

## Wrap Week



Welcome to Wrap Week at TheGraciousPantry.com! All this week, we'll be making healthy, delicious wraps you can easily pack for lunch or make for a quick and easy dinner.

Most of these wraps have components you can make ahead of time, making weekend prep simple and easy. Once all the components are cooked and ready, you can pack them separately to avoid a soggy wrap (if it will have to sit for hours in the fridge before you can eat it). Once prepped, assembly of your wrap will take less than 5 minutes!

### Weekend Prep:

- Chop the veggies
- Cook the meats
- Prep the sauces

You don't have to do this ahead of time, but if you want to, wraps are an easy item to add to meal prep.

The wraps you'll be shopping for and prepping for this week are these:

### Collection


#### Monday

1 wrap	Buffalo Chicken Wrap	
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#### Tuesday

2 wraps	Fajita Wraps	
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#### Wednesday

2 wraps	Tuna Wraps	
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#### Thursday

1 wrap	Bacon And Egg Wrap	
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#### Friday

1 wrap	BLT Wraps	
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#### Saturday

1 wrap	Ranch Chicken Wraps	
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To use these for meal prep, you'll need to wait until the end of the week for all the recipes to go live on my site. But once they do, simply print them out and get ready to make wraps! Or, you can shop ahead of time and make these as the recipes go live. Your choice!

## Shopping List

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### Meat & Seafood

- can water packed tuna 5 oz.
- bacon 6 strips
- chicken breast 0.75 lb.
- shredded, cooked chicken breast 0.33 cup
- prepared buffalo chicken ((see notes in post for making your own)) 0.50 cup

### Eggs & Dairy + Non-Dairy Milk

- eggs 1 large
- grated cheddar cheese 0.75 cup + 2 tbsp.
- milk ((any kind)) 1 tbsp.
- plain yogurt ((dairy-free if needed)) 2 tbsp.

### Produce

- avocado 1 medium
- grape tomatoes ((or more, as you wish)) 1 large
- finely diced onions ((whatever kind you like best)) 1 cup
- red onion, ((thinly sliced - about 1½ to 2 cups)) 2 tbsp.
- finely sliced lettuce ((I used romaine, but any will work)) 0.50 large
- grated carrots 2.5 cups
- red bell pepper ((seeds removed, sliced into thin strips)) 2 tbsp.
- 1 large

### Breads & Dry Goods

- tortillas/wraps (whatever type you can eat) 8 standard size

### Herbs, Spices & Seasonings

- chili powder 1 tsp.
- garlic granules 3 tsp.
- fresh, chopped cilantro ((optional)) 2 tbsp.
- ground black pepper 1 pinch
- ground cumin 1 tsp.
- onion granules 1 tsp.
- salt (to taste)
- salt 0.25 tsp.
- salt 1 pinch

### Extras (Purchase fresh or in containers)

- lemon juice 2 tsp.
- mayonnaise ((no sugar added)) 0.25 cup + 2 tbsp.
- oil (any kind) 2 tbsp.
- Frank's hot sauce (if making your own Buffalo sauce)
- ranch dressing 0.25 cup
- water

Also, either pick up some Buffalo sauce, or Frank's hot sauce to make your own Buffalo sauce at home. See the Buffalo Wrap recipe for details. (First recipe in Wrap Week)

## Meal Planner

The above shopping list and recipe menu are screenshots taken directly from my upcoming, interactive meal planner.

When you sign up to use it, the recipes, menu and shopping list become totally interactive. You can change anything, including recipe yield, and rearrange anything from the menu to the shopping list.

Then just click, save and print, and you'll have an entire menu for the week with just a little planning and a few button clicks.

This tool will make meal planning so much easier! It will:

- save you money (no more wasted food or extra hours in the kitchen because you can also add planned leftovers to your meal plan) .
- streamline your healthy eating plan using the recipes on this website.
- accommodate for special diets, food allergies or even just for picky eaters.
- allow you to collaborate with other people (even non-members) on your shopping list! So your sweetie can add his beer or her wine, and your kids can add their favorite cereal, all by simply sharing your shopping list link with them!

**[Add your name to the waiting list now!](#)**