

# *How to Make a Healthy Sandwich*

Healthy, Satisfying Sandwich Solution: **Turkey and Avocado Wrap**  
Turkey and avocado complement each other perfectly in this heart-healthy wrap.



**Whole grain:**  
La Tortilla Factory Low-Carb Tortilla

**Lean protein:**  
Four slices of Boar's Head Lower Sodium Skinless Turkey Breast

**Vegetables:**  
Romaine lettuce

**Optional topping:**  
2 tablespoons of Wholly Guacamole Classic Guacamole or  
1/4 sliced avocado



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