



BOD BY TODD

Fitness Coaching

"Don't Be Average, Be Fit"

NUTRITION PER SERVING:

CALORIES	190
PROTEIN	11 G
CARBOHYDRATE	23 G
TOTAL FAT	5 G

PREP TIME:	15 MINUTES
COOK TIME:	NONE

YIELD:	4 SERVINGS
SERVING SIZE:	1 TORTILLA

4	WHOLE-WHEAT TORTILLAS (6½ INCH)
4	RED LEAF LETTUCE LEAVES, RINSED AND DRIED
4 OZ.	LOW-SODIUM DELI ROAST BEEF

FOR SPREAD:

1 TBSP	LIGHT MAYONNAISE
1 TSP	LIME JUICE (ABOUT ½ FRESH LIME)
½ TSP	HOT SAUCE



SOUTHWESTERN BEEF ROLL-UPS

THIS TASTY SNACK IS SIMPLE TO MAKE AND A GOOD SOURCE OF PROTEIN

- 01 Combine ingredients for the spread. Mix well.
- 02 Spread about 1 teaspoon of spread on each tortilla.
- 03 Top each tortilla with one lettuce leaf and 1 ounce roast beef (about two slices).
- 04 Fold sides in, and roll.
- 05 Serve with a side of Tangy Salsa.

✓ Younger children can mix the spread. Older children can prepare the recipe themselves.

