Here’s a tasty way to eat your green beans – tossed with quinoa, sliced plum and topped with hard boiled egg. This type of salad, where the base is a steamed vegetable and protein is added on top, makes a phenomenally fit meal that will help get you to your fitness goals faster than ever. Enjoy!

**What You Need**
Serves 4

1 cup cooked red quinoa
2 cups green beans, steamed and cut into 1 inch pieces
1 ripe plum, thinly sliced
2 hard-boiled eggs, sliced
2 teaspoons sesame oil
2 Tablespoons fresh lime juice
½ teaspoon sea salt
ground black pepper

**Instructions**

1. Combine the quinoa, beans, plum and egg in a large bowl.
2. Drizzle with the sesame oil, lime juice, salt and pepper. Mix well and enjoy!

**Nutrition**
One serving equals: 225 calories, 7g fat, 270mg sodium, 31g carbohydrate, 5g fiber, and 10g protein