

WHAT'S IN SEASON ...



TURKEY AVOCADO WRAPS

INGREDIENTS:

- 1 whole wheat tortilla
- 2 Tbsp mashed avocado
- 2 oz deli turkey breast, thinly sliced
- 1 slice Provolone Cheese
- ½ cup baby spinach, thinly sliced
- ¼ cup red bell pepper, thinly sliced
- ¼ cup carrots, shredded

DIRECTIONS:

- Place the tortilla on a plate and spread mashed avocado down the middle.
- Layer the turkey breast and cheese on the tortilla.
- Then layer the spinach, red pepper, and carrots on top.
- Roll up the tortilla and enjoy!

GLUTEN FREE OPTION: Use a gluten free tortilla instead of a whole wheat tortilla.



NUTRITIONAL FACTS

1 SERVING
Calories: 360 calories
Protein: 26 grams
Carbohydrates: 35 grams
Fat: 13 grams

CALORIE CONSIDERATIONS:

- To **INCREASE** calories: Increase to 4 Tbsp mashed avocado and 2 slices provolone cheese (+150 calories).
- To **DECREASE** calories: Omit tortilla and wrap everything inside turkey slices (-110 calories).