

Turkey & Veggie Lettuce Wraps

Ingredients

- 1/2 lb ground turkey
- 1/2 cup shredded carrots
- 1/4 cup diced zucchini
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1 tbsp tamari or coconut aminos
- Romaine lettuce leaves

Instructions

1. Sauté turkey, garlic, and veggies in olive oil.
2. Add tamari and cook until browned.

3.Spoon into lettuce leaves.

Health Benefits

Lean turkey boosts muscle, veggies add fiber and antioxidants.