



Turkey Lettuce Wrap

When: late-day post workout snack or anytime snack

why: high protein, low-calorie, low-carb snack to tide you over until the next meal

Ingredients:

1 Lettuce leaf (iceberg or romaine)

1 oz. deli sliced turkey

1-2 slices of cucumber

Dijon mustard

Directions:

Lay the lettuce leaf flat, place turkey slice on first, next the cucumber slices.

Add 1 tsp of mustard. Tightly roll up the lettuce leaf.

