



**ALTERED** ATHLETICS

# TURKEY ROLL-UPS WITH CHEESE & PICKLES

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**Calories:** 170

**Protein:** 19g | **Carbs:** 4g | **Fat:** 7g

## **Ingredients:**

Deli turkey breast (Applegate Naturals)  
– 80g

Mini light string cheese (Sargento or  
Horizon Organic) – 1 stick (20g)

Dill pickles – 30g

Mustard – optional

## **Directions:**

Spread mustard on turkey slices, place  
cheese and pickle inside, and roll up.

Secure with toothpicks for an easy  
grab-and-go snack.