

Healthy Office Wrap Recipes



20 Healthy Wrap Recipes You Can
Make in the Office, No Chopping
and No Cooking Required!



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Mediterranean Delight



2 Servings. 5 mins prep time

371
kcal

23g
Protein

25g
Carbs

17g
Fat

13g
Fibre

Ingredients

- 2 Higher Horizons wraps
- 150g hummus
- 4 falafels, crumbled (100g)
- 100g Mixed Leaf Salad

Directions

1. Spread an even layer of hummus on each wrap.
2. Distribute the crumbled falafels onto the wraps.
3. Garnish with the mixed-leaf salad.
4. Roll the wraps carefully, and cut into desired portions.



Chicken Caesar Classic



3 Servings. 5 mins prep time

279
kcal

29g
Protein

17g
Carbs

9g
Fat

7g
Fibre

Ingredients

- 3 Higher Horizons wraps
- 200g pre-cooked chicken, sliced
- 150g Caesar salad
- 60g parmesan shavings

Directions

1. Arrange chicken slices uniformly on each wrap.
2. Add a generous portion of Caesar salad.
3. Sprinkle with parmesan shavings.
4. Tightly roll the wraps.



Tuna Crunch Wrap



2 Servings. 5 mins prep time

212
kcal

23g
Protein

13g
Carbs

6g
Fat

7g
Fibre

Ingredients

- 2 Higher Horizons wraps
- 100g canned tuna, drained
- 80g Cole slaw
- 1 tsp mustard

Directions

1. Distribute Cole slaw evenly across the wraps.
2. Layer the drained tuna over the Cole slaw.
3. Drizzle a hint of mustard atop.
4. Roll each wrap securely and slice into two.



Creamy Salmon Bliss



3 Servings. 5 mins prep time

447
kcal

30g
Protein

13g
Carbs

19g
Fat

7g
Fibre

Ingredients

- 3 Higher Horizons wraps
- 150g smoked salmon
- 100g light cream cheese
- 100g Mixed Leaf Salad

Directions

1. Smoothly spread the cream cheese across each wrap.
2. Place smoked salmon slices uniformly.
3. Garnish with the mixed-leaf salad.
4. Carefully roll the wraps and pieces into preferred sizes.



Tropical Shrimp Twist



3 Servings. 5 mins prep time

243
kcal

26g
Protein

11g
Carbs

9g
Fat

7g
Fibre

Ingredients

- 3 Higher Horizons wraps
- 150g shrimp, pre-cooked
- 100g guacamole
- 50g salsa

Directions

1. Lay out the wraps on a clean surface.
2. Spread a generous amount of guacamole on each.
3. Distribute shrimp evenly among the wraps.
4. Top with a dollop of salsa.
5. Roll up the wraps tightly.



Ham & Cheese Special



2 Servings. 5 mins prep time

398
kcal

35g
Protein

16g
Carbs

20g
Fat

7g
Fibre

Ingredients

- 2 Higher Horizons wraps
- 100g ham, sliced
- 60g sliced cheddar cheese
- 50g salad cream

Directions

1. Position the ham slices across each wrap.
2. Place the cheddar cheese slices on top of the ham.
3. Drizzle with salad cream.
4. Tightly roll each wrap, and cut diagonally.



Pesto Chicken Fusion



3 Servings. 5 mins prep time

467
kcal

38g
Protein

18g
Carbs

25g
Fat

9g
Fibre

Ingredients

- 3 Higher Horizons wraps
- 200g pre-cooked chicken, sliced
- 80g pesto sauce
- 100g Mixed Leaf Salad

Directions

1. Place a thin layer of pesto on each wrap.
2. Lay out the chicken slices over the pesto.
3. Add a layer of mixed-leaf salad.
4. Roll each wrap securely and slice into preferred portions.



Mackerel Tomato Tang



2 Servings. 5 mins prep time

381
kcal

33g
Protein

16g
Carbs

19g
Fat

7g
Fibre

Ingredients

- 2 Higher Horizons wraps
- 100g canned mackerel in tomato sauce
- 50g sour cream and chive

Directions

1. Distribute the mackerel evenly across the wraps.
2. Drizzle with sour cream and chive.
3. Roll the wraps carefully.



Egg & Cress Classic



2 Servings. 5 mins prep time

423
kcal

27g
Protein

10g
Carbs

29g
Fat

7g
Fibre

Ingredients

- 2 Higher Horizons wraps
- 4 boiled eggs, sliced
- 30g cress
- 40g mayonnaise

Directions

1. Layer each wrap with sliced boiled eggs.
2. Sprinkle cress atop the egg slices.
3. Drizzle with mayonnaise.
4. Roll the wrap snugly to serve.



Smokey Seafood Mix



3 Servings. 5 mins prep time

267
kcal

25g
Protein

9g
Carbs

13g
Fat

7g
Fibre

Ingredients

- 3 Higher Horizons wraps
- 100g smoked mackerel, flaked
- 50g seafood sticks, chopped
- 40g tartar sauce

Directions

1. Spread tartar sauce evenly on the wraps.
2. Distribute the flaked mackerel and chopped seafood sticks.
3. Roll the wraps tightly for serving.



BBQ Chicken Crunch



3 Servings. 5 mins prep time

254
kcal

34g
Protein

17g
Carbs

4g
Fat

7g
Fibre

Ingredients

- 3 Higher Horizons wraps
- 200g pre-cooked chicken, sliced
- 60g BBQ sauce
- 100g Mixed Leaf Salad

Directions

1. Spread BBQ sauce across each wrap.
2. Layer with sliced chicken.
3. Top with a handful of mixed-leaf salad.
4. Securely roll the wraps.



Guacamole Parma Treat



2 Servings. 5 mins prep time

311
kcal

28g
Protein

11g
Carbs

15g
Fat

10g
Fibre

Ingredients

- 2 Higher Horizons wraps
- 80g Parma ham
- 80g guacamole
- 40g salsa

Directions

1. Spread guacamole evenly over the wraps.
2. Lay Parma ham slices across.
3. Dollop with salsa.
4. Roll the wraps, then slice diagonally.



Salami & Cheese Delight



2 Servings. 5 mins prep time

408
kcal

34g
Protein

15g
Carbs

22g
Fat

7g
Fibre

Ingredients

- 2 Higher Horizons wraps
- 80g salami slices
- 60g sliced cheddar cheese
- 20g mustard

Directions

1. Lightly spread mustard over each wrap.
2. Arrange salami slices, ensuring even coverage.
3. Place cheddar cheese slices atop.
4. Roll the wrap securely and slice into desired portions.



Peanut Butter Protein



2 Servings. 5 mins prep time

400
kcal

27g
Protein

19g
Carbs

22g
Fat

9g
Fibre

Ingredients

- 2 Higher Horizons wraps
- 80g peanut butter
- 1 banana, sliced
- 50g grilled chicken breast strips
- 1 tbsp chia seeds

Directions

1. Lay out each wrap flat on your workspace.
2. Evenly spread 40g of peanut butter on each wrap.
3. Arrange half the banana slices on each wrap.
4. Distribute the chicken breast strips evenly between the two wraps.
5. Sprinkle each wrap with 0.5 tbsp of chia seeds.
6. Carefully roll each wrap.



Creamy Mackerel Mix



3 Servings. 5 mins prep time

294
kcal

30g
Protein

8g
Carbs

14g
Fat

8g
Fibre

Ingredients

- 3 Higher Horizons wraps
- 150g canned mackerel, drained
- 60g light cream cheese
- 30g mustard

Directions

1. In a bowl, combine mackerel and cream cheese, mixing until smooth.
2. Spread the mixture onto each wrap.
3. Drizzle a line of mustard over the filling.
4. Tightly roll each wrap.



Shrimp & Guac Fusion



2 Servings. 5 mins prep time

273
kcal

29g
Protein

10g
Carbs

11g
Fat

9g
Fibre

Ingredients

- 2 Higher Horizons wraps
- 150g shrimp, pre-cooked
- 70g guacamole
- 20g salad cream

Directions

1. Spread guacamole evenly over the wraps.
2. Scatter the shrimp atop.
3. Drizzle with salad cream.
4. Roll wraps carefully and slice for serving.



Cottage Cheese Veggie



2 Servings. 5 mins prep time

266
kcal

25g
Protein

15g
Carbs

10g
Fat

8g
Fibre

Ingredients

- 2 Higher Horizons wraps
- 120g cottage cheese
- 100g Sainsbury's Mixed Leaf Salad
- 20g mint sauce

Directions

1. Spread cottage cheese evenly on each wrap.
2. Sprinkle the mixed-leaf salad over the cheese.
3. Drizzle mint sauce on top.
4. Carefully roll up the wraps before serving.



Quick Tuna & Veggie Wrap



2 Servings. 5 mins prep time

290
kcal

23g
Protein

25g
Carbs

9g
Fat

7g
Fibre

Ingredients

- 2 Higher Horizons wraps
- 120g canned tuna in water, drained
- 2 small packets of light mayonnaise (the kind you find at delis or in pre-packed sandwiches)
- 1 small packet pre-chopped mixed vegetables (like a deli salad mix with carrots, corn, and peas)
- A handful of pre-washed baby spinach from a resealable bag

Directions

1. Open your canned tuna and drain excess water. You can usually do this right over a sink, pressing the lid against the tuna to squeeze out water.
2. Lay out the Higher Horizons wraps on a clean, flat surface (a desk will do).
3. Spoon the drained tuna straight from the can onto the center of each wrap.
4. Squeeze over the mayonnaise from the packets, using as much as you prefer.
5. Sprinkle a generous amount of the pre-chopped mixed vegetables onto the tuna.
6. Top with a handful of baby spinach from the bag.
7. Roll the wrap tightly, and you're ready to eat!



Salmon Horseradish Spike



3 Servings. 5 mins prep time

323
kcal

30g
Protein

18g
Carbs

13g
Fat

7g
Fibre

Ingredients

- 3 Higher Horizons wraps
- 150g smoked salmon
- 40g horseradish sauce
- 100g Mixed Leaf Salad

Directions

1. Lay out the wraps and place smoked salmon slices over them.
2. Drizzle horseradish sauce across the salmon.
3. Add the mixed-leaf salad.
4. Roll up the wraps snugly and cut into desired portions.



Egg & Mayo Classic



2 Servings. 5 mins prep time

389
kcal

26g
Protein

7g
Carbs

27g
Fat

7g
Fibre

Ingredients

- 2 Higher Horizons wraps
- 4 boiled eggs, sliced
- 40g mayonnaise
- A sprinkle of cress

Directions

1. Evenly spread mayo across the wraps.
2. Arrange the sliced boiled eggs evenly over the wraps.
3. Sprinkle with cress.
4. Roll the wraps tightly.

