

## WRAPS on the go

WRAP

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FILLING

collard greens (raw or steamed)  
lettuce leaves  
rice sheets (dehydrated)  
nori sheets  
veggie wraps<sup>1</sup>  
rice tortilla  
corn tortilla (if tolerated)

### PROTEIN

chicken leftovers  
smoked fish  
bacon pieces  
salmon leftovers  
canned sardines

### VEGETABLES / SEAWEED (cooked or raw)

carrots  
cucumber  
cured olives  
zucchini  
sprouts  
arugula, mizuna, etc  
any vegetable of your choice  
seaweed (e.g. hijiki, nori)

### FAT

avocado  
olive oil  
macadamia oil  
tahini (sesame paste)  
avocado oil  
bacon bits

### FLAVOR

fermented vegetables (e.g. sauerkraut)  
miso paste (soy-free)  
lemon  
lime  
pesto (dairy-free)  
any dressing (see recipes)  
avocado dip  
grated ginger

Examples:

A: steamed collard greens + smoked fish + avocado + sprouts + pesto

B: veggie wrap + bacon + arugula + sauerkraut

<sup>1</sup> Can be purchased from [www.EasyLivingFoods.com](http://www.EasyLivingFoods.com)