

WRAP & ROLL! EASY SUMMER WRAP RECIPES

15 FRESH, FLAVORFUL, AND
NUTRITIOUS WRAP RECIPES FOR
SUMMER LUNCHES AND PICNICS





INTRODUCTION

CONGRATS ON PICKING UP THIS MONTH'S EDITION OF THE RECIPE BOOK FOR THE V SHRED FOODIES CLUB!

Summer is FINALLY here and now is a great time to lighten up your menu. This month's recipe lineup includes over a dozen fresh and flavorful wraps that are perfect for summer lunches and picnics. They're super easy to make and you can make them a few days ahead of any trips or busy weeks.

From our classic Egg Salad Wrap to our savory BBQ Chicken Wrap, you won't be getting bored with your summer lunch menu anytime soon.

Have fun, and don't forget to join our private FB Group to post your latest creations!

[Share Your Recipes and Photos in the V Shred Foodies FB Group Here!](#)



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GRILLED CHICKEN AND AVOCADO WRAP

360

CALORIES

19

FAT

24

CARBS

28

PROTEIN

4

SERVINGS

Enjoy the creamy richness of avocado paired with juicy grilled chicken, wrapped in a whole-grain tortilla. Every bite offers a satisfying crunch with a hint of lemon.

INGREDIENTS

4 whole wheat tortillas
 2 boneless, skinless chicken breasts
 1 avocado, sliced
 1 cup baby spinach
 1/2 red onion, thinly sliced
 1/4 cup crumbled feta cheese
 2 tablespoons olive oil
 Salt and pepper to taste
 Juice of 1 lemon

INSTRUCTIONS

1. Grill the Chicken:
 - a. Season chicken breasts with salt, pepper, and 1 tablespoon olive oil.
 - b. Grill over medium heat for about 6-7 minutes per side, or until cooked through. Let rest for 5 minutes, then slice.
2. Assemble the Wraps:
 - a. In a bowl, toss baby spinach with lemon juice and remaining olive oil.
 - b. Lay out the tortillas. Divide spinach, chicken, avocado slices, red onion, and feta cheese among them.
 - c. Roll up the tortillas tightly and slice in half to serve.

TERIYAKI CHICKEN WRAP



330

CALORIES

9

FAT

32

CARBS

28

PROTEIN

4

SERVINGS

Savor the sweet and savory flavors of teriyaki-marinated chicken nestled in a soft wrap. It's a burst of Asian-inspired deliciousness in every mouthful.

INGREDIENTS

4 whole wheat tortillas
 2 boneless, skinless chicken breasts
 1/4 cup teriyaki sauce
 1 cup shredded carrots
 1/2 cucumber, julienned
 1/4 cup chopped cilantro
 1 tablespoon sesame seeds

INSTRUCTIONS

1. Prepare the Chicken:
 - a. Marinate the chicken breasts in teriyaki sauce for at least 30 minutes.
 - b. Grill or sauté the chicken over medium heat for about 6-7 minutes per side, or until cooked through. Slice thinly.
2. Assemble the Wraps:
 - a. Lay out the tortillas. Divide shredded carrots, cucumber, cilantro, and sesame seeds among them.
 - b. Add the sliced teriyaki chicken.
 - c. Roll up the tortillas tightly and slice in half to serve.

EGG SALAD WRAP



340

CALORIES

21

FAT

23

CARBS

20

PROTEIN

4

SERVINGS

Indulge in a creamy egg salad with a touch of mustard, encased in a soft, whole-wheat wrap. It's a classic favorite reimagined for a light and satisfying lunch!

INGREDIENTS

8 hard-boiled eggs, chopped
 4 whole wheat tortillas
 1/4 cup plain Greek yogurt
 1 tablespoon Dijon mustard
 1 celery stalk, finely chopped
 1/4 red onion, finely chopped
 Salt and pepper to taste
 1/2 teaspoon paprika
 1 cup mixed greens

INSTRUCTIONS

1. Prepare the Egg Salad:
 - a. In a large bowl, combine chopped eggs, Greek yogurt, Dijon mustard, celery, red onion, salt, pepper, and paprika.
2. Assemble the Wraps:
 - a. Lay out the tortillas. Divide the mixed greens among them.
 - b. Spoon the egg salad mixture onto the greens.
 - c. Roll up the tortillas tightly and slice in half to serve.

BBQ CHICKEN WRAP

350

CALORIES

10

FAT

34

CARBS

28

PROTEIN

4

SERVINGS

Experience the smoky goodness of BBQ chicken, perfectly complemented by a tangy slaw, all wrapped up for a handheld feast. It's like a summer cookout in every bite.

INGREDIENTS

4 whole wheat tortillas
 2 boneless, skinless chicken breasts
 1/4 cup BBQ sauce
 1/2 cup shredded cabbage
 1/2 cup shredded carrots
 1/4 cup chopped cilantro
 1/4 red onion, thinly sliced

INSTRUCTIONS

1. Prepare the Chicken:
 - a. Season the chicken breasts with salt and pepper.
 - b. Grill or sauté over medium heat for about 6-7 minutes per side, or until cooked through. Slice thinly.
 - c. Toss the chicken with BBQ sauce.
2. Assemble the Wraps:
 - a. Lay out the tortillas. Divide shredded cabbage, carrots, cilantro, and red onion among them.
 - b. Add the BBQ chicken.
 - c. Roll up the tortillas tightly and slice in half to serve.

TURKEY & AVOCADO LETTUCE WRAP

270

CALORIES

18

FAT

10

CARBS

20

PROTEIN

4

SERVINGS

Relish the combination of lean turkey and creamy avocado, wrapped in crisp lettuce leaves when you don't want a heavy meal. This low-carb delight is both refreshing and filling.

INGREDIENTS

12 large lettuce leaves (butter lettuce or romaine)
1 pound sliced turkey breast
1 avocado, sliced
1/2 cup shredded carrots
1/2 cucumber, julienned
1/4 cup hummus

INSTRUCTIONS

1. Assemble the Wraps:
 - a. Lay out the lettuce leaves.
 - b. Spread a small amount of hummus on each leaf.
 - c. Divide the turkey, avocado slices, shredded carrots, and cucumber among the leaves.
 - d. Roll up the lettuce leaves and secure with a toothpick if needed.
 - e. Serve immediately.

KETO TUNA SALAD WRAPS

270

CALORIES

18

FAT

10

CARBS

20

PROTEIN

4

SERVINGS

Treat yourself to a rich and flavorful keto-friendly tuna salad, wrapped in fresh lettuce leaves. Each bite is a perfect blend of creamy and crunchy.

INGREDIENTS

12 large lettuce leaves (butter lettuce or romaine)
 2 cans tuna, drained
 1/4 cup mayonnaise
 1 tablespoon Dijon mustard
 1 celery stalk, finely chopped
 1/4 red onion, finely chopped
 Salt and pepper to taste
 1/4 teaspoon garlic powder

INSTRUCTIONS

1. Prepare the Tuna Salad:
 - a. In a large bowl, combine tuna, mayonnaise, Dijon mustard, celery, red onion, salt, pepper, and garlic powder.
2. Assemble the Wraps:
 - a. Lay out the lettuce leaves.
 - b. Divide the tuna salad among the leaves.
 - c. Roll up the lettuce leaves and secure with a toothpick if needed.
 - d. Serve immediately.



ASIAN CHICKEN LETTUCE WRAPS

320

CALORIES

18

FAT

10

CARBS

28

PROTEIN

4

SERVINGS

Enjoy the light and zesty flavors of Asian chicken wrapped in crisp lettuce, perfect for a low-carb lunch. The sesame and soy dressing adds a delightful tang to this dish!

INGREDIENTS

12 large lettuce leaves (butter lettuce or romaine)
 1 pound ground chicken
 1/4 cup hoisin sauce
 1 tablespoon soy sauce
 1 tablespoon rice vinegar
 1 teaspoon sesame oil
 1/2 cup water chestnuts, chopped
 1/4 cup green onions, chopped
 1 tablespoon sesame seeds

INSTRUCTIONS

1. Cook the Chicken:
 - a. In a large skillet, cook the ground chicken over medium heat until browned. Drain any excess fat.
 - b. Add hoisin sauce, soy sauce, rice vinegar, and sesame oil. Stir to combine and cook for 2-3 more minutes.
 - c. Stir in water chestnuts and green onions. Cook for another minute.
2. Assemble the Wraps:
 - a. Lay out the lettuce leaves.
 - b. Divide the chicken mixture among the leaves.
 - c. Sprinkle with sesame seeds.
 - d. Roll up the lettuce leaves and secure with a toothpick if needed.
 - e. Serve immediately.

LETTUCE WRAP CHICKEN TACOS

290

CALORIES

16

FAT

8

CARBS

27

PROTEIN

4

SERVINGS

Bite into these vibrant chicken tacos wrapped in lettuce, bursting with fresh salsa and avocado. This one's a guilt-free fiesta for your taste buds and will keep you full until your next meal.

INGREDIENTS

12 large lettuce leaves (butter lettuce or romaine)
 1 pound ground chicken
 1 tablespoon taco seasoning
 1/2 cup salsa
 1/2 cup shredded cheese (optional)
 1/4 cup chopped cilantro
 1 avocado, diced

INSTRUCTIONS

1. Cook the Chicken:
 - a. In a large skillet, cook the ground chicken over medium heat until browned. Drain any excess fat.
 - b. Add taco seasoning and salsa. Stir to combine and cook for 2-3 more minutes.
2. Assemble the Wraps:
 - a. Lay out the lettuce leaves.
 - b. Divide the chicken mixture among the leaves.
 - c. Top with shredded cheese (if using), cilantro, and avocado.
 - d. Roll up the lettuce leaves and secure with a toothpick if needed.
 - e. Serve immediately.

CUCUMBER, SALMON AND CREAM CHEESE WRAPS

250

CALORIES

20

FAT

5

CARBS

14

PROTEIN

4

SERVINGS

Savor the cool and creamy blend of cucumber, salmon, and cream cheese in these keto-friendly wraps. A refreshing and sophisticated choice for lunch any day of the week!

INGREDIENTS

12 large cucumber slices
4 ounces smoked salmon
4 ounces cream cheese
1 tablespoon capers
1/4 red onion, thinly sliced
1 tablespoon fresh dill, chopped

INSTRUCTIONS

1. Prepare the Wraps:
 - a. Spread a thin layer of cream cheese on each cucumber slice.
 - b. Top with a slice of smoked salmon, a few capers, red onion slices, and a sprinkle of fresh dill.
 - c. Roll up each cucumber slice and secure with a toothpick if needed.
 - d. Serve immediately.

BLT AVOCADO LETTUCE WRAPS

300

CALORIES

25

FAT

8

CARBS

12

PROTEIN

4

SERVINGS

Indulge in the classic flavors of a BLT, enhanced with creamy avocado and wrapped in crisp lettuce. This keto-friendly option is a crunchy, savory delight.

INGREDIENTS

12 large lettuce leaves (butter lettuce or romaine)
8 slices cooked bacon
1 avocado, sliced
1 tomato, sliced
1/4 cup mayonnaise

INSTRUCTIONS

1. Assemble the Wraps:
 - a. Lay out the lettuce leaves.
 - b. Spread a small amount of mayonnaise on each leaf.
 - c. Divide the bacon, avocado slices, and tomato slices among the leaves.
 - d. Roll up the lettuce leaves and secure with a toothpick if needed.
 - e. Serve immediately.

EGG AND SPINACH WRAP



330

CALORIES

20

FAT

18

CARBS

22

PROTEIN

4

SERVINGS

Enjoy the nutritious combination of fluffy eggs and fresh spinach, all wrapped up for a portable breakfast or lunch. Each bite is packed with protein and greens to give any busy day a nutritious boost.

INGREDIENTS

4 whole wheat tortillas
 8 eggs
 1 cup baby spinach
 1/4 cup shredded cheese (optional)
 1/4 cup plain Greek yogurt
 1 tablespoon olive oil
 Salt and pepper to taste

INSTRUCTIONS

1. Prepare the Eggs:
 - a. In a bowl, whisk the eggs with salt and pepper.
 - b. In a large skillet, heat olive oil over medium heat. Add the eggs and scramble until cooked through.
2. Assemble the Wraps:
 - a. Lay out the tortillas. Divide the scrambled eggs, baby spinach, and shredded cheese (if using) among them.
 - b. Top with a dollop of Greek yogurt.
 - c. Roll up the tortillas tightly and slice in half to serve.

GREEK CHICKEN LETTUCE WRAPS

280

CALORIES

15

FAT

8

CARBS

26

PROTEIN

4

SERVINGS

Relish the Mediterranean flavors of Greek chicken, wrapped in crisp lettuce and topped with tangy tzatziki. It's a light yet satisfying low-carb meal.

INGREDIENTS

12 large lettuce leaves (butter lettuce or romaine)
 2 boneless, skinless chicken breasts
 1/2 cup diced cucumber
 1/2 cup diced tomatoes
 1/4 cup diced red onion
 1/4 cup crumbled feta cheese
 2 tablespoons tzatziki sauce
 1 tablespoon olive oil
 Salt and pepper to taste

INSTRUCTIONS

1. Prepare the Chicken:
 - Season chicken breasts with salt, pepper, and olive oil.
 - Grill over medium heat for about 6-7 minutes per side, or until cooked through. Let rest for 5 minutes, then dice.
2. Assemble the Wraps:
 - Lay out the lettuce leaves. Divide the chicken, cucumber, tomatoes, red onion, and feta cheese among the leaves.
 - Drizzle with tzatziki sauce.
 - Roll up the lettuce leaves and secure with a toothpick if needed.
 - Serve immediately.

PESTO CHICKEN AND ZUCCHINI WRAP

350

CALORIES

21

FAT

18

CARBS

28

PROTEIN

4

SERVINGS

Savor the rich herb flavors of pesto chicken paired with tender zucchini, all wrapped in a soft tortilla. It's a deliciously healthy twist on a classic wrap and sure to become a new favorite!

INGREDIENTS

4 whole wheat tortillas
 2 boneless, skinless chicken breasts
 1/4 cup pesto sauce
 1 zucchini, thinly sliced
 1/2 cup shredded mozzarella cheese (optional)
 1 tablespoon olive oil
 Salt and pepper to taste

INSTRUCTIONS

1. Prepare the Chicken:
 - a. Season chicken breasts with salt, pepper, and olive oil.
 - b. Grill over medium heat for about 6-7 minutes per side, or until cooked through. Let rest for 5 minutes, then slice.
2. Assemble the Wraps:
 - a. Lay out the tortillas. Spread a layer of pesto sauce on each tortilla.
 - b. Divide the chicken, zucchini slices, and shredded mozzarella cheese (if using) among them.
 - c. Roll up the tortillas tightly and slice in half to serve.

SHRIMP AND AVOCADO LETTUCE WRAP

350

CALORIES

21

FAT

18

CARBS

28

PROTEIN

4

SERVINGS

Enjoy the refreshing combination of succulent shrimp and creamy avocado, wrapped in crisp lettuce leaves for a lighter lunch.

INGREDIENTS

12 large lettuce leaves (butter lettuce or romaine)
1 pound cooked shrimp, peeled and deveined
1 avocado, sliced
1/2 cup shredded cabbage
1/4 cup chopped cilantro
2 tablespoons lime juice

INSTRUCTIONS

1. Assemble the Wraps:
 - a. Lay out the lettuce leaves. Divide the shrimp, avocado slices, shredded cabbage, and cilantro among the leaves.
 - b. Drizzle with lime juice.
 - c. Roll up the lettuce leaves and secure with a toothpick if needed.
2. Serve immediately.

TERIYAKI CHICKEN AND MUSHROOM WRAP

340

CALORIES

10

FAT

30

CARBS

30

PROTEIN

4

SERVINGS

Experience the umami-rich blend of teriyaki chicken and sautéed mushrooms, wrapped in a soft tortilla. It's a savory and satisfying combination for any meal!

INGREDIENTS

4 whole wheat tortillas
 2 boneless, skinless chicken breasts
 1/4 cup teriyaki sauce
 1 cup mushrooms, sliced
 1/2 red bell pepper, sliced
 1/4 cup chopped green onions
 1 tablespoon sesame seeds

INSTRUCTIONS

1. Prepare the Chicken:
 - a. Marinate the chicken breasts in teriyaki sauce for at least 30 minutes.
 - b. Grill or sauté the chicken over medium heat for about 6-7 minutes per side, or until cooked through. Slice thinly.
2. Cook the Vegetables:
 - a. In a large skillet, sauté mushrooms and red bell pepper until tender.
3. Assemble the Wraps:
 - a. Lay out the tortillas. Divide the chicken, sautéed vegetables, and green onions among them.
 - b. Sprinkle with sesame seeds.
 - c. Roll up the tortillas tightly and slice in half to serve.

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