

PESTO CHICKEN AND MOZZARELLA PEARLS WRAP

INGREDIENTS

Flour tortilla

Chicken breast, cooked
and sliced

Basil pesto

Mozzarella pearls

Spinach or arugula

Olive oil

Salt and pepper

450

CALORIES

32g

PROTEIN



DIRECTIONS

Toss chicken with pesto.

Warm tortilla slightly.

Add spinach, chicken, and mozzarella pearls.

Season lightly with salt and pepper.

Roll tightly into wrap.

Slice and serve fresh.

ROASTED SWEET POTATO AND BLACK BEAN WRAP

INGREDIENTS

Flour tortilla

Sweet potatoes, cubed

Black beans

Olive oil

Cumin and chili powder

Avocado or guacamole

Salsa

Lettuce (optional)

Salt and pepper

CALORIES

420

PROTEIN

14g



DIRECTIONS

1. Roast sweet potatoes with oil, salt, cumin, and chili until tender.
2. Warm black beans in a pan.
3. Layer tortilla with sweet potatoes, beans, and avocado.
4. Add salsa and lettuce.
5. Roll tightly into wrap.
6. Serve warm or cold.

BUFFALO CAULIFLOWER AND BLUE CHEESE WRAP

INGREDIENTS

Cauliflower florets
Buffalo sauce
Flour tortilla
Blue cheese or ranch dressing
Lettuce
Olive oil
Garlic powder
Salt and pepper

380
CALORIES

17g
PROTEIN



DIRECTIONS

1. Roast or air-fry cauliflower until crispy.
2. Toss cauliflower in buffalo sauce.
3. Warm tortilla slightly.
4. Add lettuce and buffalo cauliflower.
5. Drizzle blue cheese or ranch dressing.
6. Roll tightly and serve warm.

HUMMUS AND FALAFEL BENTO WRAP

INGREDIENTS

Flour tortilla or flatbread

Hummus

Falafel (cooked or store-bought)

Cucumber slices

Tomato slices

Lettuce or spinach

Lemon juice

Olive oil (optional)

CALORIES

PROTEIN

520

18g



DIRECTIONS

1. Warm falafel if needed.
2. Spread hummus evenly over tortilla.
3. Add lettuce, cucumber, and tomato.
4. Place falafel on top.
5. Drizzle lemon juice or olive oil.
6. Roll tightly into wrap and serve fresh.

CRISPY AIR-FRYER CHICKEN TENDER WRAP

INGREDIENTS

Chicken tenders
Flour tortilla
Lettuce
Tomato slices
Pickles (optional)
Mayo, ranch, or spicy sauce
Salt and pepper
Optional: cheese

CALORIES

520

CALORIES

PROTEIN

32g

PROTEIN



DIRECTIONS

1. Air-fry chicken tenders until golden and crispy.
2. Warm tortilla slightly.
3. Spread sauce on tortilla.
4. Add lettuce, tomato, pickles, and chicken tenders.
5. Roll tightly into wrap.
6. Slice and serve hot or fresh.

MOROCCAN LENTIL AND RICE WRAP

INGREDIENTS

Cooked lentils
Cooked rice
Olive oil
Cumin and paprika
Garlic, minced
Carrots, shredded
Raisins (optional)
Lemon juice
Flour tortilla

CALORIES

430

PROTEIN

16g



DIRECTIONS

1. Mix lentils and rice in a bowl.
2. Season with cumin, paprika, garlic, salt, and pepper.
3. Add carrots and raisins.
4. Drizzle olive oil and lemon juice.
5. Spoon mixture into tortilla.
6. Roll tightly and serve warm or cold.

LEMON GARLIC SALMON AND ARUGULA ROLL

INGREDIENTS

Salmon fillet
Tortilla or flatbread
Arugula
Lemon juice and zest
Garlic, minced
Olive oil
Salt and pepper
Optional: cream cheese
or yogurt spread

CALORIES	PROTEIN
420	32g



DIRECTIONS

1. Cook salmon with garlic, lemon, salt, and pepper.
2. Flake salmon into pieces.
3. Spread optional cream cheese on tortilla.
4. Add arugula and salmon.
5. Drizzle extra lemon juice.
6. Roll tightly and serve chilled or fresh.

CREAMY AVOCADO AND SMOKED TURKEY CLUB

INGREDIENTS

Bread or tortilla

Smoked turkey slices

Avocado, mashed or sliced

Lettuce

Tomato slices

Mayo or Greek yogurt (optional)

Salt and pepper

CALORIES: 430

PROTEIN: 28g

DIRECTIONS

1. Mash avocado and season lightly.
2. Spread on bread or tortilla.
3. Add turkey, lettuce, and tomato.
4. Add mayo or yogurt if desired.
5. Stack and close sandwich or wrap.
6. Slice and serve fresh.



BLACK BEAN AND SWEET CORN BURRITO WRAP

INGREDIENTS

Flour tortilla
Black beans
Sweet corn
Rice (optional)
Salsa
Avocado or guacamole
Lime juice
Cumin, chili powder
Cheese (optional)

CALORIES: 480

PROTEIN: 18g

DIRECTIONS

1. Season black beans and corn with spices and lime juice.
2. Warm tortilla slightly.
3. Layer beans, corn, rice, and avocado.
4. Add salsa and cheese if desired.
5. Roll tightly into wrap.
6. Slice and serve warm or cold.



CAJUN SHRIMP LETTUCE WRAPS

INGREDIENTS

Shrimp, peeled
Lettuce leaves (romaine or
butter lettuce)
Cajun seasoning
Garlic, minced
Olive oil
Lime juice
Optional: avocado, tomato

CALORIES

240

PROTEIN

24g

DIRECTIONS

1. Season shrimp with Cajun spices.
2. Sauté shrimp in olive oil until pink.
3. Add garlic and lime juice.
4. Spoon shrimp into lettuce leaves.
5. Add optional toppings like avocado.
6. Serve fresh as wraps.



MEDITERRANEAN HUMMUS AND CHICKPEA ROLL

INGREDIENTS

Flour tortilla or flatbread

Hummus

Chickpeas (cooked or canned)

Cucumber, sliced

Tomato, diced

Red onion, sliced

Olive oil

Lemon juice

Salt, pepper, oregano



430

CALORIES

18g

PROTEIN

DIRECTIONS

1. Mash chickpeas slightly (optional for easier rolling).
2. Spread hummus evenly over tortilla.
3. Add chickpeas and vegetables.
4. Drizzle olive oil and lemon juice.
5. Season with salt, pepper, and oregano.
6. Roll tightly and slice to serve.

GRILLED CHICKEN CAESAR WRAP

INGREDIENTS

Flour tortilla
Chicken breast
Caesar dressing
Romaine lettuce
Parmesan cheese
Salt and pepper
Optional: croutons, lemon juice



CALORIES

470

PROTEIN

38g

DIRECTIONS

1. Season and grill chicken until fully cooked, then slice.
2. Toss lettuce with Caesar dressing lightly.
3. Lay tortilla flat and add lettuce, chicken, and parmesan.
4. Add croutons if desired for crunch.
5. Roll tightly into wrap.
6. Slice and serve fresh or chilled.

BLACK BEAN AND AVOCADO EGG SCRAMBLE WRAP

INGREDIENTS

- Flour tortilla
- Eggs
- Black beans (cooked or canned)
- Avocado, sliced or mashed
- Olive oil or butter
- Salt and pepper
- Cumin or chili powder (optional)
- Salsa (optional)
- Cheese (optional)



440

CALORIES

22g

PROTEIN

DIRECTIONS

1. Heat oil in a pan and scramble eggs until fluffy.
2. Add black beans and season with salt, pepper, and spices.
3. Warm tortilla slightly.
4. Spread avocado on tortilla.
5. Add egg and black bean mixture on top.
6. Add salsa or cheese if desired, then roll and serve.

LEMON PEPPER TURKEY AND CUCUMBER RIBBON WRAP

INGREDIENTS

Flour tortilla

Turkey slices or cooked turkey breast

Cucumber ribbons (peeled into strips)

Lemon juice and zest

Black pepper

Cream cheese or yogurt spread (optional)

Salt

CALORIES

360

PROTEIN

28g



DIRECTIONS

1. Peel cucumber into thin ribbons.
2. Season turkey with lemon juice and black pepper.
3. Spread cream cheese or yogurt on tortilla.
4. Layer turkey and cucumber ribbons.
5. Roll tightly into wrap.
6. Slice and serve chilled.

CURRIED WALDORF CHICKEN SALAD WRAP

INGREDIENTS

Cooked chicken breast, shredded
Mayonnaise or Greek yogurt
Apple, diced
Celery, chopped
Walnuts
Curry powder
Salt and pepper
Flour tortilla or wrap

CALORIES

420

PROTEIN

28g



DIRECTIONS

Mix chicken, mayo, curry powder, salt, and pepper.
Add apple, celery, and walnuts.
Stir until creamy and combined.
Spread onto tortilla.
Roll tightly into wrap.
Slice and serve chilled.

ROASTED EGGPLANT AND RED PEPPER FLATBREAD ROLL

INGREDIENTS

Flatbread or tortilla
Eggplant, sliced
Red bell pepper, sliced
Olive oil
Garlic, minced
Salt and pepper
Hummus or yogurt spread (optional)
Fresh basil (optional)



CALORIES

320

kcal

PROTEIN

12

g

DIRECTIONS

1. Roast eggplant and red pepper with olive oil, salt, and pepper until tender.
2. Warm flatbread slightly.
3. Spread hummus or yogurt if using.
4. Add roasted vegetables and garlic.
5. Roll tightly into a wrap.
6. Slice and serve warm or cold.

ROAST BEEF AND SHARP CHEDDAR BAGEL WRAP

INGREDIENTS

Bagel or tortilla wrap
Roast beef slices
Sharp cheddar cheese
Lettuce
Tomato slices
Horseradish sauce or mayo (optional)
Salt and pepper

CALORIES

450

PROTEIN

28g



DIRECTIONS

1. Slice bagel or lay tortilla flat.
2. Spread horseradish sauce or mayo if using.
3. Layer roast beef, cheddar, lettuce, and tomato.
4. Season lightly with salt and pepper.
5. Roll or close into wrap/sandwich.
6. Slice and serve fresh or chilled.

BARBECUE SHREDDED PORK AND APPLE SLAW ROLL

INGREDIENTS

Flour tortilla or sandwich roll

Shredded pork

BBQ sauce

Green cabbage, shredded

Apple, thinly sliced or shredded

Mayonnaise or Greek yogurt

Apple cider vinegar or lemon juice

Salt and pepper

CALORIES

520

PROTEIN

29g



DIRECTIONS

1. Mix shredded pork with BBQ sauce.
2. Combine cabbage, apple, mayo/yogurt, and vinegar to make slaw.
3. Warm tortilla or roll.
4. Add BBQ pork and apple slaw.
5. Roll tightly or close sandwich.
6. Serve fresh.

TERIYAKI TOFU AND EDAMAME WRAP

INGREDIENTS

- Flour tortilla
- Firm tofu, pan-fried
- Edamame
- Teriyaki sauce
- Soy sauce (optional)
- Cabbage or lettuce
- Sesame seeds
- Green onions

CALORIES

470

PROTEIN

22g



INSTRUCTIONS

1. Pan-fry tofu until golden.
2. Toss tofu and edamame in teriyaki sauce.
3. Warm tortilla slightly.
4. Add cabbage/lettuce, tofu, and edamame.
5. Sprinkle sesame seeds and green onions.
6. Roll tightly and serve.

SWEET CHILI GROUND TURKEY PINWHEELS

INGREDIENTS

Flour tortillas

Ground turkey

Sweet chili sauce

Cream cheese (softened)

Lettuce or spinach

Garlic powder

Salt and pepper

Optional: shredded carrots

CALORIES: 220

PROTEIN: 20g

DIRECTIONS

1. Cook ground turkey until browned.
2. Stir in sweet chili sauce and season lightly.
3. Spread cream cheese over tortilla.
4. Add turkey mixture and greens.
5. Roll tightly into a log.
6. Slice into pinwheels and serve chilled.



LIME TILAPIA FISH WRAP

INGREDIENTS

Tilapia fillets
Flour tortilla
Lime juice
Garlic, minced
Olive oil
Lettuce
Tomato slices
Salt and pepper
Optional: yogurt sauce or mayo



CALORIES	PROTEIN
350	28g

DIRECTIONS

1. Season tilapia with salt, pepper, garlic, and lime juice.
2. Pan-cook until flaky and done.
3. Warm tortilla slightly.
4. Add lettuce, tomato, and cooked fish.
5. Drizzle yogurt sauce or mayo if desired.
6. Roll tightly and serve fresh.

SESAME GINGER BEEF AND CABBAGE WRAP

INGREDIENTS

Beef strips or ground beef

Cabbage, shredded

Soy sauce

Sesame oil

Ginger, minced

Garlic, minced

Flour tortilla or lettuce leaves

Green onions

CALORIES 380

PROTEIN 25g



DIRECTIONS

1. Cook beef until browned.
2. Add garlic and ginger; sauté briefly.
3. Stir in cabbage and cook until softened.
4. Add soy sauce and sesame oil.
5. Spoon into tortillas or lettuce leaves.
6. Garnish with green onions and serve.

SPICY KUNG PAO SHRIMP AND CELERY WRAP

INGREDIENTS

Shrimp, peeled
Celery, sliced thin
Soy sauce
Garlic, minced
Ginger, minced
Chili flakes or dried chili
Peanuts (optional)
Hoisin or chili sauce
Flour tortilla or lettuce wrap

CALORIES	PROTEIN
360	28g



DIRECTIONS

1. Sauté shrimp in oil until pink.
2. Add garlic, ginger, and chili.
3. Stir in soy sauce and hoisin sauce.
4. Add celery and toss briefly for crunch.
5. Spoon into tortilla or lettuce wrap.
6. Top with peanuts and serve.

TUNA SALAD AND PEPPER RING CRUNCH

INGREDIENTS

Canned tuna, drained

Mayonnaise or Greek yogurt

Salt and pepper

Lemon juice (optional)

Bell peppers, sliced into thick rings

Celery (optional)

Paprika (optional)



CALORIES

250

PROTEIN

22g

DIRECTIONS

1. Mix tuna with mayo, salt, pepper, and lemon juice.
2. Stir until creamy and smooth.
3. Slice bell peppers into thick rings.
4. Spoon tuna salad into pepper rings.
5. Add paprika or celery bits for crunch.
6. Serve chilled as a fresh snack or light meal.

HONEY GARLIC BEEF AND BROCCOLI ROLL

INGREDIENTS

Beef strips
Broccoli florets
Garlic, minced
Soy sauce
Honey
Olive oil or sesame oil
Flour tortilla or wrap
Salt and pepper

CALORIES

450

PROTEIN

28g



DIRECTIONS

1. Cook beef until browned.
2. Add broccoli and cook until tender-crisp.
3. Stir in garlic, soy sauce, and honey to glaze.
4. Cook until sauce thickens.
5. Spoon into tortilla.
6. Roll tightly and serve warm.

ITALIAN SALAMI AND PROVOLONE SUB WRAP

INGREDIENTS

Sub roll or tortilla
Salami slices
Provolone cheese
Lettuce
Tomato slices
Italian dressing or olive oil
Salt and pepper

CALORIES

480

PROTEIN

24g



DIRECTIONS

1. Lay bread or tortilla flat.
2. Add salami and provolone cheese.
3. Layer lettuce and tomato.
4. Drizzle Italian dressing or olive oil.
5. Season lightly with salt and pepper.
6. Roll or close and serve fresh.

COTTAGE CHEESE AND BERRY HONEY WRAP

INGREDIENTS

Flour tortilla

Cottage cheese

Mixed berries (strawberries,
blueberries, raspberries)

Honey

Granola (optional for crunch)

Cinnamon (optional)



320

CALORIES

18g

PROTEIN

DIRECTIONS

1. Spread cottage cheese evenly over tortilla.
2. Add mixed berries on top.
3. Drizzle honey over filling.
4. Add granola or cinnamon if desired.
5. Roll tightly into a wrap.
6. Slice and serve fresh or chilled.

GREEK SALAD AND FETA WRAP

INGREDIENTS

Flour tortilla
Cucumber, diced
Tomato, diced
Red onion, thin slices
Feta cheese
Olives (optional)
Olive oil
Lemon juice
Oregano
Salt and pepper



CALORIES	PROTEIN
370	16g

DIRECTIONS

1. Mix vegetables with olive oil, lemon juice, and oregano.
2. Warm tortilla slightly.
3. Spoon Greek salad mixture into wrap.
4. Add feta cheese and olives.
5. Roll tightly.
6. Serve fresh and chilled.