



NUTRITION PER SERVING:

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

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| PREP TIME: | 10 MINUTES |
| COOK TIME: | 10 MINUTES |

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| YIELD: | 2 SERVINGS |
| SERVING SIZE: | 1 WRAP |

INGREDIENTS:

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| 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.