

# 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.

### Whole grain foods



- whole grain breads
- whole grain pitas
- whole grain tortillas
- brown rice
- quinoa
- whole grain noodles

### Vegetables and fruits



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

### Protein foods



- beans or lentils
- egg
- tuna or salmon
- roasted meats
- tofu
- cheese (cheddar, feta, lower fat mozzarella)