

Shift to Healthy Eating at Work



Wrap, Pita, and Sandwich Ideas

Do you need some ideas for a new wrap, pita, or sandwich? Combine any of these ingredients to make a new meal favourite.

Grain Products



- whole grain breads
- pita
- tortilla
- brown rice, quinoa, whole grain noodles

Vegetables and Fruit



- cucumber
- arugula
- spinach
- peppers
- tomatoes
- avocado
- roasted/grilled vegetables

Milk and Alternatives



- sharp cheese (old cheddar, Gruyere)
- feta cheese
- lower fat mozzarella
- cheddar

Meat and Alternatives



- egg
- tuna or salmon
- roasted meats
- tofu
- beans
- lentils