



**Lunch Wraps for 5 Days!**  
*Makes 5 lunches for 2 people*

Packing lunch doesn't have to be a drag! It also doesn't need to require a lot of planning or prep time. Wraps are a delicious way to include nutritious veggies and lean proteins into your day. Prep vegetables on Sunday so that you're ready to eat these five healthy, simple, and filling wraps all week long!

***Veggie Ingredients:***

- 1 large carrot, julienned
- 1 english cucumber, julienned
- 1 red onion, sliced
- 1 red pepper, julienned
- 1 avocado, pitted and scored
- 10 oz cherry tomatoes, quartered
- 1 bag baby spinach, washed
- 1 bunch chives, chopped

***Meat & Accoutrements:***

- 10 oz hummus
- 4 tablespoons pesto
- 8 oz feta
- 8 oz cream cheese
- Dijon mustard
- 1 tbsp mayo
- 9 oz mesquite smoked turkey
- 10 tortillas\*

***Directions:***

1. JULIENNE, SLICE & QUARTER the veggies. Once prepped, wrap or place in an airtight container, and store in the refrigerator.

2. ASSEMBLING the wraps each morning is a breeze with all the prep done ahead!

**Day 1:** Spinach tortilla w/ hummus, Dijon mustard, cucumber, carrots, red pepper, avocado, chives.

**Day 2:** Sun-dried tomato tortilla, cream cheese, pesto, tomatoes, red pepper

**Day3:** Flour tortilla, hummus, spinach, feta, cucumber, onion tomatoes

**Day 4:** Whole wheat tortilla, cream cheese pesto, turkey, cucumber, red pepper, onion

**Day 5:** Flour tortilla, Dijon mustard, mayo, spinach, carrots, turkey, chives, feta

3. WRAP and pack into lunch boxes using a stay cool pack to maintain freshness.