

## Turkey Wrap

2 thinly sliced pieces of deli turkey

½ tomato

2 leaves green lettuce

1 soft whole wheat tortilla

Optional: mustard, or fat-free mayonnaise

<b>NUTRITION</b>	
Calories	201
Fat	5 g

1. Place lettuce on tortilla.
2. Put turkey on top of lettuce
3. Place sliced tomato on top of turkey
4. Add optional mustard or mayo
5. Roll up. Eat!