



## NUTRITION PER SERVING:

<b>CALORIES</b>	288
<b>PROTEIN</b>	21 G
<b>CARBOHYDRATE</b>	28 G
<b>TOTAL FAT</b>	10 G

<b>PREP TIME:</b>	10 MINUTES
<b>COOK TIME:</b>	10 MINUTES

<b>YIELD:</b>	2 SERVINGS
<b>SERVING SIZE:</b>	1 WRAP

## INGREDIENTS:

<b>1 TSP</b>	OLIVE OIL
<b>1</b>	GARLIC CLOVE, MINCED
<b>¼ C</b>	TOMATO, FINELY CHOPPED
<b>2 C</b>	SPINACH, ROUGHLY CHOPPED
<b>1 C</b>	EGG WHITES
<b>2</b>	SPROUTED GRAIN TORTILLAS, PALEO WRAPS, RICE TORTILLAS OR DO A LETTUCE WRAP
<b>2 TBSP</b>	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.