

Turkey Avocado Roll-Ups

This is an easy meal for athletes of all ages to make. For younger athletes, rather than cutting an avocado, opt for guacamole instead.

Ingredients

1 large whole wheat tortilla

3 slices deli turkey

½ avocado, sliced

1 cup grapes

1 cup pretzels

Directions

1. Wrap deli turkey and avocado in the tortilla. Serve with grapes and pretzels on the side.

Nutrition Benefits

- ✓ Complex carbs
- ✓ Protein
- ✓ Potassium
- ✓ Magnesium
- ✓ Antioxidants
- ✓ Vitamin C
- ✓ Fiber