

# HOW TO MAKE A SANDWICH

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## START WITH A GRAIN

- Bread
  - Pita Pocket
  - Bagel
  - Wrap
  - Tortilla
  - Roll
  - Baguette
  - English Muffin
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## CHOOSE A SPREAD

- Peanut Butter/Almond Butter/Sunbutter
  - Mayonnaise
  - Mustard
  - Hummus
  - Cream Cheese
  - Pesto
  - Guacamole
  - Ranch
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## CHOOSE VEGETABLES

- Lettuce
  - Spinach
  - Cucumbers
  - Tomatoes
  - Olives
  - Bell Peppers
  - Cabbage
  - Sprouts
  - Avocado
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## CHOOSE PROTEIN

- Deli Meat
- Tuna
- Eggs
- Cheese
- Nut Butter
- Hummus

