



Monday: Tuna Wrap

Quick and easy, this one is one is great to take in the morning when you're in a rush and headed back to work at the start of the week.

1 can of canned light tuna

1 tbsp fat-free mayonnaise

¼ cup sliced onions

1 sliced pickle

1 whole wheat tortilla wrap

½ cup peppers, lettuce, mushrooms, and tomatoes if desired

1 apple

1 tbsp natural peanut butter

Mix together the tuna with mayonnaise, onions, and the pickle. Spread over a whole wheat small tortilla wrap and then fill with the chopped vegetables of your preference (mushrooms, peppers, tomatoes, etc). Roll up and serve. Have an apple smeared with peanut butter afterwards for something sweet and to provide some healthy fats to slow down the digestion of this meal.