

Tuna, Spinach & Feta Pita

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cans Tuna (drained, broken into chunks)
2 cups Baby Spinach (chopped)
1/2 stalk Green Onion (sliced)
1/4 cup Feta Cheese (crumbled)
1 tbsp Lemon Juice (to taste)
1 Whole Wheat Pita (sliced in half)

DIRECTIONS

- 01 In a mixing bowl, combine the tuna, spinach, green onions, feta, and lemon juice.
- 02 Gently open each pita pocket and fill with the tuna mixture. Enjoy!

NOTES

LEFTOVERS

Refrigerate the tuna mixture in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately half a pita (8-inch) filled with two cups of the tuna mixture.

CANNED TUNA

One can of tuna is equal to 165 grams (5.8 ounces).

GLUTEN-FREE

Use lettuce wraps or gluten-free bread instead of pita.

DAIRY-FREE

Use vegan cheese instead of feta cheese, or omit completely.

MORE FLAVOR

Add mustard, olive oil, or mayonnaise.

ADDITIONAL TOPPINGS

Add chopped celery, red onion, tomatoes or cucumber.

Chicken & Cream Cheese Wrap

1 SERVING 10 MINUTES



INGREDIENTS

3 ozs Chicken Breast, Cooked (shredded or chopped)
2 tbsps Cream Cheese, Regular (divided)
1 Whole Wheat Tortilla
3/4 cup Arugula
1 stalk Celery (chopped)

DIRECTIONS

- 01 In a small bowl, mix together the chicken and half the cream cheese.
- 02 Lay the tortilla flat and spread the remaining cream cheese, then add the arugula, chicken, and celery. Roll the tortilla tightly and enjoy!

NOTES

LEFTOVERS

Store in the fridge wrapped in tin foil or parchment paper for up to two days.

GLUTEN-FREE

Use a gluten-free tortilla.

DAIRY-FREE

Use a dairy-free cream cheese.

MORE FLAVOR

Add hot sauce to the chicken.

ADDITIONAL TOPPINGS

Add chopped bacon, cucumber, or sprouts.

Pesto Chicken Quesadilla

2 SERVINGS 15 MINUTES



INGREDIENTS

- 2 Whole Wheat Tortilla (large)
- 3 ozs Mozzarella Cheese (shredded)
- 8 ozs Chicken Breast, Cooked (shredded)
- 1/4 cup Pesto
- 1 cup Kale Leaves (thinly sliced)

DIRECTIONS

- 01 Heat a large nonstick skillet over medium heat. Add the tortilla to the skillet and top with grated cheese, leaving a small border around the edges. Cover with a lid and let it cook for one to two minutes until the cheese is melted.
- 02 Add the shredded chicken breast to half the tortilla and top with the pesto and kale leaves. Fold the tortilla in half and gently press down.
- 03 Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!

NOTES

LEFTOVERS

This is best enjoyed right after cooking, but can be refrigerated for up to three days.

SERVING SIZE

One serving is equal to one quesadilla.

GLUTEN-FREE

Use brown rice tortilla instead of whole wheat tortilla.

DAIRY-FREE

Use dairy-free cheese instead of mozzarella cheese.

MORE FLAVOR

Season the chicken with chili powder, smoked paprika, and/or salt.

ADDITIONAL TOPPINGS

Serve with sour cream, greek yogurt, salsa, or guacamole.

Chicken Avocado Wrap

1 SERVING 10 MINUTES



INGREDIENTS

1/2 Avocado
1 1/2 tsps Lime Juice
1 Whole Wheat Tortilla
Sea Salt & Black Pepper (to taste)
2 leaves Romaine (medium, chopped)
1/4 cup Cherry Tomatoes (halved or quartered)
2 2/3 ozs Chicken Breast, Cooked (sliced)

DIRECTIONS

- 01 In a small bowl, mash the avocado and stir in the lime juice. Spread the mashed avocado in the center of the tortilla. Season with salt and pepper to taste.
- 02 Place the lettuce, tomatoes, and sliced chicken on top of the avocado and fold or roll the tortilla around the filling and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one day. For best results assemble wrap just before serving.

GLUTEN-FREE

Use a gluten-free or brown rice tortilla.

ADDITIONAL TOPPINGS

Cooked bacon, cheese, cucumber, bell pepper, mayonnaise, mustard, or another favorite sandwich topping.

MAKE IT VEGAN

Use marinated tofu or chickpeas instead of chicken.

NO LIME JUICE

Use lemon juice instead.

NO CHERRY TOMATOES

Omit or use a regular tomato instead.

NO ROMAINE LEAVES

Use baby spinach, mixed greens, or leaf lettuce instead.