



**A. L. T. T. Wrap
(avocado, lettuce,
tomato, & turkey)**



What You Need

01

1 cup

Chopped lettuce,
such as romaine

02

½ cup

Chopped tomato (1
small tomato)

03

1 tablespoon

Light ranch dressing

04

½ cup

Chopped avocado (1
small avocado)

05

4 slices

Turkey lunch meat,
chopped

06

1 large

Flour tortilla



01

Step

Put lettuce, tomatoes, and Ranch dressing in a medium bowl. Stir to combine

02

Step

Add avocado and turkey. Stir gently





03

Step

Pour onto tortilla. Wrap like a burrito



04

Step

Cut wrap in half and share with a friend 😊



Thanks!

*Credit to: Network for a Healthy
California-Children's Power
Play! Campaign*

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