15 Folded Wraps for Work or School Lunches
(Healthy, Gluten free, Paleo)

Non-dairy wraps:

1. Deli turkey, hummus, lettuce and cucumbers.
2. Roast beef, corned beef or pastrami, pickles, mustard and optional butter + sea salt.
3. Shredded leftover chicken, black beans, lettuce, salsa (or fresh cilantro + lime juice).
4. Bacon, deli turkey, lettuce and avocado.
5. Chocolate spread (or carob), strawberry slices, banana slices, chocolate or carob chips.
6. Greek yogurt (DF option), jam, chia seeds (or basil seeds) and fresh strawberry slices.
7. Nut butter/peanut butter, honey, banana slices and chocolate or carob chips.
8. Salami slices, olive tapenade, artichoke hearts and lettuce of choice.

Wraps with cheese option (or DF cheese alternative), or leave off the cheese.

1. Cream cheese (or DF cream cheese), smoked salmon, optional capers and onion slices.
2. Ham slices, gruyere or havarti cheese slice, sweet onion slices, poppy seeds.
3. Bacon, scrambled eggs, cheddar cheese slices, smashed avocado.
4. Fried up sausages, chopped or bulk, leftover fried potatoes, scrambled eggs, favorite cheese.
5. Hard boiled eggs, or egg salad, bacon, lettuce, optional cheese.
6. Pepperoni slices, mozzarella cheese, artichoke hearts and olives.
7. Hummus, feta cheese, cucumbers, olives and lettuce.