



Welcome!

Sandwiches, wraps, and pitas are meant to make life easier – not more complicated. These recipes are here to support you, not restrict you. Every one of them is flexible and adaptable to your tastes, your pantry, and your schedule. Don't like an ingredient? Swap it. Missing something? Use what you have. Simple always wins.

Each recipe in this section is designed with blood sugar balance in mind. That means you'll see a thoughtful balance of protein, healthy fats, and fiber in every meal—because your body needs all three to feel steady, satisfied, and energized (no afternoon crashes required).

Be sure to check the **Notes** section for each recipe. That's where you'll find helpful tips, easy swaps, and suggestions for what to pair it with to build a complete, balanced plate.

Use these recipes in a way that fits your real life. Make extra for leftovers. Repeat your favorites. Turn a wrap into a bowl. Keep it practical. Keep it sustainable.

And please—eat until you feel comfortably full and satisfied. Serving sizes are guidelines, not rules. Listening to your body is one of the most powerful tools you have for preventing late-night cravings and keeping your blood sugar steady.

Most of all, enjoy your food. You can eat enough, feel satisfied, and still support your health. Consistency matters far more than perfection.

Happy assembling!



Roasted Red Pepper, Chicken & Pesto Wraps

1 serving
35 minutes

Ingredients

4 ozs Chicken Breast
1/2 Red Bell Pepper (sliced)
1/2 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 Whole Wheat Tortilla
1 tbsp Pesto
1/2 cup Baby Spinach

Nutrition

Amount per serving	
Fat	15g
Carbs	25g
Fiber	6g
Protein	32g

Directions

- 1 Preheat the oven to 400°F (205°C). Place the chicken and red pepper on a baking sheet and drizzle with oil. Season with salt and pepper to taste. Bake for 25 minutes, then slice the chicken into thin strips.
- 2 Place the tortilla on a plate and spread the pesto in a thin layer on top. Add the sliced chicken, red pepper, and spinach. Fold in the sides of the tortilla and roll it up. Slice the wrap in half if desired. Enjoy!

Notes

Additional Toppings: Goat cheese and/or fresh herbs.



Chicken Caesar Wraps

1 serving

10 minutes

Ingredients

- 1 cup Romaine Lettuce (chopped)
- 2 1/3 ozs Chicken Breast (cooked, shredded)
- 2 tbsps Caesar Salad Dressing (store bought or homemade)
- 1 tbsp Parmesan Cheese
- 1 Whole Wheat Tortilla

Nutrition

Amount per serving	
Fat	25g
Carbs	21g
Fiber	5g
Protein	27g

Directions

- 1 In a bowl, combine the romaine, chicken, dressing and Parmesan. Stir to combine.
- 2 Microwave the tortilla for 10-15 seconds so that it will be easy to roll. Spread the lettuce mixture down the middle of the tortilla. Fold in the two sides of the tortilla, then roll up like a burrito.
- 3 Cut wrap in half to serve.



Asian Turkey Lettuce Wraps

2 servings

25 minutes

Ingredients

- 1 1/2 tpsps Extra Virgin Olive Oil
- 1/2 White Onion (diced)
- 1 1/2 tpsps Ginger (peeled and grated)
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 1 Garlic (cloves, minced)
- 1 1/16 lbs Extra Lean Ground Turkey
- 1 tbsp Soy Sauce
- 1 head Boston Lettuce (peeled apart into leaves and washed)
- 1 1/2 stalks Green Onion (chopped)
- 1/2 cup Matchstick Carrots
- 2 tpsps Raw Peanuts (chopped)
- 1/2 Lime (sliced into wedges)

Nutrition

Amount per serving	
Fat	27g
Carbs	10g
Fiber	2g
Protein	47g

Directions

- 1 Heat oil in a large skillet over medium heat. Add in the onions, ginger, sea salt and pepper and saute for about 5 minutes or until the onion is translucent. Add in the garlic and saute for another minute.
- 2 Add in the ground turkey and break it up as it cooks. Once it is cooked through and browned, add in the soy sauce. Continue to saute until it is absorbed. Remove from heat.
- 3 Spoon the turkey mixture into the centre of a lettuce leaf and top with green onion, carrots and peanuts. Squeeze a lime wedge ovetop, wrap and enjoy!

Notes

No Ground Turkey: Use any type of ground meat.

Likes it Spicy: Add hot sauce or chili flakes.



Turkey Taco Lettuce Wraps

4 servings

25 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 1 lb Extra Lean Ground Turkey
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 2 tsps Smoked Paprika
- 1 tsp Garlic Powder
- 1 tsp Sea Salt
- 1/2 tsp Red Pepper Flakes
- 1 Lime (juiced)
- 3 Tomato (finely chopped and divided)
- 1 Jalapeno Pepper (seeds removed and chopped, optional)
- 1 head Iceberg Lettuce (leaves pulled apart and washed)
- 2 Avocado (diced)

Nutrition

Amount per serving	
Fat	29g
Carbs	23g
Fiber	12g
Protein	27g

Directions

- 1 Heat oil over medium-high heat. Add onion and cook for about 5 minutes until translucent.
- 2 Add ground turkey to the pan and break into very small pieces with a spatula and cook until no longer pink. Drain any excess drippings if necessary.
- 3 Add the chili powder, cumin, smoked paprika, garlic powder, salt, red pepper flakes and lime juice and stir until the meat is coated evenly. Add half the chopped tomatoes and the jalapeno. Stir to combine and cook for another 5 minutes until tomatoes are very soft. Remove from heat.
- 4 To assemble the tacos, divide the turkey into the lettuce leaves, and top with remaining tomatoes and diced avocado. Enjoy!

Notes

Optional Toppings: Salsa, cheese, cilantro, sour cream or guacamole.

No Iceberg Lettuce: Use romaine leaves, green lettuce or Boston lettuce instead.



Turkey & Bacon Wrap

2 servings

5 minutes

Ingredients

- 2 tbsps Mayonnaise
- 2 Whole Wheat Tortilla
- 1 head Boston Lettuce
- 8 ozs Sliced Turkey Breast
- 4 slices Bacon, Cooked (cut in half or chopped)
- 1/2 Avocado (sliced)

Directions

1

Spread the mayonnaise on the tortilla and place the lettuce on top. Add the turkey, the bacon and the avocado. Wrap and repeat with any remaining tortillas. Enjoy!

Nutrition

Amount per serving	
Fat	33g
Carbs	26g
Fiber	7g
Protein	28g



Chicken & Bacon Ranch Wraps

1 serving
10 minutes

Ingredients

- 2 leaves Romaine (chopped)
- 3 ozs Chicken Breast, Cooked (cubed, sliced, or shredded)
- 1/4 cup Cherry Tomatoes (halved or quartered)
- 2 tbsps Red Onion (thinly sliced)
- 2 slices Bacon, Cooked (chopped)
- 2 tbsps Ranch Dressing
- 1 Whole Wheat Tortilla (large)
- 1/2 Avocado (medium, sliced)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 In a bowl, combine the romaine, chicken, tomatoes, red onion, and bacon. Drizzle the dressing over and toss gently to combine.
- 2 Place the tortilla on a flat surface. Add the romaine and chicken mixture and top with avocado. Season with salt and pepper. Roll up tightly into a wrap and enjoy!

Nutrition

Amount per serving	
Fat	36g
Carbs	46g
Fiber	13g
Protein	40g



Open Face Philly Cheese Steak Sub

2 servings

25 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 8 ozs Top Sirloin Steak (thinly sliced)
- Sea Salt & Black Pepper (to taste)
- 2 cups Mushrooms (thinly sliced)
- 1/2 Yellow Onion (large, thinly sliced)
- 3 tbsps Water
- 1 tbsp Worcestershire Sauce
- 2 ozs Mozzarella Cheese (shredded)
- 3 ozs Submarine Bun (cut in half, toasted)
- 1/4 head Iceberg Lettuce (shredded)

Nutrition

Amount per serving	
Fat	28g
Carbs	21g
Fiber	3g
Protein	34g

Directions

- 1 Add the oil to a large pan over high heat. Once hot, add the steak and cook for three to five minutes. Season with salt and pepper and set aside.
- 2 In the same pan, add mushrooms and onions. Cook for three to five minutes or until slightly browned. Return the steak to the pan. Add the water and Worcestershire sauce, and stir.
- 3 Add the shredded mozzarella evenly to the vegetables. Let it melt and then remove it from the heat.
- 4 Place the toasted buns on plates. Top with shredded lettuce and cover with the steak mixture.
- 5 Drizzle with pan juices and enjoy!



Cheeseburger Lettuce Wraps

4 servings

20 minutes

Ingredients

- 1 lb Extra Lean Ground Beef
- Sea Salt & Black Pepper (to taste)
- 1 head Iceberg Lettuce (small, leaves pulled apart)
- 1/2 cup Pickle (sliced)
- 1/2 cup Red Onion (diced)
- 4 ozs Cheddar Cheese (shredded)
- 1/4 cup Hot Sauce

Nutrition

Amount per serving	
Fat	21g
Carbs	7g
Fiber	2g
Protein	31g

Directions

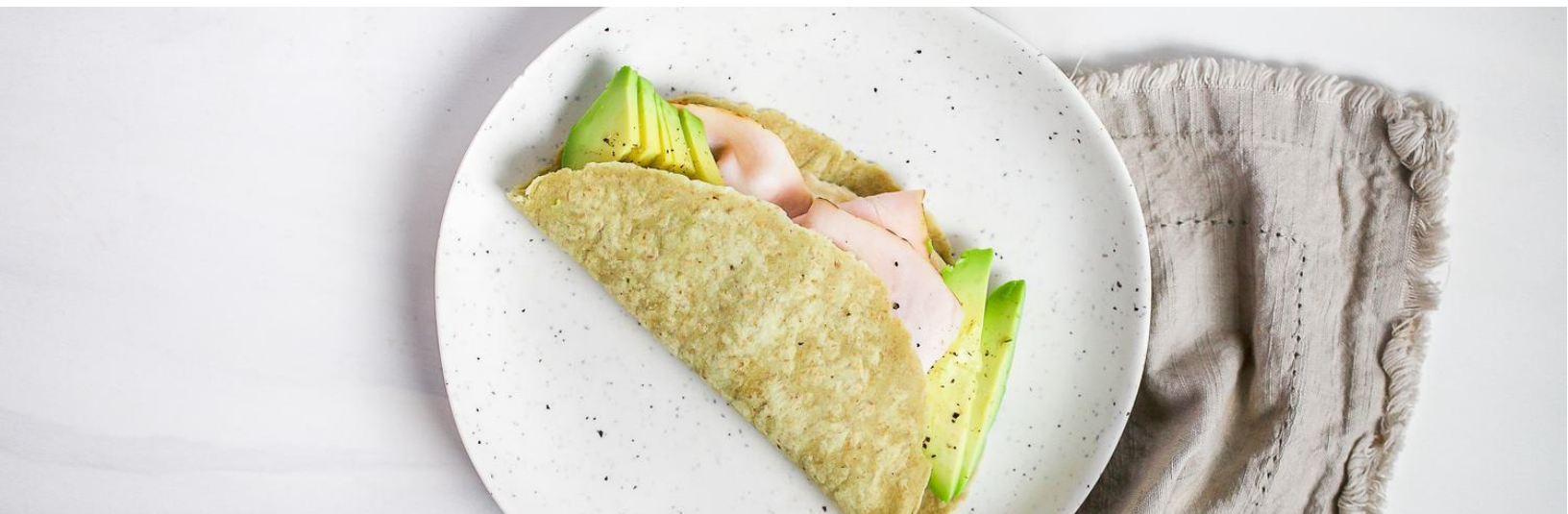
- 1 Heat a pan over medium heat and add the ground beef. Season with salt and pepper. Cook for seven to eight minutes or until the beef is browned and cooked through, breaking it up as it cooks.
- 2 For each wrap, layer two to three lettuce leaves on top of one another. Top each stack of lettuce evenly with cooked beef, pickles, onion, cheese, and hot sauce.
- 3 Wrap each wrap with parchment paper, twisting the ends to keep them together. Cut them in half and enjoy!

Notes

More Flavor: Season the ground beef with spices such as garlic, onion, and chili powder.

Additional Toppings: Ketchup, mustard, mayonnaise, and/or your favorite burger sauce.

No Ground Beef: Use ground chicken or turkey instead.



Turkey, Avocado & Hummus Wrap

1 serving

5 minutes

Ingredients

2 tbsps Hummus
1 Whole Wheat Tortilla
4 1/4 ozs Sliced Turkey Breast
1/4 Avocado (sliced)
Sea Salt & Black Pepper (to taste)
1/2 Tomato (sliced)
1 cup Baby Spinach

Directions

1

Spread the hummus on the tortilla and place the turkey, spinach, tomato slices and avocado on top. Season with salt and pepper. Roll the wrap tightly and enjoy!

Notes

No Turkey: Use another type of deli meat or leftover, cooked chicken.

Nutrition

Amount per serving	
Fat	21g
Carbs	33g
Fiber	10g
Protein	27g



Chicken Avocado Wrap

1 serving
10 minutes

Ingredients

1/2 Avocado
1 1/2 tsps Lime Juice
1 Whole Wheat Tortilla
Sea Salt & Black Pepper (to taste)
2 leaves Romaine (medium, chopped)
1/4 cup Cherry Tomatoes (halved or quartered)
2 2/3 ozs Chicken Breast, Cooked (sliced)

Nutrition

Amount per serving	
Fat	21g
Carbs	31g
Fiber	12g
Protein	30g

Directions

- 1 In a small bowl, mash the avocado and stir in the lime juice. Spread the mashed avocado in the center of the tortilla. Season with salt and pepper to taste.
- 2 Place the lettuce, tomatoes, and sliced chicken on top of the avocado and fold or roll the tortilla around the filling and enjoy!

Notes

Additional Toppings: Cooked bacon, cheese, cucumber, bell pepper, mayonnaise, mustard, or another favorite sandwich topping.

No Lime Juice: Use lemon juice instead.

No Cherry Tomatoes: Omit or use a regular tomato instead.

No Romaine Leaves: Use baby spinach, mixed greens, or leaf lettuce instead.



Turkey & Spinach Wrap

1 serving

5 minutes

Ingredients

- 1 tbsp Dijon Mustard
- 1 Whole Wheat Tortilla (large)
- 2 cups Baby Spinach
- 3 1/3 ozs Sliced Turkey Breast
- 1/2 Cucumber (medium, sliced)

Nutrition

Amount per serving	
Fat	8g
Carbs	29g
Fiber	6g
Protein	21g

Directions

1

Spread the mustard in the center of the tortilla. Place the spinach, turkey, and cucumber on top. Fold or roll the tortilla around the filling and enjoy!

Notes

Additional Toppings: Add cheese, tomatoes, avocado, bell peppers, sliced olives, or sliced red onion.



Chicken & Lettuce Wrap

1 serving
10 minutes

Ingredients

1/16 head Green Lettuce (leaves separated)
4 ozs Chicken Breast, Cooked (sliced)
1/4 cup Red Onion (small, sliced)
1/2 Cucumber (small, sliced)
1 Whole Wheat Tortilla (large)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	8g
Carbs	28g
Fiber	5g
Protein	40g

Directions

- 1 Arrange the lettuce, chicken, red onion, and cucumber in the center of the tortilla. Season with salt and pepper. Fold or roll the tortilla around the filling and enjoy!

Notes

More Flavor: Add your favorite dressing.

Additional Toppings: Add cheese, avocado, bell peppers, sliced olives, or corn.



Buffalo Chicken Wrap

2 servings

10 minutes

Ingredients

5 ozs Chicken Breast, Cooked (shredded)
2 tbsps Hot Sauce
Sea Salt & Black Pepper (to taste)
2 Whole Wheat Tortilla
1 1/2 cups Arugula
1 Avocado (sliced)

Nutrition

Amount per serving	
Fat	21g
Carbs	28g
Fiber	11g
Protein	28g

Directions

- 1 In a medium-sized bowl, mix together the shredded chicken with the hot sauce and season with salt and pepper.
- 2 Lay the tortilla flat and top with the arugula, and then the chicken and avocado. Roll the tortilla tightly and enjoy!

Notes

No Arugula: Use spinach instead.

Additional Toppings: Top with cheddar cheese or blue cheese, or spread with cream cheese.



Creamy Herb Chicken Lettuce Wraps

1 serving
10 minutes

Ingredients

4 ozs Chicken Breast, Cooked (chopped)
1/3 cup Plain Greek Yogurt
1 tbsp Fresh Dill (finely chopped)
1 tbsp Parsley (finely chopped)
1/4 tsp Sea Salt (to taste)
1/16 head Green Lettuce (leaves separated)

Nutrition

Amount per serving	
Fat	5g
Carbs	4g
Fiber	0g
Protein	42g

Directions

- 1 In a bowl, combine the chicken, yogurt, dill, parsley, and salt.
- 2 Fill the lettuce leaves with creamy herb chicken and enjoy!

Notes

More Flavor: Add fresh chives, basil, and green onion.

Additional Toppings: Add tomatoes, carrots, celery, or radishes.



Chicken Salad Wrap

1 serving

10 minutes

Ingredients

4 ozs Chicken Breast, Cooked (shredded)
1 stalk Celery (finely chopped)
1/4 cup Red Onion (finely chopped)
2 tbsps Parsley (finely chopped)
3 tbsps Plain Greek Yogurt (or mayo)
1/4 Lemon (juiced, zested)
Sea Salt & Black Pepper (to taste)
1/4 cup Arugula
1 Tortilla

Directions

- 1 In a medium-sized bowl, add the chicken, celery, onion, parsley, Greek yogurt (or mayo), lemon juice, zest, salt, and pepper. Mix well to incorporate.
- 2 Add the arugula and chicken salad mixture to the tortilla. Roll up the wrap tightly and enjoy!

Nutrition

Amount per serving	
Fat	7g
Carbs	36g
Fiber	5g
Protein	43g



Shrimp Lettuce Wraps

2 servings

20 minutes

Ingredients

- 1 Tomato (diced)
- 2 tbsps Red Onion (diced)
- 1 tbsp Cilantro (finely chopped)
- 1/8 tsp Sea Salt
- 1 Lime (juiced, divided)
- 1/2 tsp Extra Virgin Olive Oil
- 8 ozs Shrimp (large, peeled)
- 1 tbsp Taco Seasoning (divided)
- 2 tbsps Plain Greek Yogurt
- 1 head Boston Lettuce (peeled apart into leaves and washed)

Nutrition

Amount per serving	
Fat	2g
Carbs	9g
Fiber	2g
Protein	26g

Directions

- 1 In a small bowl, combine the tomato, red onion, cilantro, salt, and 1/2 of the lime juice. Mix and set it aside.
- 2 Heat the oil in a pan over medium heat. Add the shrimp and 1/2 of the taco seasoning. Stir and cook the shrimp for about two to three minutes or until they are cooked through.
- 3 Meanwhile, mix together the greek yogurt, remaining lime juice, and remaining taco seasoning.
- 4 Divide the shrimp and salsa between the lettuce leaves. Serve with the yogurt mixture and enjoy!

Notes

More Flavor: Add bell pepper, green onions, refried beans, guacamole, jalapeno, and/or diced avocado.



Egg Salad Wrap

2 servings

25 minutes

Ingredients

4 Egg
2 tbsps Mayonnaise
1 tsp Dijon Mustard
Sea Salt & Black Pepper (to taste)
2 Whole Wheat Tortilla
1 cup Arugula

Nutrition

Amount per serving	
Fat	24g
Carbs	20g
Fiber	4g
Protein	17g

Directions

- 1 In a medium-sized pot add the eggs and cover with water. Bring to a boil, and then turn off the heat and remove from heat. Cover and let stand for 10 minutes.
- 2 Remove the eggs and let them cool in an ice bath. Once cooled, peel and add to a bowl. Add the mayonnaise, mustard, salt, and pepper. Mash with a fork to your desired consistency.
- 3 Place the tortilla on a plate and layer with arugula. Add the egg salad on top. Fold in the sides of the tortilla and roll it up. Slice the wrap in half. Enjoy!

Notes

Additional Toppings: Add chives, chopped red onion, or chopped celery to the egg salad.



Turkey Avocado Lettuce Wrap

1 serving

5 minutes

Ingredients

- 1/4 head Iceberg Lettuce (leaves pulled apart)
- 1/4 cup Hummus
- 3 1/16 ozs Sliced Turkey Breast
- 1 1/16 ozs Cheddar Cheese (sliced)
- 1/2 Avocado (medium, sliced)

Nutrition

Amount per serving	
Fat	39g
Carbs	25g
Fiber	12g
Protein	28g

Directions

- 1 Lay three to four large leaves of lettuce on a cutting board. Spread the hummus in middle of the lettuce leaves.
- 2 Top with turkey, cheese, and avocado. Tightly roll the lettuce up, cut it in half, and enjoy!

Notes

More Flavor: Add bell pepper, tomato, and cucumber.



Grilled Chicken Caesar Lettuce Wraps

4 servings

40 minutes

Ingredients

- 1 Garlic (whole bulb)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Paprika
- 1/2 tsp Black Pepper
- 1/2 tsp Onion Powder
- 1/2 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1 Lime (juiced)
- 1 lb Chicken Breast
- 1 Lemon (juiced)
- 1/4 cup Extra Virgin Olive Oil (plus some extra for roasting garlic)
- 1 tbsp Dijon Mustard
- 1 head Boston Lettuce (washed and pulled apart into leaves)

Nutrition

Amount per serving	
Fat	17g
Carbs	3g
Fiber	0g
Protein	26g

Directions

- 1 Preheat the grill over medium heat.
- 2 Slice the head off the garlic bulb and peel away the skin. Drizzle with a splash of extra virgin olive oil and sprinkle with sea salt and black pepper. Wrap tightly with foil and place on the grill for 30 minutes.
- 3 In a small bowl, combine the paprika, black pepper, onion powder, garlic powder and sea salt. Mix well.
- 4 Toss the chicken breast in lime juice then coat with your spice mixture on both sides. Place chicken on the grill with the garlic and grill for 10 to 15 minutes per side or until chicken is cooked through.
- 5 Remove roasted garlic from the grill and carefully open up the foil. Let cool. In a blender or food processor, add your lemon juice, olive oil and dijon mustard and then squeeze the flesh of the roasted garlic in as well. Discard the skin. Season the dressing with sea salt and black pepper and blend well until smooth and creamy.
- 6 Remove chicken from the grill and dice with a knife.
- 7 Plate lettuce wraps and top with diced chicken. Drizzle with roasted garlic dressing, wrap and enjoy!

Notes

Time Saver: Make the roasted garlic dressing up in advance. Store in the fridge up to a week. Chicken can also be grilled in advance.

No Grill: Use an oven pre-heated to 400°F (204°C) instead.

More Carbs: Add quinoa to your wraps.



Turkey Pesto Wrap

1 serving

5 minutes

Ingredients

- 1 tbsp Pesto
- 1 Whole Wheat Tortilla (large)
- 3 1/2 ozs Sliced Turkey Breast
- 1/16 head Green Lettuce (leaves separated)
- 1/2 Tomato (large, sliced)
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Fat	14g
Carbs	24g
Fiber	5g
Protein	21g

Directions

- 1 Spread the pesto onto the tortilla.
- 2 Arrange the turkey, lettuce, and tomato on top. Season the tomatoes with salt. Roll tightly into a wrap, tucking in the sides, and enjoy!

Notes

More Flavor: Grill the wrap after rolling.

Additional Toppings: Add avocado, cheese, and/or spinach.



Greek Chicken Wraps

2 servings

30 minutes

Ingredients

- 8 ozs Chicken Breast (boneless, skinless, cubed)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Greek Seasoning
- 2 Whole Wheat Pita
- 1/4 cup Tzatziki
- 1 cup Baby Spinach
- 1/4 Cucumber (medium, sliced)
- 1/2 Tomato (medium, sliced)
- 1/2 cup Red Onion (small, sliced)
- 1/4 cup Feta Cheese (crumbled)

Directions

- 1 Add the cubed chicken to a bowl. Add the olive oil and Greek seasoning. Mix to combine.
- 2 Heat a frying pan over medium heat and add the chicken, including the liquid from the bowl. Spread out the chicken so it's not crowded.
- 3 Cook the chicken for seven to eight minutes per side or until cooked through and browned.
- 4 To assemble, place the pitas on plates and top evenly with tzatziki, spinach, cucumber, tomato, chicken, onion, and feta. Enjoy!

Nutrition

Amount per serving	
Fat	17g
Carbs	44g
Fiber	5g
Protein	37g



Steak Skewers with Pita & Hummus

4 servings

20 minutes

Ingredients

- 1 lb Top Sirloin Steak (cut into 1-inch pieces)
- 1 Green Bell Pepper (medium, chopped)
- 1 cup Cherry Tomatoes
- 8 Barbecue Skewers
- Sea Salt & Black Pepper (to taste)
- 2 Whole Wheat Pita (sliced in half)
- 1 cup Hummus

Nutrition

Amount per serving	
Fat	28g
Carbs	30g
Fiber	6g
Protein	31g

Directions

- 1 Pierce the steak, bell pepper, and tomatoes onto the barbecue skewers. Season with salt and pepper.
- 2 Grill over medium-high heat, rotating occasionally for about eight to nine minutes or your desired doneness is reached.
- 3 Serve the skewers with pita and hummus. Enjoy!

Notes

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

No Hummus: Use tzatziki instead.



Hummus & Chicken Pita Wrap

2 servings

20 minutes

Ingredients

2 tsp Extra Virgin Olive Oil
1 tbsp Greek Seasoning
8 ozs Chicken Breast (boneless, skinless, cubed)
1/4 cup Hummus
2 Whole Wheat Pita
1/4 Cucumber (medium, sliced)
2 tbsps Parsley

Directions

- 1 In a bowl, mix together the oil and Greek seasoning. Add the chicken and toss to combine.
- 2 Heat a pan over medium heat. Add the marinated chicken and cook for four to five minutes per side or until cooked through and browned.
- 3 Spread the hummus over each pita. Arrange the chicken, cucumber, and parsley on top. Wrap the pita and enjoy!

Nutrition

Amount per serving	
Fat	14g
Carbs	42g
Fiber	6g
Protein	34g



Mini Ground Beef Pita Tacos

4 servings

20 minutes

Ingredients

- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (small, diced)
- 2 tbsps Taco Seasoning
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Salsa
- 4 ozs Mini Whole Wheat Pita
- 6 ozs Cheddar Cheese (grated)

Nutrition

Amount per serving	
Fat	26g
Carbs	24g
Fiber	4g
Protein	36g

Directions

- 1 Heat a pan over medium heat and add the ground beef, breaking it up as it cooks. Add the onion, taco seasoning, salt, and pepper. Cook for seven to eight minutes or until the beef is browned and cooked through.
- 2 Stir in the salsa and cook for another two to three minutes.
- 3 Cut the pitas in half and stuff with the ground beef filling. Divide the stuffed pitas evenly between plates and top with cheese. Enjoy!

Notes

No Ground Beef: Use ground turkey or chicken instead.

Additional Toppings: Add diced bell pepper to the ground beef. Top with guacamole and/or additional salsa.



Spinach & Tuna Grilled Cheese

1 serving
15 minutes

Ingredients

- 1/2 can Tuna (drained and flaked)
- 1/4 stalk Celery (diced)
- 1 tsp Mayonnaise
- 1/4 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Baby Spinach
- 2 slices Whole Grain Bread (sliced)
- 1 1/16 ozs Cheddar Cheese (shredded)
- 1 tsp Butter

Nutrition

Amount per serving	
Fat	22g
Carbs	39g
Fiber	7g
Protein	35g

Directions

- 1 Preheat a pan over medium-low heat.
- 2 In a bowl, mix together the tuna, celery, mayonnaise, and lemon juice. Season with salt and pepper.
- 3 Layer the spinach on top of a bread. Top with tuna mixture and cheddar cheese. Close the sandwich.
- 4 Add the butter to the preheated pan and place the sandwich in the skillet. Cook until lightly browned on one side, flip and cook until browned on the other side. Slice and enjoy!

Notes

More Flavor: Add parsley or dill.



English Muffin Tuna Melt

3 servings

5 minutes

Ingredients

- 2 cans Tuna (drained, flaked)
- 1/4 cup Mayonnaise
- 1/4 cup Chives (chopped, plus more for garnish)
- 1/8 tsp Sea Salt
- 6 ozs English Muffin (halved, lightly toasted)
- 1 oz Mozzarella Cheese (shredded)

Nutrition

Amount per serving	
Fat	18g
Carbs	28g
Fiber	8g
Protein	26g

Directions

- 1 Set your oven to broil.
- 2 In a bowl, stir together the tuna, mayonnaise, chives, and salt until well combined. Spread the tuna mixture evenly over each English muffin slice and sprinkle mozzarella on top.
- 3 Transfer to a baking sheet and broil in the oven for three minutes or until the cheese is melted. Garnish with more chives (optional). Enjoy!

Notes

Additional Toppings: Minced red onion, black pepper, sliced green onions, celery, mustard or sauerkraut.



Turkey Pita & Veggies Box

1 serving
10 minutes

Ingredients

- 1 oz Mini Whole Wheat Pita
- 1 1/2 ozs Cheddar Cheese (sliced)
- 2 ozs Turkey Breast, Cooked
- 3 tbsps Hummus
- 1 Carrot (small, cut into sticks)
- 1/2 stalk Celery (cut into sticks)

Nutrition

Amount per serving	
Fat	24g
Carbs	29g
Fiber	6g
Protein	33g

Directions

- 1 Cut the pita in half and stuff each half with cheese and turkey. Add the stuffed pita halves to a sectioned container, if using.
- 2 On the other side of the container, add the hummus to the corner and place the carrots and celery on top. Enjoy!

Notes

More Flavor: Add mustard or mayonnaise.

Additional Toppings: Add cucumber, bell peppers, baby spinach, and/or lettuce.



Tuna Salad Stuffed Pita

1 serving

10 minutes

Ingredients

1 can Tuna (drained)
2 tbsps Mayonnaise
1 tsp Capers
1 stalk Celery (diced)
Sea Salt & Black Pepper
1 1/2 ozs Mini Whole Wheat Pita (cut in half)

Nutrition

Amount per serving	
Fat	22g
Carbs	23g
Fiber	3g
Protein	37g

Directions

- 1 In a small bowl mix the tuna, mayonnaise, capers, and celery together. Season with sea salt and black pepper.
- 2 Stuff the tuna salad into the pita and enjoy!

Notes

More Flavor: Add chopped onion and/or gherkin pickles.



Tuna, Spinach & Feta Pita

2 servings

10 minutes

Ingredients

- 2 cans Tuna (drained, broken into chunks)
- 2 cups Baby Spinach (chopped)
- 1/2 stalk Green Onion (sliced)
- 1/4 cup Feta Cheese (crumbled)
- 1 tbsp Lemon Juice (to taste)
- 1 Whole Wheat Pita (sliced in half)

Nutrition

Amount per serving	
Fat	6g
Carbs	20g
Fiber	3g
Protein	39g

Directions

- 1 In a mixing bowl, combine the tuna, spinach, green onions, feta, and lemon juice.
- 2 Gently open each pita pocket and fill with the tuna mixture. Enjoy!

Notes

More Flavor: Add mustard, olive oil, or mayonnaise.

Additional Toppings: Add chopped celery, red onion, tomatoes or cucumber.



Tuna on a Bun

1 serving

5 minutes

Ingredients

1/2 can Tuna (drained)
1 tbsp Mayonnaise
Sea Salt & Black Pepper (to taste)
2 ozs Whole Wheat Bun
1/3 cup Pickle (sliced)
1/2 cup Mixed Greens

Nutrition

Amount per serving	
Fat	13g
Carbs	27g
Fiber	4g
Protein	23g

Directions

- 1 Combine the tuna, mayonnaise, salt, and pepper in a bowl. Mash with a fork until well combined.
- 2 Add the tuna to the bun and top with pickles and mixed greens. Enjoy!

Notes

Additional Toppings: Microgreens and tomato slices.



Open-Face Tuna Melt

2 servings

10 minutes

Ingredients

- 1 can Tuna (drained and flaked)
- 2 stalks Celery (thinly sliced)
- 1/2 cup Plain Greek Yogurt
- 1 1/2 tsps Apple Cider Vinegar
- 1 tbsp Dijon Mustard
- 1 1/2 tsps Fresh Dill
- 1 tsp Garlic Powder
- 1 1/3 ozs Swiss Cheese (sliced or shredded)
- 2 slices Bread

Nutrition

Amount per serving	
Fat	11g
Carbs	18g
Fiber	2g
Protein	29g

Directions

- 1 Adjust oven rack to the top, closest to the broiler. Set oven to low broil.
- 2 In a bowl, combine tuna, celery, yogurt, apple cider vinegar, dijon, dill and garlic powder.
- 3 Scoop tuna mixture onto bread and spread evenly. Top with Swiss cheese.
- 4 Broil in oven for about 3 to 5 minutes, or until cheese is melted and slightly browned. Watch closely for burning and do not leave unattended.
- 5 Remove from oven and enjoy!

Notes

Loaded Tuna Melt: Add minced red onion, sliced tomato and avocado.



Cranberry Chicken Salad Pita

2 servings

15 minutes

Ingredients

1 1/2 tps Mayonnaise
1/4 Lemon (medium, juiced)
1 1/2 tbsps Fresh Dill (chopped)
Sea Salt & Black Pepper (to taste)
6 ozs Chicken Breast, Cooked (cubed)
1/4 cup Dried Unsweetened
Cranberries
2 tbsps Red Onion (diced)
2 ozs Mini Whole Wheat Pita

Nutrition

Amount per serving	
Fat	5g
Carbs	27g
Fiber	3g
Protein	29g

Directions

- 1 In a bowl, whisk together the mayonnaise, lemon juice, dill, salt, and pepper.
- 2 Add the chicken, cranberries, and red onion to the mayonnaise mixture and stir well. Taste and adjust the seasoning to your taste.
- 3 Cut the pitas in half and stuff them with the chicken mixture. Enjoy!

Notes

No Dill: Use parsley instead.



Salmon Salad Stuffed Pita

1 serving
10 minutes

Ingredients

5 ozs Canned Wild Salmon (drained, boneless, skinless)
1/4 Lemon (medium, juiced)
1 tbsp Chives (chopped)
1 tbsp Fresh Dill (chopped)
1 1/2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
2 tsps Mayonnaise
1/4 Cucumber (sliced)
1 1/2 ozs Mini Whole Wheat Pita (cut in half)

Nutrition

Amount per serving	
Fat	36g
Carbs	26g
Fiber	3g
Protein	42g

Directions

- 1 Mix the salmon, lemon juice, chives, dill, oil, salt, and pepper together.
- 2 Spread the mayo inside of the pita and add the cucumber. Scoop the salmon salad into the pita halves and enjoy!

Notes

More Flavor: Add pickled red onions.



Ham & Cheese Egg Sandwich

2 servings

15 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 3 Egg (large, whisked)
- Sea Salt & Black Pepper (to taste)
- 1 oz Cheddar Cheese (grated)
- 4 ozs English Muffin (toasted)
- 1/2 cup Baby Spinach
- 1 1/2 ozs Sliced Ham

Nutrition

Amount per serving	
Fat	17g
Carbs	29g
Fiber	8g
Protein	20g

Directions

- 1 Heat the oil in a non-stick pan over medium-low heat. Add the eggs, salt, and pepper, and stir the mixture continuously until fluffy and set, about two to three minutes. Remove from the heat, add the cheese, and stir to combine.
- 2 Spoon the cheesy eggs onto the bottom half of each toasted English muffin. Top with spinach and ham. Close the sandwich and enjoy!

Notes

More Flavor: Use bacon instead of ham.

Additional Toppings: Sautéed mushrooms, tomatoes, or fresh herbs.



Fried Egg Sandwich

1 serving

5 minutes

Ingredients

1/2 tsp Extra Virgin Olive Oil
2 Egg
Sea Salt & Black Pepper
2 leaves Romaine
1/4 Tomato (sliced)
1/4 Avocado (sliced)
2 slices Whole Grain Bread (toasted)
1 tbsp Mayonnaise

Directions

1

Heat a small pan over medium heat. Warm the olive oil and crack the eggs in the pan. Season with salt and pepper. Cook until the whites are set and the yolk is cooked to your liking.

2

To assemble the sandwich, spread mayo on one slice of bread, layer the romaine leaves, tomato and avocado slices on top. Add the eggs and the remaining piece of toast on top to complete the sandwich. Serve immediately and enjoy.

Nutrition

Amount per serving	
Fat	33g
Carbs	44g
Fiber	11g
Protein	26g



Chicken, Lettuce & Tomato Sandwich

1 serving

5 minutes

Ingredients

2 slices Bread (toasted)
1 tbsp Mayonnaise
1 tbsp Dijon Mustard
4 ozs Chicken Breast, Cooked
1/2 Tomato (sliced)
1/8 head Iceberg Lettuce (torn into pieces)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	19g
Carbs	28g
Fiber	4g
Protein	40g

Directions

- 1 Spread one slice of the toast with mayo and the other slice with Dijon mustard. Layer on the chicken breast, tomato slices and lettuce. Season with salt and pepper to taste and top with the second slice of toast. Slice in half and enjoy!

Notes

No Bread: Use lettuce wraps or tortillas.

Additional Toppings: Add in cucumber, bell pepper slices, avocado, mushrooms or onions.



Chicken Club Lettuce Wrap Sandwich

1 serving
10 minutes

Ingredients

- 6 leaves Boston Lettuce (or iceberg lettuce)
- 1 tbsp Mayonnaise
- 3 ozs Sliced Turkey Breast (or about 6 slices)
- 2 slices Bacon (cooked)
- 1/4 Tomato (sliced thin)
- 1 piece Of Parchment Paper (about 14" x 14")

Nutrition

Amount per serving	
Fat	21g
Carbs	4g
Fiber	1g
Protein	19g

Directions

- 1 Place the parchment paper down on your work surface. Layer 6 to 7 large leaves of lettuce in the middle of parchment paper so that you create a lettuce base about 9 inches by 10 inches.
- 2 Spread the mayo in the center of the lettuce wrap. Layer with the chicken or turkey, bacon and tomato.
- 3 Starting with the end closest to you, roll the lettuce wraps jelly roll style using the parchment as your base as tight as possible.
- 4 Halfway through rolling, tuck the ends of the wraps towards the middle.
- 5 Continue to roll the lettuce wrap, keeping it as tight as possible and using the parchment paper to guide you.
- 6 When it is completely wrapped, roll the remainder of the parchment around the lettuce tightly.
- 7 Using a serrated knife, cut the lettuce wrap almost completely, leaving a small piece of the parchment intact to help hold it together.



Avocado Egg Salad Sandwich

1 serving

15 minutes

Ingredients

3 Egg (hardboiled)
1/4 Avocado
1/4 cup Baby Spinach (chopped)
3/4 tsp Dijon Mustard
1/16 Lemon (juiced)
Sea Salt & Black Pepper (to taste)
1 slice Sprouted Grain Bread (toasted,
or any bread)

Nutrition

Amount per serving	
Fat	24g
Carbs	18g
Fiber	5g
Protein	22g

Directions

- 1 Hardboiled eggs: Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Run under cold water to cool. Peel the eggs and chop roughly.
- 2 In a bowl, mash and combine the chop boiled eggs, avocado, baby spinach, dijon mustard, lemon juice, salt and pepper.
- 3 Spread onto toast and enjoy!

Notes

Add a Kick: Add red chili flakes or hot sauce.



Turkey & Swiss Sandwich

1 serving

5 minutes

Ingredients

- 1 tsp Dijon Mustard
- 2 slices Whole Grain Bread
- 2 leaves Romaine
- 1/2 Tomato (medium, thinly sliced)
- 1 1/16 ozs Swiss Cheese (sliced)
- 3 ozs Sliced Turkey Breast

Nutrition

Amount per serving	
Fat	16g
Carbs	42g
Fiber	8g
Protein	33g

Directions

1

Spread the mustard on the bread. Add the remaining sandwich toppings. Close the sandwich and enjoy!

Notes

Additional Toppings: Cucumber, pickles, onion, bell pepper, mayonnaise, or avocado.

No Turkey: Use sliced ham, chicken, or roast beef instead.



Ham Sandwich

1 serving

5 minutes

Ingredients

- 1 tsp Mayonnaise
- 1/2 tsp Yellow Mustard
- 2 slices Whole Grain Bread
- 2 leaves Romaine
- 1/2 Tomato (medium, thinly sliced)
- 3 ozs Sliced Ham

Nutrition

Amount per serving	
Fat	12g
Carbs	40g
Fiber	8g
Protein	29g

Directions

1

Spread the mayonnaise and yellow mustard on the bread. Add the remaining sandwich toppings. Close the sandwich and enjoy!

Notes

Additional Toppings: Cucumber, pickles, onion, bell pepper, cheese, or avocado.

No Ham: Use sliced turkey, chicken, or roast beef instead.



Chicken Salad Sandwich

1 serving

10 minutes

Ingredients

- 2 1/2 ozs Chicken Breast, Cooked (shredded)
- 1/2 stalk Celery (chopped)
- 1 tbsp Red Onion (finely chopped)
- 1 1/2 tsps Parsley (finely chopped)
- 2 tsps Mayonnaise
- 1/8 Lemon (juiced, zested)
- Sea Salt & Black Pepper (to taste)
- 2 slices Whole Grain Bread (toasted)

Nutrition

Amount per serving	
Fat	26g
Carbs	38g
Fiber	7g
Protein	33g

Directions

- 1 In a medium-sized bowl, add the chicken, celery, onion, parsley, mayo, lemon juice, zest, salt, and pepper. Mix well to incorporate.
- 2 Spread the chicken evenly over one slice of bread. Close the sandwich and enjoy!



Philly Cheesesteak Sandwich

4 servings

25 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil (divided)
- 12 ozs Top Sirloin Steak
- 1 tbsp Steak Spice Seasoning
- 3 1/2 ozs Mozzarella Cheese
- 1 Yellow Onion (medium, sliced)
- 1 Red Bell Pepper (medium, sliced)
- 1/4 cup Mayonnaise
- 8 ozs Whole Wheat Bun (toasted)
- 1/4 cup Barbecue Sauce
- 1 cup Mixed Greens

Nutrition

Amount per serving	
Fat	33g
Carbs	38g
Fiber	5g
Protein	29g

Directions

- 1 Heat half of the oil in a skillet over medium-high heat. Season both sides of the steak with the steak seasoning. Add the steak to the skillet and cook for about two minutes per side, or until it has reached your desired doneness.
- 2 Place the steak on a cutting board. Slice thinly and top with the cheese.
- 3 Reduce the heat to medium and add the remaining oil to the skillet. Cook the onions and the peppers for about five minutes, or until cooked through.
- 4 Spread the mayonnaise on the bottom of the bun. Top with sliced steak and cheese, barbecue sauce, peppers, onions, and greens. Serve immediately and enjoy!

Notes

More Flavor: Add garlic to the mayonnaise.



Roast Beef & Hummus Pita Sandwich

2 servings

10 minutes

Ingredients

1/4 cup Hummus
3 ozs Mini Whole Wheat Pita (cut in half)
6 ozs Deli Roast Beef
1/8 head Green Lettuce (leaves separated)

Nutrition

Amount per serving	
Fat	9g
Carbs	27g
Fiber	4g
Protein	26g

Directions

- 1 Spread the hummus inside of the pita. Add the roast beef and lettuce. Enjoy!

Notes

More Flavor: Add tomato and cucumber.



Turkey Club Sandwich

1 serving

15 minutes

Ingredients

- 1 tbsp Mayonnaise
- 1 tsp Dijon Mustard
- 2 slices Whole Grain Bread (toasted)
- 1 cup Mixed Greens
- 1 oz Cheddar Cheese (sliced)
- 1/4 Tomato (medium, sliced)
- 2 ozs Turkey Breast, Cooked (shredded)
- 2 slices Bacon, Cooked

Nutrition

Amount per serving	
Fat	31g
Carbs	39g
Fiber	7g
Protein	41g

Directions

- 1 Add the mayonnaise and mustard to one side of each slice of toast.
- 2 To assemble the sandwich: Place a slice of toast, mayonnaise side up. Add the cheese, and tomato. Then add the turkey, bacon, greens. Top with another slice of toast.
- 3 Slice into triangles and secure with toothpicks. Enjoy!

Notes

More Flavor: Add red onions, salt and/or pepper.



Toasted Reuben Sandwich with Sauerkraut

2 servings

15 minutes

Ingredients

- 4 slices Rye Bread
- 1 tbsp Butter
- 4 ozs Corned Beef (thinly sliced)
- 1/2 cup Sauerkraut (drained)
- 2 ozs Swiss Cheese (slices)
- 1 tbsp Dijon Mustard
- 1 tbsp Mayonnaise

Nutrition

Amount per serving	
Fat	32g
Carbs	26g
Fiber	4g
Protein	23g

Directions

- 1 Preheat the oven to 450°F (230°C). Line a baking sheet with parchment paper.
- 2 Toast the bread slices in the oven for two to three minutes then spread with butter on both sides.
- 3 Leave the bottom slice on the baking sheet. Top with corned beef, sauerkraut, and cheese. Bake until the cheese melts, for about five minutes.
- 4 Meanwhile, spread the mustard and mayonnaise on the other slice of bread. Close the sandwich once it's done cooking. Serve the sandwich warm. Enjoy!



Tuna & Cucumber Sandwich

1 serving
10 minutes

Ingredients

- 1 can Tuna
- 2 tbsps Mayonnaise
- 2 slices Whole Grain Bread (toasted)
- 1/4 Cucumber (sliced)

Nutrition

Amount per serving	
Fat	26g
Carbs	39g
Fiber	7g
Protein	44g

Directions

- 1 In a small bowl add the tuna and mayonnaise. Mix together until well combined.
- 2 Add the tuna to one piece of the toast and top with cucumber. Serve and enjoy!

Notes

Additional Toppings: Add sliced avocado or tomato.



Roast Beef Sandwich

2 servings

10 minutes

Ingredients

1 3/4 cups Coleslaw Mix
1/3 cup Mayonnaise
1 1/2 tsps Yellow Mustard
2 tsps Cow's Milk, Whole
6 ozs Deli Roast Beef
4 slices Whole Grain Bread

Directions

1

In a large mixing bowl, combine the coleslaw mix, mayonnaise, mustard and milk.

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2

Layer the coleslaw and roast beef between the slices of bread. Enjoy!

Nutrition

Amount per serving	
Fat	35g
Carbs	42g
Fiber	8g
Protein	32g



Salami & Roasted Red Pepper Sandwich

4 servings

10 minutes

Ingredients

- 10 ozs Focaccia (loaf)
- 1/4 cup Pesto
- 4 ozs Roasted Red Peppers (patted dry)
- 4 ozs Provolone Cheese
- 2 cups Mixed Greens
- 10 ozs Salami, Mild

Nutrition

Amount per serving	
Fat	37g
Carbs	31g
Fiber	2g
Protein	31g

Directions

- 1 Slice the focaccia loaf in half, horizontally. Spread the pesto on each half.
- 2 Add the peppers, provolone cheese, mixed greens, and salami in layers to the bottom slice of bread.
- 3 Top with the other half of the bread. Slice into one sandwich per serving and enjoy!

Notes

More Flavor: Press in a grill for a warm sandwich.



Italian-Style Club Sandwich

1 serving

5 minutes

Ingredients

2 tbsps Italian Dressing
2 slices Bread
1 oz Provolone Cheese
1 oz Sliced Ham
1 oz Prosciutto
2 ozs Salami, Mild
1/4 Tomato (medium, sliced)
1 oz Pepperoncini Peppers (chopped)
1/8 head Iceberg Lettuce (chopped)

Nutrition

Amount per serving	
Fat	32g
Carbs	33g
Fiber	4g
Protein	37g

Directions

- 1 Add the Italian dressing to each slice of bread.
- 2 On one piece of bread, add the cheese, ham, prosciutto, and salami. Top with tomato, pepperoncini, and lettuce and place the other slice of bread on top. Enjoy!

Notes

More Flavor: Add mustard or mayonnaise.

Additional Toppings: Add bacon.



Turkey Hummus Sandwich

1 serving

5 minutes

Ingredients

2 slices Bread
4 ozs Turkey Breast, Cooked
1 tbsp Hummus
1 1/2 tsps Dijon Mustard
1/2 cup Mixed Greens

Nutrition

Amount per serving	
Fat	10g
Carbs	27g
Fiber	3g
Protein	39g

Directions

- 1 Lightly toast the bread.
- 2 Spread one slice of the bread with hummus and mustard. Layer on the turkey and mixed greens. Place the second slice of bread over top. Slice and enjoy!

Notes

No Turkey: Use chicken breast instead.