



*These lettuce wraps are light, flavorful, and easy to prepare and eat on the go. They're great for lunch/dinner when time is limited!*

## **Turkey & Avocado Lettuce Wraps**

### **Ingredients:**

- Cooked Ground Turkey (lean, 93% lean/7% fat): 4 oz (112 g)
- Romaine Lettuce Leaves: 3 large leaves (~50 g)
- Avocado: 1/4 medium avocado (50 g), sliced
- Shredded Carrots: 2 tbsp (20 g)
- Diced Red Bell Pepper: 2 tbsp (20 g)
- Greek Yogurt (plain, non-fat): 1 tbsp (15 g)
- Hot Sauce (optional): 1 tsp (5 ml)
- Salt: 1/8 tsp (to taste)
- Black Pepper: 1/8 tsp (to taste)

### **Instructions:**

1. Prepare the Filling:
  - Season cooked ground turkey with salt, black pepper, and optional hot sauce for extra flavor.
2. Assemble the Wraps:
  - Lay out romaine lettuce leaves on a flat surface.
  - Evenly divide the cooked turkey, avocado slices, shredded carrots, and diced red bell pepper among the lettuce leaves.
3. Add Topping:
  - Drizzle with Greek yogurt for creaminess.
4. Wrap & Go:
  - Fold the lettuce leaves around the filling like a taco or wrap. Wrap in parchment paper or foil for easy transport if needed.

### **Macronutrients:**

- Calories: ~320 kcal
- Protein: 32 g
- Carbohydrates: 12 g
  - Fiber: 5 g
  - Sugars: 4 g
- Fat: 15 g
  - Saturated Fat: 2 g