

NUTRITION PER SERVING:

CALORIES	288
PROTEIN	21 G
CARBOHYDRATE	28 G
TOTAL FAT	10 G

PREP TIME:	10 MINUTES
COOK TIME:	10 MINUTES

YIELD:	2 SERVINGS
SERVING SIZE:	1 WRAP

INGREDIENTS:

1 TSP OLIVE OIL

1 GARLIC CLOVE, MINCED

¼ C TOMATO, FINELY CHOPPED

2 C SPINACH, ROUGHLY CHOPPED

1 C EGG WHITES

2 SPROUTED GRAIN TORTILLAS, PALEO WRAPS,
RICE TORTILLAS OR DO A LETTUCE WRAP

2 TBSP PESTO (PURCHASE IT PRE-MADE,
OR COMBINE ½ CUP WALNUTS,
2 CUPS BASIL LEAVES, 2 CLOVES GARLIC,
¼ CUP OLIVE OIL, AND 1 TABLESPOON
LEMON JUICE IN A FOOD PROCESSOR
AND BLEND UNTIL IT BECOMES A PASTE.)

DASH OF SALT AND PEPPER



EGG WHITE AND SPINACH WRAPS

KICK-START YOUR METABOLISM WITH THIS HEALTHY EGG AND SPINACH WRAP.

- 01 Spread a tablespoon of pesto over each tortilla and set aside.
- 02 In medium-sized skillet warm the olive oil over medium heat.
- 03 Add the garlic and sauté until golden.
- 04 Add the tomato and cook for another 3 minutes.
- 05 Add the spinach and cook until it is soft and wilted. Remove the veggies from skillet, set aside in a bowl.
- 06 Pour the egg whites into the skillet, season with salt and pepper. Cook until the egg is no longer runny.
- 07 Arrange half of the egg whites in a line down the center of each tortilla. Top with half of the veggies and then fold the ends up and wrap like a burrito.