

Turkey, Pepper Jack Apple Bites

Yields:

one 3 unit serving of EACH protein, carbohydrates, fats requirements
FOLLOW YOUR SPECIFIC PORTION AMOUNTS AS DIRECTED

Ingredients:

8 slices deli meat turkey (thin)
1 1/2 pepper jack cheese slices (sandwich type)
1 large apple
3 almonds

Directions:

1. Slice apple and cheese into eight portions
2. Make 8 portions out of each slice of turkey, cheese and apple and bite! *Eat nuts.*