

# Wrap it.

Wraps are one of my favourite lunches – they're easy to make, portable and can be filled with whatever healthy ingredients I've got in the fridge (or any leftovers).

I love them so much I've got over 30 wrap recipes in my **12WBT Recipe Library** – you could have a different one every day for a month!

Here are two of my favourite wrap recipes to give you a taster and get you thinking outside the box (or outside the Mountain Bread!).

Plus, I've put together a *Build Your Own Wrap* Guide so you can make a nutritionally balanced, filling and good-for-you wrap in no time!

If you're ready to get wrapping with me join my 12WBT and get not only your lunch covered, but your brekkie, dinner and in-between too!




**Mish Xx**



## Beetroot Tzatziki, Tabouli & Rare Roast Beef Wrap

This recipe is fast, easy and packed with Mediterranean flavour.



 **2 SERVES**  
 **10 MIN PREP**  
 **294 CAL/SERVE**

### INGREDIENTS

4 pieces Wholemeal Mountain Bread  
1½ cups Tabouli (150g)  
½ Lebanese Cucumber (67g), cut into thin ribbons  
90g Rare Roast Beef  
¼ cups Beetroot Tzatziki (60g)

### METHOD

- 1 Place bread on a clean work surface. Top with tabbouleh, cucumber, roast beef and tzatziki.
- 2 Wrap firmly to enclose filling. Cover with plastic wrap and keep in fridge until ready to eat.

Michelle Bridges  
**12WBT**

### Mish Tips

- \* Pre-made tabouli can be bought at most deli counters. To make your own, cover 1/3 cup cracked wheat with boiling water and soak for 20 minutes. Drain well and add 1/2 cup roughly chopped flat-leaf parsley, 1 diced large tomato, 2 thinly sliced shallots and lemon juice to taste.
- \* Use a vegetable peeler to cut cucumber into ribbons.

### Nutritional Information

#### Per Serve\*

Calories **294 Cal** // Protein **19.8g**  
// Fat Total **14.4g** // Fat Saturated **3.1g** // Carbohydrates **19.8g**  
// Sugars **5.7g** // Sodium **606.5mg**  
// Dietary Fibre **4.5g**

\* THIS RECIPE HAS 2 SERVES.

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## Shredded Slaw, Cheese & Black Bean Wrap

Spice your lunch up with this Mexican-inspired wrap. Toast until the cheese is perfectly melted and gooey.



**2 SERVES**  
**10 MIN PREP**  
**5 MIN COOKING**  
**279 CAL/SERVE**

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### Mish Tips

- \* Add a squeeze of lime juice over the salad if you like.
- \* For a quick and easy weekday lunch pack ingredients in separate containers and assemble for lunch. Serve untoasted if necessary.

### INGREDIENTS

125g Red Cabbage, finely shredded  
1 Carrot (61g), grated  
1 tablespoons Coriander Leaves (3g), finely chopped  
2 pieces Wholemeal Mountain Bread (50g)  
¾ cups Canned Black Beans (135g), rinsed & drained  
60g Low Fat Tasty Cheese, grated  
2 tablespoons Tomato Salsa (40g)

### METHOD

- 1 Place cabbage, carrot and coriander in a bowl and toss to combine.
- 2 Place wraps on a clean work surface. Top with cabbage salad, black beans and grated cheese. Spoon salsa over. Wrap firmly to enclose filling.
- 3 Preheat a sandwich press. Cook wraps for 2-3 minutes each or until golden and cheese has melted.

### Nutritional Information

#### Per Serve\*

Calories **279 Cal** // Protein **18.8g** //  
Fat Total **8.4g** // Fat Saturated **4.9g** //  
Carbohydrates **26.6g** //  
Sugars **15.2g** // Sodium **403.8mg** //  
Dietary Fibre **11.2g**

\* THIS RECIPE HAS 2 SERVES.

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# Build Your Own Wrap

Follow our guidelines and get creative! Wraps are a great way to use up salad ingredients or leftovers sitting in the fridge – think hard boiled eggs, last night's roasted vegies or barbecued chicken. The options are endless.

## TRY THESE COMBOS:

- \* Roasted vegies with baby spinach and a sprinkle of feta
- \* Grilled tandoori chicken with mixed greens and low-fat yoghurt
- \* Tuna nicoise wrap of tuna, olives, boiled egg, lettuce and tomatoes

## IDEAS TO FEATURE IN WRAPS/SALADS RECIPES COULD INCLUDE:

### Protein:

- \* beans or legumes (add any leftovers from opened tins - they only last 3 days once opened)
- \* canned salmon or tuna is really portable and easy to add to salads and wraps
- \* leftover cooked meats from leftovers the night before e.g. cooked chicken, beef, pork.

### Carbohydrate:

- \* toasted bread (could make into croutons and add to salad)
- \* rice (you can purchase pre-cooked rice sachets, heat in microwave and add to salads)
- \* leftover pita breads
- \* canned vegies e.g. corn
- \* canned legumes e.g. chickpeas (also double as protein)

### Vegetable:

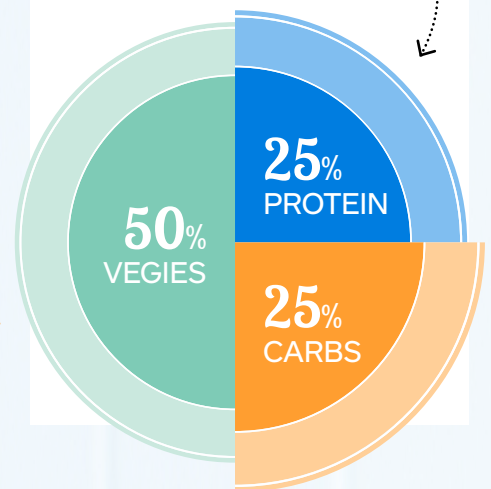
An easy way to use up leftover vegetables in your fridge. Try:

- \* baby spinach leaves
- \* capsicum
- \* rocket
- \* shallots
- \* carrot
- \* snow peas
- \* garnish with leftover herbs e.g. basil, mint leaves, chives, parsley

### Dairy:

Use up low fat feta and bocconcini by adding to salads the next day.

Our DIY Wrap is the same as the on-your-dinner-plate formula our dietitians and nutritionists recommend:



\* We use wholemeal Mountain Bread in most of our 12WBT wrap recipes because it's lower in calories. If you like, use half a lebanese bread wrap or one wholemeal pita bread, although this will increase the calories, so make a note!





## OK, NOW IT'S TIME TO GET WRAPPING!

If you want more culinary inspiration, the 12WBT Blog is the place to be! With recipes like Bean & Freekeh Salad (<https://www.12wbt.com/blog/food-and-nutrition/blackmores-sydney-running-festival-training-fuel-run-high-carb-meals/>), tips on healthy summer entertaining (<https://www.12wbt.com/blog/food-and-nutrition/healthy-bbq-survival-guide/>) and the bikkie you can eat all year round (<https://www.12wbt.com/blog/food-and-nutrition/low-cal-spin-aussie-classic/>), you'll never be short of ideas!

Join 12WBT now and you'll get access to weekly Meal and Exercise Plans, our 650-strong Recipe Library, Mindset Videos and the support and expert advice from our team of fitness and health gurus. All for less than the price of a coffee a day!

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