



Mom to Mom Nutrition

Mix n' Match Wrap Ideas

Choose one or more food item from each category to build a delicious wrap sandwich

SPREADS

Peanut Butter	Bean Dip
Almond Butter	Cream Cheese
Sun Butter	Nutella
Hummus	Honey
Pesto	Salsa
Yogurt	Mayo
Guacamole	Mustard
Jelly	
Tzatziki	

VEGGIES

Artichokes	Sprouts
Spinach	Cucumber
Lettuce	Carrot
Tomato	Celery
Roasted Red	Bell Peppers
Pepper	Pickles
Olives	

PROTEIN

Beans	Salami
Cheese	Tofu
Chicken	Bacon
Turkey	Chicken Salad
Ham	Egg Salad
Roast Beef	Tuna Salad
Grilled Chicken	Taco Meat
Chicken Nuggets	

FRUITS

- Apple slices
- Banana
- Pear slices
- Avocado
- Mandarin Oranges
- Fruit preserves
- Dried Fruit