

Turkey Wraps

Prep Time	Cook Time	Total Time
5 mins	0 mins	5 mins

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Recipe type: Snack

Servings: 1



Ingredients

Sliced sodium nitrite-free turkey breast (about 2 oz)

1 cheese stick, split length-wise into 3 strips (Or use shredded cheese)

1/8 of an avocado, sliced into 3 strips

Mustard (optional)

Instructions

1. Lay down turkey and spread mustard, if desired.
2. Add cheese and avocado slices.
3. Wrap! If you don't want to make 3 wraps, make one big one instead!
4. Enjoy bell pepper strips (or any other veggies) on the side to make this a balanced snack.

*If you eat dairy-free, swap the cheese for sprouts or lettuce.

Balanced Meal Breakdown

Protein – Turkey, cheese

Carbs – Veggies on the side

Fat – Avocado, cheese, a little from turkey