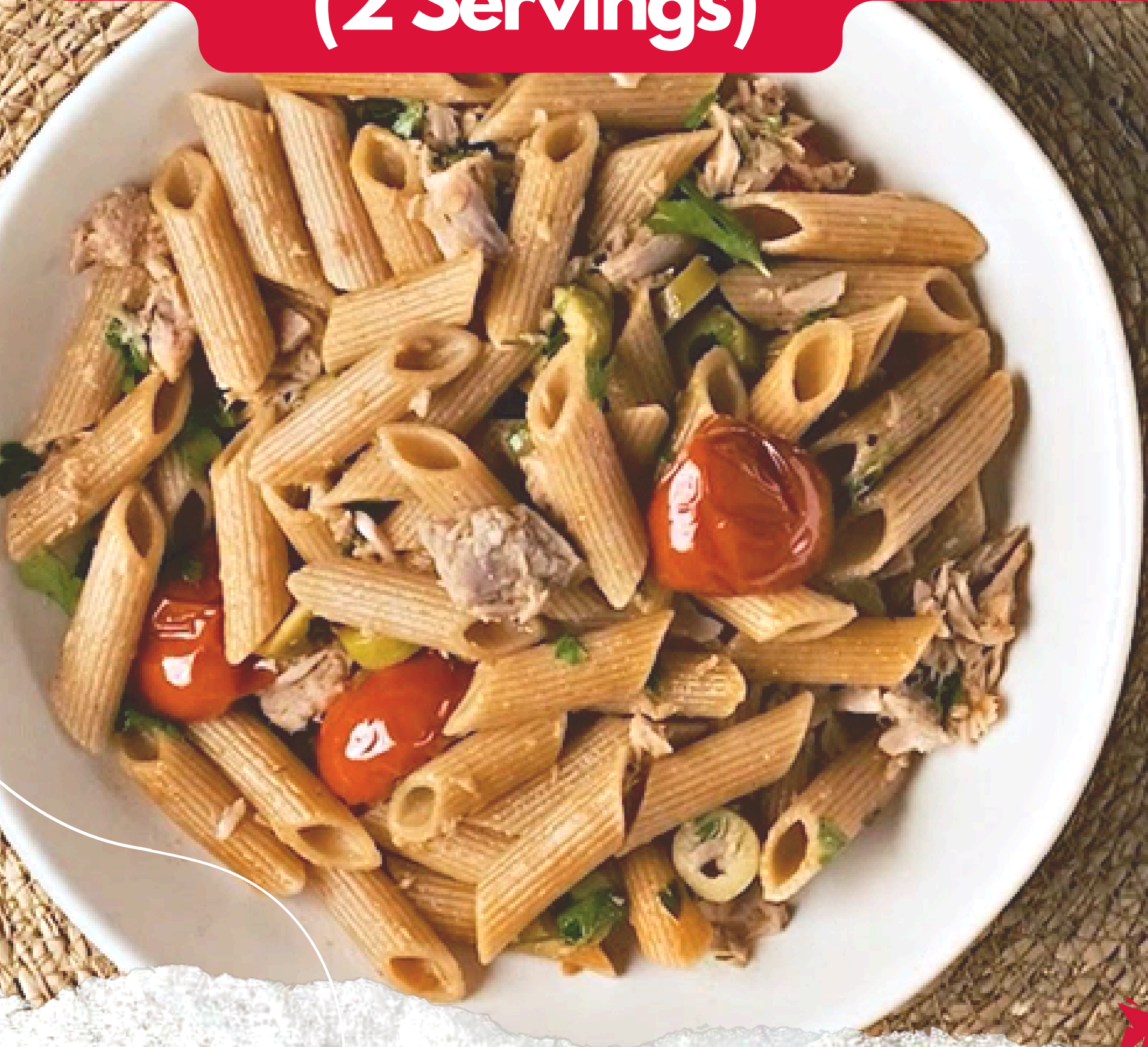


Whole Wheat Penne with Tuna (2 Servings)



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(1 serving)

- **150 whole wheat pasta**
- **150 g canned tuna**
- **Small bunch of parsley**
- **4 tbsp olives, sliced**
- **1 clove of garlic, minced**
- **10 pieces cherry tomatoes, halved**
- **Juice of 1 lemon**
- **¼ tsp black pepper**
- **¼ tsp salt**
- **2 tbsp olive oil**

*for 2 servings

| | |
|----------------|------------|
| Kcal | 572 |
| Protein | 28g |
| Fat | 26g |
| Carbs | 53g |



1. Cook the pasta according to package instructions.
2. Heat the olive oil in a medium pan. Add garlic, tomatoes, salt and pepper. Cook until tomatoes are softened slightly.
3. Add cooked pasta, tuna, lemon juice, and olives. Turn off the heat and add the parsley.



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