

MEDITERRANEAN FALAFEL WRAP

INGREDIENTS

- 4–6 falafel balls
- 1 large tortilla or pita wrap
- ½ cup cucumber, diced
- ½ cup tomato, diced
- ¼ cup red onion, sliced
- 2–3 tablespoons hummus
or tahini sauce
- Optional: lettuce, feta, olives

CALORIES **PROTEIN**

420
kcal

18
g



DIRECTIONS

1. Warm falafel if needed.
2. Spread hummus or tahini on wrap.
3. Add falafel and fresh vegetables.
4. Include optional feta or olives.
5. Roll tightly into wrap or fold pita-style.
6. Serve fresh or lightly warmed.

THAI-INSPIRED PEANUT VEGGIE WRAP

INGREDIENTS

- 2 large tortillas or wraps
- 1 cup shredded carrots
- 1 cup cucumber sticks
- 1 cup bell pepper slices
- 1 cup cabbage or slaw mix
- 2 tablespoons peanut butter
- 1 tablespoon soy sauce
- 1 teaspoon lime juice
- 1 teaspoon honey or maple syrup
- Optional: cilantro, chili flakes, sesame seeds

CALORIES

420

kcal

PROTEIN

14g

per serving



DIRECTIONS

1. Mix peanut butter, soy sauce, lime juice, and honey into a sauce.
2. Toss vegetables lightly in sauce or layer directly in wrap.
3. Warm tortilla slightly.
4. Add veggie mixture and extra sauce if desired.
5. Roll tightly into a wrap.
6. Slice and serve fresh and crunchy.

BBQ PULLED PORK WRAP

INGREDIENTS

- 2 cups pulled pork
- 2–3 tablespoons BBQ sauce
- 1 large tortilla or wrap
- 1 cup coleslaw mix
- 1 tablespoon mayo or vinegar dressing
- Optional: pickles, cheddar, hot sauce

CALORIES

520

PROTEIN

32g



DIRECTIONS

1. Mix pulled pork with BBQ sauce and warm in a pan.
2. Toss coleslaw with a little mayo or vinegar dressing.
3. Layer pork and slaw in tortilla.
4. Add optional pickles or cheese.
5. Roll tightly into a wrap.
6. Serve warm or chilled.

SWEET POTATO AND BLACK BEAN WRAP

INGREDIENTS

- 1 cup roasted sweet potato cubes
- 1 cup black beans, drained
- 1 large tortilla or wrap
- ½ teaspoon cumin
- ½ teaspoon chili powder
- 1 tablespoon salsa
- Optional: avocado, cheese, lime juice

CALORIES

420

PROTEIN

16g



DIRECTIONS

Warm sweet potatoes and black beans with cumin and chili powder. Mash lightly for easier wrapping if desired. Add mixture to tortilla with salsa. Top with optional avocado or cheese. Roll tightly into a wrap. Serve warm or at room temperature.

GREEK SALAD WRAP WITH FETA

INGREDIENTS

- 2 large tortillas or wraps
- 1 cup cucumber, diced
- 1 cup cherry tomatoes, halved
- ¼ cup red onion, thinly sliced
- ¼ cup feta cheese, crumbled
- 1–2 tablespoons olive oil
- 1 teaspoon lemon juice or red wine vinegar
- Optional: olives, oregano, hummus

CALORIES

360

CAL

PROTEIN

16

G



DIRECTIONS

1. Toss vegetables with olive oil, lemon juice, salt, and pepper.
2. Warm tortilla slightly for flexibility.
3. Spoon Greek salad mixture into wrap.
4. Add feta and optional olives or hummus.
5. Roll tightly and slice. Serve chilled or fresh.

APPLE AND CHEDDAR TURKEY WRAP

INGREDIENTS

- 2 large tortillas or wraps
- 4–6 slices turkey (deli or cooked)
- ½ green or red apple, thinly sliced
- 2–3 slices cheddar cheese
- 1 tablespoon mayo or honey mustard
- Optional: lettuce, black pepper, spinach

CALORIES	PROTEIN
380	27g

DIRECTIONS

1. Spread mayo or honey mustard on the tortilla.
2. Layer turkey, cheddar, and apple slices evenly.
3. Add optional lettuce or spinach for crunch.
4. Roll tightly into a wrap.
5. Slice in half and serve fresh.
6. Optional: toast lightly for a warm, melty version.



HUMMUS AND CRUNCHY VEGGIE WRAP

INGREDIENTS

2 large tortillas or wraps

½ cup hummus

1 cup shredded carrots

1 cup cucumber sticks or slices

1 cup lettuce or spinach

½ bell pepper, sliced

Optional: feta, olives, lemon juice

CALORIES

340

kcal

PROTEIN

13

g



DIRECTIONS

1. Spread hummus evenly on each tortilla.
2. Layer vegetables evenly over hummus.
3. Add optional feta or olives.
4. Roll tightly, folding edges inward.
5. Slice in half for serving.
6. Serve fresh and crisp.

TURKEY AND CRANBERRY CLUB WRAP

INGREDIENTS

- 2 large tortillas or wraps
- 4-6 slices turkey
- 2 slices bacon (optional)
- ¼ cup cranberry sauce
- 1 cup lettuce
- 2 slices tomato
- 2-3 slices cheese (Swiss or cheddar)
- Optional: mayo or mustard

CALORIES

450

PROTEIN

32g



DIRECTIONS

1. Warm tortillas slightly.
2. Spread cranberry sauce (and mayo if using) on wrap.
3. Layer turkey, bacon, cheese, lettuce, and tomato.
4. Roll tightly into a wrap.
5. Slice and serve.
6. Optional: grill briefly for a warm version.

APPLE, WALNUT, AND BLUE CHEESE WRAP

INGREDIENTS

2 large tortillas or wraps
1 apple, thinly sliced
¼ cup walnuts, chopped
¼ cup blue cheese, crumbled
1 cup spinach or arugula
1 tablespoon honey or
balsamic glaze
Optional: grilled chicken,
lemon juice

CALORIES

430

PROTEIN

16g

DIRECTIONS

1. Warm tortilla slightly.
2. Layer spinach, apple slices, walnuts, and blue cheese.
3. Drizzle lightly with honey or balsamic glaze.
4. Add optional protein if desired.
5. Roll tightly into wrap.
6. Slice and serve fresh.



PESTO AND WHITE BEAN VEGETARIAN WRAP

INGREDIENTS

- 1 cup canned white beans, drained
- 2 tablespoons basil pesto
- 1 large tortilla or wrap
- 1 cup spinach or arugula
- ½ cup cherry tomatoes, halved
- Optional: feta, cucumber, lemon juice

CALORIES

420

PROTEIN

18g

DIRECTIONS

1. Lightly mash white beans in a bowl.
2. Mix in pesto until creamy but chunky.
3. Warm tortilla slightly.
4. Spread bean-pesto mixture onto wrap.
5. Add greens and tomatoes.
6. Roll tightly and serve fresh.



CRANBERRY PECAN TURKEY SALAD WRAP

INGREDIENTS

2 cups cooked turkey, shredded

2-3 tablespoons mayo or
Greek yogurt

2 tablespoons dried cranberries

2 tablespoons chopped pecans

Salt and pepper to taste

2 large tortillas or wraps

Optional: celery, lettuce,
Dijon mustard

CALORIES

390

PROTEIN

32g



DIRECTIONS

1. Mix turkey, mayo, cranberries, pecans, salt, and pepper. Stir until creamy and evenly combined.
2. Warm tortilla slightly if desired.
3. Add turkey salad to wrap.
4. Roll tightly and slice.
5. Serve chilled or fresh.

BREAKFAST BURRITO WRAP

INGREDIENTS

- 2 large tortillas
- 4 eggs, scrambled
- ½ cup cooked potatoes or hash browns
- ¼ cup cheese (cheddar or Monterey Jack)
- 2–3 slices bacon or sausage (optional)
- Salt and pepper to taste
- Optional: salsa, avocado, hot sauce

CALORIES 520

PROTEIN 28g

DIRECTIONS

1. Scramble eggs and cook filling ingredients.
2. Warm tortillas until pliable.
3. Layer eggs, potatoes, meat, and cheese.
4. Add salsa or avocado if desired.
5. Roll tightly into burrito shape.
6. Serve warm.



ROASTED VEGETABLE AND GOAT CHEESE WRAP

INGREDIENTS

2 cups roasted vegetables
(zucchini, peppers, onion, etc.)

2 large tortillas or wraps

2–3 tablespoons goat cheese

1 tablespoon olive oil

Salt and pepper to taste

Optional: balsamic glaze,
spinach, pesto

CALORIES: 420

PROTEIN: 14G



DIRECTIONS

1. Roast vegetables until tender and slightly caramelized.
2. Warm tortilla slightly.
3. Spread goat cheese on wrap.
4. Add roasted vegetables and optional greens.
5. Drizzle olive oil or balsamic glaze.
6. Roll tightly and serve warm or room temperature.

PHILLY CHEESESTEAK WRAP

INGREDIENTS

- 2 large tortillas or wraps
- 300–400g thinly sliced beef (or shaved steak)
- 1 onion, sliced
- 1 bell pepper, sliced
- 2–3 slices provolone or American cheese
- 1 tablespoon oil
- Salt and pepper to taste
- Optional: mushrooms, garlic powder, mayo

CALORIES	PROTEIN
620	36g



DIRECTIONS

1. Heat oil in a skillet over medium-high heat.
2. Sauté onion and bell pepper until softened.
3. Add beef, season with salt and pepper, and cook until browned.
4. Mix everything together and layer cheese on top to melt.
5. Warm tortilla slightly for flexibility.
6. Fill wrap, roll tightly, and serve warm.

SPICY SHRIMP AND SLAW WRAP

INGREDIENTS

- 200–300g shrimp, peeled
- 1 tablespoon oil or butter
- 1–2 teaspoons chili powder or hot sauce
- 2 cups coleslaw mix
- 2 tablespoons mayo or Greek yogurt
- 1 teaspoon lime juice
- 1 large tortilla or wrap
- Optional: avocado, cilantro, garlic

CALORIES

480

PROTEIN

32g



DIRECTIONS

1. Cook shrimp in oil with chili seasoning until pink and cooked through.
2. Mix slaw with mayo and lime juice.
3. Warm tortilla slightly.
4. Add shrimp and slaw to wrap.
5. Roll tightly and slice.
6. Serve warm or chilled.

EGG SALAD AND CHIVE WRAP

INGREDIENTS

- 3–4 hard-boiled eggs, chopped
- 2 tablespoons mayo or Greek yogurt
- 1 teaspoon mustard (optional)
- 1 tablespoon chopped fresh chives
- Salt and pepper to taste
- 1 large tortilla or wrap
- Optional: lettuce, paprika, celery

CALORIES

360

PROTEIN

20g



DIRECTIONS

1. Mix eggs, mayo, mustard, chives, salt, and pepper.
Stir until creamy and well combined.
2. Warm tortilla slightly if desired.
3. Spread egg salad onto wrap.
4. Add optional lettuce or celery for crunch.
5. Roll tightly, slice, and serve.

PESTO GRILLED CHICKEN WRAP

INGREDIENTS

- 2 large tortillas or wraps
- 2 cups cooked chicken, sliced
- 2–3 tablespoons basil pesto
- 1 cup spinach or arugula
- 2–3 slices mozzarella or provolone
- Optional: sun-dried tomatoes, roasted red peppers



CALORIES

520

PROTEIN

36g

DIRECTIONS

1. Toss chicken with pesto until evenly coated.
2. Warm tortilla slightly for flexibility.
3. Layer chicken, greens, and cheese in wrap.
4. Add optional vegetables for extra flavor.
5. Roll tightly and press in a skillet if desired.
6. Slice and serve warm or cold.

B.L.T. and Avocado Wrap

INGREDIENTS

- 2–3 slices cooked bacon
- 1 large tortilla or wrap
- 1 cup lettuce
- 2 slices tomato
- ½ avocado, sliced
- 1 tablespoon mayo
- Optional: black pepper, lemon juice

CALORIES

430

PROTEIN

18g

DIRECTIONS

1. Spread mayo on tortilla.
2. Layer bacon, lettuce, tomato, and avocado.
3. Season with black pepper if desired.
4. Roll tightly into a wrap.
5. Slice and serve immediately. Optional: toast for a warm BLT wrap.



TUNA SALAD AND SPROUTS WRAP

INGREDIENTS

- 1 can tuna, drained
- 2 tablespoons mayo or Greek yogurt
- 1 teaspoon mustard (optional)
- Salt and pepper to taste
- 1 large tortilla or wrap
- 1 cup alfalfa or bean sprouts
- Optional: celery, pickles, lettuce, lemon juice

CALORIES

320

PROTEIN

24g

DIRECTIONS

1. Mix tuna, mayo, mustard, salt, and pepper.
2. Warm tortilla slightly if desired.
3. Spread tuna mixture over wrap.
4. Add sprouts and optional crunchy vegetables.
5. Roll tightly into a wrap.
6. Slice and serve fresh.



ROAST BEEF AND HORSERADISH WRAP

INGREDIENTS

- 2 large tortillas or wraps
- 4–6 slices roast beef
- 1–2 tablespoons horseradish sauce
- 1 cup arugula or lettuce
- 2–3 slices tomato
- Optional: Swiss cheese, pickles, mustard

CALORIES

420

PROTEIN

29g



DIRECTIONS

1. Spread horseradish sauce on tortilla.
2. Layer roast beef, greens, and tomato.
3. Add optional cheese or pickles.
4. Roll tightly into a wrap.
5. Slice in half and serve.
6. Optional: press briefly for a warm version.

SOUTHWEST BLACK BEAN AND CORN WRAP

INGREDIENTS

1 cup black beans, drained

1 cup corn

1 large tortilla or wrap

½ avocado, sliced or mashed

1 teaspoon cumin

1 teaspoon chili powder

2 tablespoons salsa

Optional: cheese, lettuce,
lime juice

CALORIES

380

PROTEIN

14g



DIRECTIONS

Mix black beans, corn, cumin, chili powder, and salsa.

Warm tortilla slightly. Layer bean mixture, avocado, and optional toppings. Roll tightly into a wrap.

Slice and serve. Optional: toast for a warm wrap.

SWEET POTATO AND AVOCADO CRUNCH WRAP

INGREDIENTS

- 2 large tortillas or wraps
- 1 cup roasted sweet potato cubes
- ½ avocado, sliced or mashed
- 1 cup lettuce or cabbage slaw
- 2 tablespoons Greek yogurt or mayo
- 1 teaspoon lime juice
- Salt and pepper to taste
- Optional: black beans, corn, hot sauce, cilantro, tortilla chips (for crunch)

CALORIES

520

PROTEIN

18g



DIRECTIONS

1. Roast or warm sweet potatoes until tender.
2. Mix yogurt/mayo with lime juice, salt, and pepper.
3. Warm tortillas slightly for flexibility.
4. Layer sweet potato, avocado, and lettuce/slau.
5. Add optional beans, corn, or crushed tortilla chips for crunch.
6. Roll tightly and serve fresh.

BUFFALO CHICKEN WRAP

INGREDIENTS

2 cups cooked chicken, shredded

2–3 tablespoons buffalo sauce

2 tablespoons ranch or
blue cheese dressing

1 large tortilla or wrap

1 cup lettuce

Optional: celery,
cheddar cheese

CALORIES

430

PROTEIN

34g

DIRECTIONS

1. Toss chicken with buffalo sauce.
2. Warm tortilla slightly.
3. Add lettuce, buffalo chicken, and dressing.
4. Add optional celery or cheese.
5. Roll tightly into a wrap.
6. Serve warm or cold.



MEDITERRANEAN TURKEY AND TZATZIKI WRAP

INGREDIENTS

- 2 large tortillas or wraps
- 2 cups cooked or deli turkey slices
- 3–4 tablespoons tzatziki sauce
- 1 cup cucumber, sliced
- ½ cup tomato, diced or sliced
- ¼ cup red onion, thinly sliced
- Optional: feta, olives, lettuce

CALORIES

420

PROTEIN

32g



DIRECTIONS

1. Warm tortilla slightly.
2. Spread tzatziki evenly over wrap.
3. Layer turkey and vegetables.
4. Add feta or olives if desired.
5. Roll tightly into wrap.
6. Slice and serve chilled or fresh.

LEMON HERB TILAPIA WRAP

INGREDIENTS

- 2 large tortillas or wraps
- 2 tilapia fillets
- 1 tablespoon olive oil
- Juice of 1 lemon
- 1 teaspoon garlic powder
(or 2 garlic cloves, minced)
- Salt and pepper to taste
- 1 cup lettuce or spinach
- Optional: cucumber, tzatziki,
avocado, dill

CALORIES

430

CALORIES

PROTEIN

34g

PROTEIN



DIRECTIONS

1. Season tilapia with olive oil, lemon juice, garlic, salt, and pepper.
2. Pan-sear or bake until fish is cooked and flakes easily (about 8–12 min).
3. Warm tortillas slightly for flexibility.
4. Flake tilapia into chunks.
5. Layer lettuce and fish into wrap.
6. Add optional toppings like tzatziki or cucumber and roll tightly.

PEANUT BUTTER, BANANA, AND GRANOLA WRAP

INGREDIENTS

- 2 large tortillas or wraps
- 2–3 tablespoons peanut butter
- 1 banana, sliced
- ¼ cup granola
- Optional: honey, cinnamon, chia seeds

CALORIES

430

PROTEIN

14g

DIRECTIONS

1. Spread peanut butter across tortilla.
2. Add banana slices evenly.
3. Sprinkle granola on top.
4. Add optional honey or cinnamon.
5. Roll tightly into wrap.
6. Slice and serve immediately.



BARBECUE CHICKEN AND PINEAPPLE WRAP

INGREDIENTS

- 2 large tortillas or wraps
- 2 cups cooked chicken, shredded or sliced
- 2–3 tablespoons BBQ sauce
- ½ cup pineapple chunks
- 1 cup coleslaw mix or lettuce
- Optional: cheddar cheese, pickles, red onion

CALORIES

530

PROTEIN

36g



DIRECTIONS

1. Toss chicken with BBQ sauce and warm in a skillet.
2. Warm tortilla slightly for flexibility.
3. Layer chicken, pineapple, and slaw/lettuce.
4. Add optional cheese or onion for extra flavor.
5. Roll tightly into a wrap.
6. Slice and serve warm or chilled.

COBB SALAD WRAP

INGREDIENTS

- 2 large tortillas or wraps
- 2 cups cooked chicken, sliced
- 2 slices bacon, cooked and crumbled
- 2 hard-boiled eggs, sliced
- 1 cup lettuce
- ½ avocado, sliced
- 2–3 tablespoons ranch or blue cheese dressing
- Optional: tomato, cheddar cheese

CALORIES	PROTEIN
540	36g

DIRECTIONS

1. Warm tortilla slightly.
2. Layer lettuce, chicken, bacon, eggs, and avocado.
3. Drizzle with dressing.
4. Add optional toppings like tomato or cheese.
5. Roll tightly into a wrap.
6. Slice and serve fresh.



MAPLE DIJON HAM AND SWISS WRAP

INGREDIENTS

- 2 large tortillas or wraps
- 4–6 slices ham
- 2–3 slices Swiss cheese
- 1 tablespoon Dijon mustard
- 1 teaspoon maple syrup
- Optional: lettuce, pickles, spinach

CALORIES

490

PROTEIN

28g



DIRECTIONS

1. Mix Dijon mustard and maple syrup.
2. Spread mixture on tortilla.
3. Layer ham, Swiss cheese, and greens.
4. Roll tightly into wrap.
5. Optional: grill lightly for a warm melt.
6. Slice and serve.

SWEET CHILI TOFU WRAP

INGREDIENTS

- 200g firm tofu, cubed
- 2 tablespoons sweet chili sauce
- 1 teaspoon soy sauce
- 1 tablespoon oil
- 1 cup shredded cabbage or lettuce
- 1 large tortilla or wrap
- Optional: carrots, cucumber, sesame seeds, lime

CALORIES
430

PROTEIN
22g

DIRECTIONS

1. Pan-fry tofu in oil until golden on all sides.
2. Add sweet chili sauce and soy sauce; toss to coat.
3. Warm tortilla slightly.
4. Add tofu and fresh vegetables.
5. Roll tightly into a wrap.
6. Sprinkle sesame seeds if desired.



CAPRESE WRAP

INGREDIENTS

- 2 large tortillas or wraps
- 1–2 cups fresh mozzarella, sliced
- 1–2 cups cherry tomatoes, halved
- Fresh basil leaves
- 1–2 tablespoons balsamic glaze
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: arugula, pesto

CALORIES

430

PROTEIN

22g

DIRECTIONS

1. Warm tortilla slightly for flexibility.
2. Layer mozzarella, tomatoes, and basil.
3. Drizzle with olive oil and balsamic glaze.
4. Add salt and pepper to taste.
5. Roll tightly into a wrap.
6. Serve fresh or lightly pressed.



CLUB WRAP WITH TURKEY, HAM, AND BACON

INGREDIENTS

- 2 large tortillas or wraps
- 3-4 slices turkey
- 3-4 slices ham
- 2-3 slices cooked bacon
- 1 cup lettuce
- 2 slices tomato
- 2-3 slices cheese (optional)
- 1-2 tablespoons mayo
- Optional: mustard, avocado

560

CALORIES

34g

PROTEIN



DIRECTIONS

1. Spread mayo on tortilla.
2. Layer turkey, ham, bacon, lettuce, and tomato.
3. Add cheese or avocado if desired.
4. Roll tightly into a wrap.
5. Slice in half and serve fresh.
6. Optional: grill briefly for a warm club wrap.

ROASTED CHICKPEA AND TAHINI WRAP

INGREDIENTS

- 1 cup chickpeas, drained
- 1 tablespoon olive oil
- 1 teaspoon paprika or cumin
- Salt and pepper to taste
- 2 tablespoons tahini
- 1 tablespoon lemon juice
- 1 large tortilla or wrap
- Optional: cucumber, tomato, spinach, pickles



CALORIES

420

PROTEIN

16g

DIRECTIONS

1. Roast chickpeas in a pan or oven with oil and spices until crispy.
2. Mix tahini with lemon juice and a splash of water for sauce.
3. Warm tortilla slightly.
4. Spread tahini sauce, add chickpeas and veggies.
5. Roll tightly into a wrap.
6. Serve warm or at room temperature.

CHICKEN FAJITA WRAP

INGREDIENTS

- 2 cups cooked chicken, sliced
- 1 bell pepper, sliced
- 1 onion, sliced
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 tablespoon oil
- 1 large tortilla or wrap
- Optional: sour cream, salsa, cheese

CALORIES

490 kcal

PROTEIN

36 g



DIRECTIONS

1. Sauté pepper and onion in oil until tender.
2. Add chicken and spices; warm through.
3. Warm tortilla.
4. Fill with chicken fajita mixture and toppings.
5. Roll tightly into a wrap.
6. Serve warm.

BLACK BEAN AND MANGO SALSA WRAP

INGREDIENTS

- 1 cup black beans, drained
- 1 ripe mango, diced
- 1 cup red bell pepper, diced
- 1 tablespoon lime juice
- 1 teaspoon cumin
- 1 large tortilla or wrap
- Optional: avocado, cilantro, lettuce, hot sauce



420

CALORIES

14g

PROTEIN

DIRECTIONS

1. Mix black beans, mango, bell pepper, lime juice, and cumin.
2. Warm tortilla slightly.
3. Spoon mixture into wrap.
4. Add optional avocado or cilantro.
5. Roll tightly into a wrap.
6. Serve fresh and chilled.

TERIYAKI CHICKEN AND RICE WRAP

INGREDIENTS

- 2 large tortillas or wraps
- 2 cups cooked chicken, sliced
- 1 cup cooked rice
- 2–3 tablespoons teriyaki sauce
- 1 cup shredded cabbage or lettuce
- Optional: sesame seeds, green onions, cucumber

CALORIES

520

PROTEIN

32g



DIRECTIONS

1. Toss chicken with teriyaki sauce and warm in a pan.
2. Warm tortillas slightly.
3. Layer rice, chicken, and crunchy vegetables.
4. Add extra sauce if desired.
5. Roll tightly into a wrap.
6. Slice and serve warm or chilled.

BACON, EGG, AND CHEESE BREAKFAST WRAP

INGREDIENTS

2 large tortillas or wraps

3–4 eggs, scrambled

2–3 slices bacon, cooked

¼–½ cup shredded cheese

(cheddar or American)

Salt and pepper to taste

Optional: hot sauce, spinach,
hash browns



CALORIES

520

PROTEIN

28g

DIRECTIONS

1. Scramble eggs and cook bacon until crisp.
2. Warm tortillas.
3. Layer eggs, bacon, and cheese.
4. Add optional toppings like hot sauce or spinach.
5. Roll tightly into wraps.
6. Serve warm.

TEX-MEX GROUND BEEF WRAP

INGREDIENTS

- 300–400g ground beef
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 tablespoon olive oil
- ½ cup salsa
- 1 cup lettuce
- 2 large tortillas or wraps
- Optional: cheese, avocado, sour cream

CALORIES

520

PROTEIN

28g

DIRECTIONS

1. Brown ground beef in a skillet.
2. Add cumin, chili powder, salt, and pepper.
3. Stir in salsa and cook until combined.
4. Warm tortillas.
5. Fill with beef, lettuce, and optional toppings.
6. Roll tightly and serve warm.



HUMMUS AND ROASTED RED PEPPER WRAP

INGREDIENTS

2 large tortillas or wraps

½ cup hummus

1 cup roasted red peppers, sliced

1 cup spinach or mixed greens

Optional: cucumber, feta, olives,
lemon juice

CALORIES
410

PROTEIN
14g

DIRECTIONS

1. Spread hummus evenly over tortilla.
2. Add roasted red peppers and greens.
3. Layer optional veggies or feta.
4. Warm lightly or keep fresh.
5. Roll tightly into a wrap.
6. Slice and serve.



SMOKED SALMON AND HERB CREAM CHEESE WRAP

INGREDIENTS

- 2 large tortillas or wraps
- 4–6 slices smoked salmon
- 2–3 tablespoons herb cream cheese
- 1 cup spinach or arugula
- ½ cucumber, thinly sliced
- Optional: capers, dill, lemon juice



360

CALORIES

22g

PROTEIN

DIRECTIONS

1. Spread herb cream cheese over wrap.
2. Layer smoked salmon and vegetables.
3. Add optional capers or dill.
4. Roll tightly into wrap.
5. Slice in half and serve chilled.
6. Best served fresh.

GREEK YOGURT CHICKEN SALAD WRAP

INGREDIENTS

- 2 cups cooked chicken, shredded
- 3 tablespoons Greek yogurt
- 1 teaspoon mustard (optional)
- 1 teaspoon lemon juice
- Salt and pepper to taste
- 1 large tortilla or wrap
- Optional: celery, grapes, nuts, lettuce

CALORIES

360

PROTEIN

32g



DIRECTIONS

1. Mix chicken, Greek yogurt, lemon juice, salt, and pepper.
2. Stir until creamy and well combined.
3. Add optional mix-ins like celery or grapes.
4. Warm tortilla slightly if desired.
5. Fill wrap and roll tightly.
6. Serve chilled or fresh.