Lean Turkey Avocado Lettuce Wraps

Crisp lettuce holds savory lean turkey and creamy avocado slices for a fresh, low-carb, high-protein meal perfect for weight loss.

Servings: 2 **Time:** 20 minutes

Ingredients

- 8 oz lean ground turkey
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1/2 tsp chili powder
- 1/4 tsp ground cumin
- Salt and pepper to taste
- 4 large lettuce leaves (romaine or butter lettuce)
- 1/2 ripe avocado, sliced
- 2 tbsp chopped fresh cilantro (optional)
- 1/2 lime, cut into wedges

Instructions

1. Heat olive oil in a skillet over medium heat.
2. Add minced garlic and sauté for 1 minute until fragrant.
3. Add ground turkey, breaking it apart with a spatula.
4. Season with chili powder, cumin, salt, and pepper.
5. Cook turkey for 6-8 minutes until fully cooked and browned.
6. Remove from heat and stir in chopped cilantro if using.
7. Place lettuce leaves on a plate and divide cooked turkey evenly among them.
8. Top each wrap with avocado slices.
9. Squeeze lime wedges over the wraps before eating.

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