



## Wrap it Up!

Create a convenient and healthy wrap, just the way you want it! For best results make sure toppings like protein and vegetables are thinly sliced or shredded.

### 1. Start with a wrapper:

- Collard green leaves
- Flatbread wrap
- Gluten free tortilla
- Lettuce leaves
- Whole wheat tortilla

### 2. Pile on some protein:

- [Falafel](#)
- Leftover meat (beef, chicken, pork, etc.)
- Shredded chicken
- [Tuna salad](#)
- Turkey deli meat



### 3. Veg out:

- Bell peppers
- Cucumber
- Jalapeños
- Mushrooms
- Olives
- Onion
- Pickles
- Spinach
- Sprouts
- Tomato

### 4. Add condiments, fat, & flavor:

- Avocado
- Bacon
- BBQ sauce
- Cheese
- Hummus
- Mayonnaise
- Mustard
- Oil/vinegar
- Pesto sauce

### The combinations are endless, but here are a few ideas to get you started!

- Collard green wrap with falafel, tomatoes, bell peppers, cucumbers, hummus, and feta cheese.
- Whole wheat tortilla with deli turkey, olives, sprouts, tomato, and pesto.
- Gluten free wrap with shredded chicken, jalapenos, mushrooms, spinach, avocado, BBQ sauce.

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