

Easy Healthy Lunch Wraps

Peanut butter or almond butter wraps:

Peanut butter and jelly
Peanut butter and banana
Peanut butter and sliced strawberries
Peanut butter and sliced apple
Peanut butter, cinnamon and raisins
Peanut butter and Nutella

Classic wraps:

BLT wrap (add avocado for a BLAT)
Chicken salad wrap
Egg salad wrap
Tuna salad wrap (be mindful of the possible smell)
Chicken, bacon and Ranch wraps
Roast beef with mayo or mustard (or horseradish mayo)
Ham and cheese, turkey and cheese, rotisserie chicken and cheese
Pulled pork with BBQ sauce and pickles
Steak and cheese wrap
Pizza wrap with marinara, shredded mozzarella and pepperoni

Hummus wraps:

Hummus with cheese (shredded or sliced)
Hummus with veggies (such as chopped peppers, cucumber, carrots and/or tomatoes)
Hummus with turkey or chicken
Use regular hummus or mix it up with a flavored hummus

Avocado/guac wraps:

Avocado or guac with black beans and cheese
Avocado or guac with tomatoes or salsa
Avocado or guac with Greek yogurt
Avocado or guac with turkey or chicken
Avocado or guac with sliced hard-boiled eggs

Bean-based wraps:

Black beans with chicken, cheese, lettuce and/or salsa

Refried beans with chicken, cheese, lettuce and/or salsa

Refried beans mixed with salsa and served in a wrap with chicken or turkey, cheese, bell pepper strips or zucchini strips

Cannellini beans mashed and served with goat cheese and/or veggies

Cream cheese wraps:

Cream cheese with jelly (any flavor)

Cream cheese with fresh fruit (such as sliced strawberries or peaches)

Cream cheese with honey and chia seeds (or mini chocolate chips!)

Cream cheese with turkey or chicken, lettuce and tomato