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Lunch

Sandwiches & Wraps

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Healthy Chicken Avocado Wrap

Veronika's Kitchen



8 servings



20 minutes

INGREDIENTS

2 chicken breasts, cooked and sliced

8 large burrito size tortillas

3 cups lettuce, chopped

1 large tomato, diced

1 avocado diced

1 cup sour cream

3 cups yellow sharp cheddar cheese, grated



INSTRUCTIONS

Cook the chicken

1. Rinse and pat dry chicken breasts. Season with salt and pepper on both sides. Preheat a pan on medium/high heat and add 2 tablespoons olive oil. Place the meat on the skillet and cover with a lid. Cook for about 5-7 minutes, then flip and cook for another 5 minutes. The timing will depend on the size of the chicken. Make sure that the internal temperature will reach 165-170°F.

Assemble

1. Slice cooked or grilled chicken, chop lettuce, tomatoes, and avocado, and grate sharp cheddar.
2. Put a large burrito size tortilla on a plate, layer with about ½ cup chopped lettuce, ¼ cup tomatoes, avocado, a tablespoon sour cream, few slices of grilled chicken, and top with ¼ cup grated sharp cheddar.
3. Wrap them like an envelope. Repeat the same with the rest of the ingredients.
4. Preheat a pan on medium high heat (you DON'T need to grease it with oil). Place the wraps with edges down and grill for a couple of minutes, until brown/golden color, then flip and grill on the other side.

NUTRITIONAL INFORMATION

Calories 471

Fat 27.75g

Protein 27.75g

Sugars 3.75g

Carbohydrates: 20.25g

Mediterranean Chicken Wrap

Homemade Mastery



4 servings



30 minutes

INGREDIENTS

1 1/2 lbs / 650g chicken breast, skinless, boneless

3 garlic cloves, minced

1 tsp chili flakes

1 tsp ground black pepper

1 1/2 tsp mint, dried

1/2 cup yogurt

1/2 tsp dill, dried or 1 tbs fresh

salt and pepper to taste

hummus

1 cup chopped cabbage

everyday salad

cooked broccoli

3-4 tortillas



INSTRUCTIONS

1. Chop the vegetables for the salad and prepare the salad.
2. Make the garlicky yogurt sauce: mix the yogurt with 1 garlic clove, a pinch of salt and the dill until smooth.
3. Chop the chicken in bite-sized pieces and add it to a non-stick pan with 1 Tbsp olive oil, cooking at medium-high heat. Add 2 cloves of garlic, the chili flakes, black pepper and dried mint and stir together until the chicken is coated. Cook for 8-10 minutes or until the chicken is golden brown.
4. Assemble the wraps: Fill with as much as you like...In the center of a tortilla add the chopped lettuce or cabbage, the chicken, cooked broccoli (if using), some salad, the hummus and the tzatziki. Wrap like a burrito and enjoy immediately.

NUTRITIONAL INFORMATION

Calories 488

Fat 11g

Protein 58 g

Sugars 3 g

Carbohydrates:35 g

(doesn't include fruit)

Southwestern Wraps

Jo Cooks



7 servings



20 minutes

INGREDIENTS

1 tablespoon olive oil

8 ounce chicken cooked and shredded

1 teaspoon cumin ground

1 teaspoon chili powder ground

1 teaspoon garlic powder

1 teaspoon onion powder

1 cup corn kernels frozen

1 jalapeno chopped

1 cup canned black beans drained and rinsed

1/4 cup green onions chopped

1/4 cup cilantro chopped

4 cup fresh spinach

1 cup roasted red peppers roughly chopped

1 cup sour cream low fat

1/2 cup blue cheese crumbled

- juice from 1/2 lime
- 7 Flatout flatbreads
- 1 cup Monterey Jack cheese shredded



INSTRUCTIONS

1. Heat the olive oil in a large skillet over medium-high heat. Add the cooked chicken, cumin, chili powder, garlic powder, onion powder and stir to make sure the chicken is coated in the spices. Cook for 1 or 2 minutes until the chicken warms up.
2. Add the corn, black beans, green onions, cilantro and stir. Cook for 1 more minute until everything warms through.
3. Add the spinach and roasted red peppers to the skillet and cook for a couple more minutes until the spinach cooks down. Remove from heat.
4. In a small bowl whisk together the sour cream, blue cheese and the lime juice.
5. Spread about 2 tbsp of the sour cream/blue cheese mixture over a flatbread evenly, then add about 1/4 cup of the chicken mixture and spread evenly over the flatbread. Sprinkle with some Monterey Jack cheese then roll the flatbread to form a wrap. Cut in half and serve.

NUTRITIONAL INFORMATION

Calories 281

Fat 19g

Protein 22g

Sugars 13g

Carbohydrates 64g

Turkey Reuben Sandwich

ETNT



4 servings



5 minutes

INGREDIENTS

¼ cup ketchup

¼ cup olive oil mayonnaise

2 Tbsp relish

Few dashes Tabasco sauce

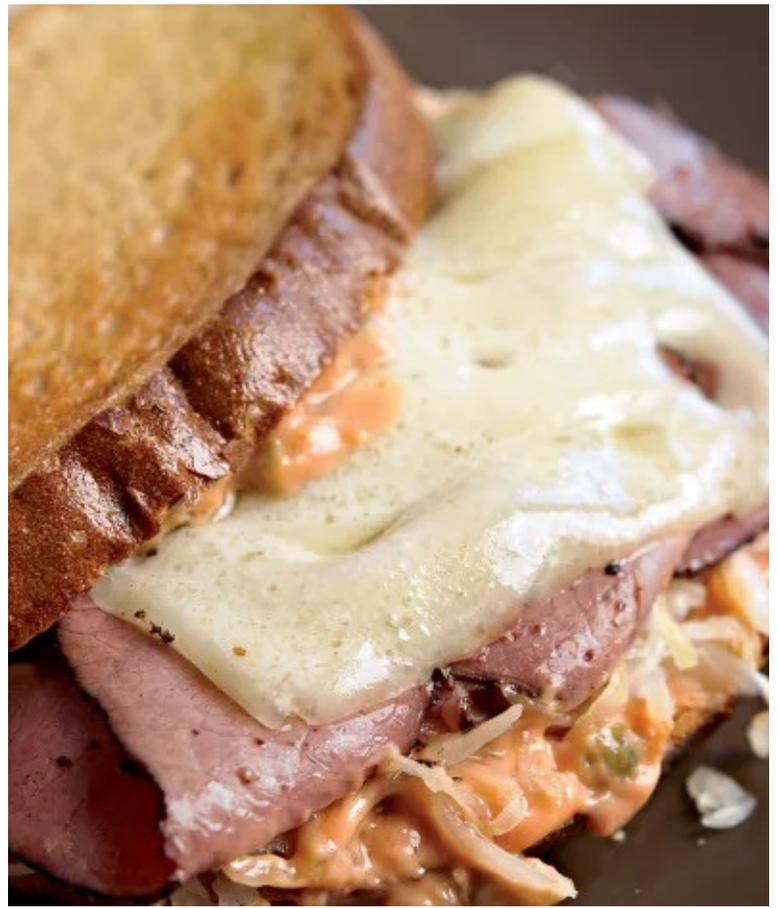
Black pepper to taste

1 lb turkey pastrami (or, failing that, regular turkey)

4 slices low-fat Swiss cheese

8 slices rye bread toasted

1 cup bottled sauerkraut



INSTRUCTIONS

1. Combine the ketchup, mayo, relish, and Tabasco in a bowl and mix. Season with a bit of black pepper. Set the dressing aside. (Note: You can always skip this step and buy a bottle of Russian or Thousand Island dressing, but it's never as good as the homemade stuff.)
2. Divide the pastrami into four portions, pile on plates, and top each with a slice of cheese. Microwave briefly, about 30 seconds each, to melt the cheese.
3. Lay out four slices of the rye bread on a cutting board. Top each with sauerkraut and then pastrami and cheese. Drizzle with the dressing. Top with the remaining slices of bread.

NUTRITIONAL INFORMATION

Calories 365

Fat 14g

Ultimate Club Sandwich with Super Mayo

ETNT

 4 servings  10 minutes

INGREDIENTS

- 2 Tbsp olive oil mayonnaise
- 1 Tbsp Dijon mustard
- 1 clove garlic, finely minced
- 1 tsp dried oregano
- 6 sandwich rolls, split and lightly toasted
- 2 cups shredded romaine
- 8 slices tomato
- 8 strips cooked bacon
- 4 oz ham in 8 slices
- 4 oz turkey in 8 slices



INSTRUCTIONS

1. In a mixing bowl, combine the mayonnaise, mustard, garlic, and oregano.
2. Spread the mayo mixture on 8 pieces of the toasted sandwich rolls.
3. Top each piece with shredded romaine, a slice of tomato, and a strip of bacon.
4. Top 4 of the pieces with ham and the other 4 with turkey.
5. Build each sandwich with a turkey half, a ham half, and top with a final piece of sandwich roll for a tri-level sandwich.

NUTRITIONAL INFORMATION

Calories 330

Fat 12g

Quickest Caprese Sandwich

ETNT



4 servings



15 minutes

INGREDIENTS

- 1 baguette, sliced in half lengthwise
- 1 clove garlic, peeled and cut in half
- 2 large heirloom tomatoes, sliced
- 4 oz fresh mozzarella, sliced
- 15–20 fresh basil leaves
- Salt and black pepper to taste
- 1 Tbsp olive oil
- 1 Tbsp balsamic vinegar



INSTRUCTIONS

1. Preheat the broiler.
2. Broil the baguette, cut sides up, 6" from heat, for about 2 minutes, until the inside is lightly toasted.
3. Rub each half with a half clove of garlic; the crusty bread will release the garlic's essential oils, giving you instant garlic bread.
4. Layer the bottom half of the baguette, alternating with slices of tomato, mozzarella, and basil leaves.
5. Season evenly with salt and lots of fresh black pepper.
6. Finish with a drizzle of olive oil and vinegar, then top with the other baguette half.
7. Cut the whole package into four pieces.

NUTRITIONAL INFORMATION

Calories 300

Fat 17g