

## 6 Step

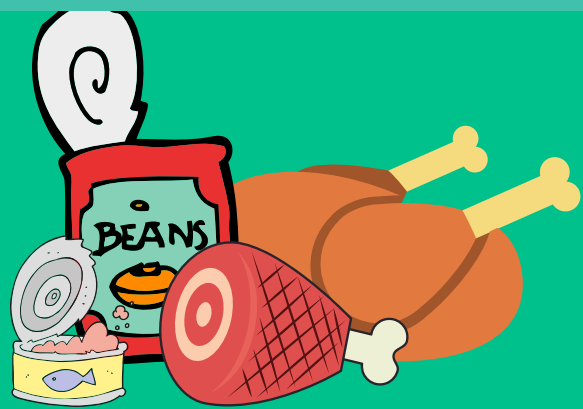
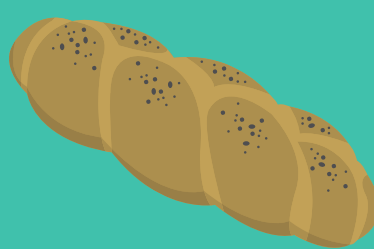
# WRAP BUILDER

FUEL, BUILD, PROTECT



### 1) CHOOSE YOUR FUEL

- Whole meal wrap
- Wholemeal pita
- Wholemeal roll
- Granary/seeded bread



### 2) PACK YOUR PROTEIN

1 portion = 100g

- Poultry - Chicken, Turkey
- Red Meat - Ham, Beef, Pork
- Fish - Tuna, Salmon, Prawns
- Meat Alternatives - Tofu, Tempah
- Beans - Kidney Beans, Chickpeas etc.

### 3) PICK YOUR COLOURS

- Green - Spinach, Lettuce, Rocket, Peppers, Spring Onion
- Red & Purple - Peppers, Tomato, Beetroot, Onion
- Orange & Yellow - Carrot, Pumpkin, Peppers, Squash, Sweetcorn



### 4) ADD SOME FATS

- Avocado
- Cheddar Cheese
- Feta
- Mozzarella Cheese
- Hummus
- Olives

### 5) GET HERBY

- Chives
- Basil
- Coriander
- Parsley
- Dill



### 6) GET SAUCY

- Hot Sauce
- Sweet Chilli
- Thai
- Light Mayo
- Salsa
- Guacamole