



ALTERED ATHLETICS

LOW-FAT TURKEY TACO LETTUCE WRAPS

Calories: 400

Protein: 38g | **Carbs:** 33g | **Fat:** 11g

Ingredients:

Lean ground turkey (99%) – 130g

Mission Carb Balance Tortilla OR large
romaine leaves – 2 (40g)

Black beans – 50g

Salsa – 40g

Reduced-fat Mexican cheese – 20g

Taco seasoning (low sodium) – 5g

Directions:

Cook turkey with taco seasoning.

Warm tortilla or prep lettuce wraps.

Fill with beans, turkey, salsa, and
cheese.