 **Deli Rollup**

*Serves 1*

**Ingredients**

½ oz deli turkey or other deli meat

½ oz cheese

¼ avocado or 1/3 cup olives

Optional: use 1oz of meat and no cheese.

1 fruit serving

**Directions**

1. Lay out slice of deli meat. Place cheese over it down the middle (depending on how it’s sliced you may get a few slices of cheese or turkey per ounce). Roll up and enjoy! Try adding mustard or other low calorie condiment before rolling.
2. Optional: Slice a pickle or cucumber into strips. Place a few strips horizontally over meat and cheese and roll.
3. Pair with a fruit!

**Nutrition**

*200 cals, 15g carb, 7g protein, 14g fat*