



Turkey and Cheese Sandwich

Info:

Makes 1 Servings 230 Calories per Serving

LOW CAL

Ingredients:



- ❖ 2 Slices Whole Wheat Bread
- ❖ 1oz Sliced Lean Turkey
- ❖ 1 Slice Reduced Fat Cheddar or American Cheese
- ❖ Lettuce Leaves
- ❖ 1-2 tsp Fat Free Mayo
- ❖ 1 tsp Mustard
- ❖ Salt and Pepper to taste

Preparation:

1. Assemble and enjoy, toast bread for a crispy texture!
2. Don't forget to add fruit.

