



[One Little Bite](#)

[E-Mail](#) [Print](#) [Feeds](#) [Share](#)

[From [One Little Bite](#)]

30 Days, 30 Lunches: Idea 26

by [Julie Alvin](#)

If your kid tires of the typical PB&J between two slices of toast, switch it up with a roll-up. Dr. Connie Guttersen, registered dietitian, mother, and author of *The Sonoma Diet*, suggests stuffing wraps (she likes [La Tortilla Factory's](#)) with the below ingredients to create a surprising lunch.



Combo 1:

- 1 banana, sliced
- 2 tablespoons chocolate Nutella or nut butter (such as peanut butter or almond butter)
- 1 teaspoon honey

Combo 2:

- 1 baked apple, sliced
- 2 tablespoons of yogurt
- A handful of nuts, chopped
- A sprinkle of cinnamon

Combo 3:

- 1 scrambled egg
- 2 tablespoons bean puree
- 2 tablespoons salsa

Combo 4:

- 2 tablespoons cream cheese
- 3 slices deli sliced smoked turkey breast
- 1 slice Jack cheese
- A handful of fresh spinach
- 1/4 cup roasted red peppers

11:52 AM, September 14, 2009

Keywords:

- [lunch ideas](#),
- [sonoma diet](#),
- [turkey wrap](#),
- [wrap recipes](#)

Filed Under:

- [30 Days of Lunch](#),
- [Healthy Eating](#),
- [Lunch](#)

- [Permalink](#)
- [Comments](#)