



ALTERED ATHLETICS

TURKEY BREAKFAST WRAP

Calories: 375

Protein: 34g | **Carbs:** 32g | **Fat:** 10g

Ingredients:

Whole wheat tortilla – 50g

Egg whites – 150g

Deli turkey breast (low sodium) – 60g

Reduced-fat shredded cheddar – 20g

Salsa – 30g

Spinach – 30g

Directions:

Scramble egg whites and layer on the tortilla.

Add turkey, cheese, salsa, and spinach.

Wrap and grill or toast if desired.