

# SOUP, SANDWICHES AND WRAPS

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*Lower carb, protein-rich recipes to inspire some tasty, health-promoting, home-cooked meals!*

## SOUP

### MAKE YOUR OWN SOUP OR BUY PRE-MADE VERSIONS.

**Pre-made soups** are an option that can save time. However, top quality pre-made soups are **pricey**; and you may need to add more protein (either directly to the soup or as a half sandwich or wrap) to truly make a meal out of it. Make the best choices you can based on where you shop and what your budget will allow. Some of these might work for any easy lunch meal.

**Making a larger batch** (next page) could be more suitable for the entire family, especially for a dinner meal. And leftovers from your **homemade versions** can become lunch the next day! Or freeze individual portions for a later date (be sure to label it so you know what it is!). Get out your crockpot too - this can simplify the cooking and you can come home to something that smells wonderful and tastes great!

### PRE-MADE SOUPS: Examples of top quality options:

				
<b><i>Proper Good</i></b> Broccoli Cheddar Soup	<b><i>Proper Good</i></b> Sweet Red Pepper and Meatball Soup	<b><i>Proper Good</i></b> Chicken and Mushroom Soup	<b><i>Kettle and Fire</i></b> Broccoli Cheddar Soup	<b><i>Kettle and Fire</i></b> Mushroom Bisque Soup
Maybe add some diced chicken to this to increase the protein.	Has 17 grams protein; could add a few more meatballs like <a href="#">these</a> .	Add some chicken or eat along with half of a protein wrap.	Very pricey; buy in a bundle to save \$\$\$. Split the container over 2 days; serve along with a wrap.	

### Other brands to consider:

<b>Amy's</b>	The brand is good but most options may be higher in carbs than your carb budget.
<b>Annie's</b>	Annie's uses higher quality ingredients; might be a good choice for kids.
<b>Great Value Organic</b>	These are decent quality but most flavors are higher in carbs and <i>may</i> have soybean oil.
<b>Pacific</b>	The brand is good. Check the carbs; maybe have a cup with a protein wrap.
<b>Wolfgang Puck</b>	High quality ingredients. Check the carbs; maybe serve with another protein source.

## **HOMEMADE SOUP**

You may save \$\$ by making your own, and you definitely have improved control of the ingredients. Recipes for lower-carb or keto soup are all over the internet (just google “[Low Carb Soup](#)” to find them!). We will focus on recipes found at two different websites below, as examples.

### [www.LowCarbSpark.com](http://www.LowCarbSpark.com)

This is an outstanding website, not only for soup, but for breakfast, lunch, dinner, snacks, desserts, drinks and more. The website creator has done a fabulous job of displaying mouth-watering pictures featuring lower carb recipes that aren’t too difficult to make. Ingredients are ones you will use repeatedly once you learn to stock them up.

#### **Examples of soup recipes found on her website:**

				
<a href="#">Zuppa Toscana</a>	<a href="#">Keto Beef Stew</a>	<a href="#">Broccoli Cheese</a>	<a href="#">Creamy White Chicken Chili</a>	<a href="#">Unstuffed Cabbage Roll Soup</a>

### [www.WholesomeYum.com](http://www.WholesomeYum.com)

This is also an outstanding website, loaded with recipes that whole families can enjoy. Be careful to select the low carb or keto recipes if your goal is to keep carbs low. She includes videos and lots of pics too. Highly recommend it!

#### **Examples of soup recipes found on her website:**

				
<a href="#">Low Carb/Keto Chili</a>	<a href="#">Keto Chicken Tortilla Soup</a>	<a href="#">Chicken Pot Pie Soup</a>	<a href="#">Keto Gumbo Recipe</a>	<a href="#">Keto Bacon Cheeseburger Soup</a>

#### **Experiment with these recipes to see what suits you and your family.**

*Eat soup by itself or pair it up with something else to make a complete meal; some of the low-carb bread items in the “[Bread and Bread Substitutes](#)” PDF would be great! Soups are an easy item to cook in bulk. Find one that looks good, prepare it over the weekend, then enjoy it as part of your lunch during the week. Soups usually freeze well too, so they are great as part of a “**meal prep**” strategy.*

## SANDWICHES AND WRAPS

### GLUTEN-FREE/GRAIN-FREE WRAP OPTIONS:

Lettuce	Cabbage or Collards	Cheese Wraps	Egg White Wraps	Egg Wraps with Cauliflower
				
<p>Several <a href="#">lettuce varieties</a> can work. <b>Iceberg</b> and <b>Romaine</b> provide “crunch” and keep well in the fridge. <b>Butter lettuce</b> is soft and pliable but has a shorter shelf life. <b>Green leaf lettuce</b> has larger, flexible leaves.</p>	<p><b>Red, green or purple cabbage</b> work well. Cut off a wedge, then pull apart into manageable pieces. Collards also work if you heat them first. Use a knife to remove the coarse stem.</p>	<p><b>Cheese FoliOS</b> are a newer item available. They can be pricey. Several brands and flavors. A typical one is 160 calories, 1 g carb, 11 g protein. Try filling with protein, veggies and healthy fat (not more cheese!).</p>	<p><b>Egg Life Wraps</b> are one brand of these. <b>Per wrap:</b> 25 calories, 0 carbs, 5 g protein. Find them at most groceries where you find eggs. These could work really well in casseroles, like for low-carb enchiladas.</p>	<p><b>Crepini Egg Wraps</b> use egg whites plus some cauliflower in the ingredients. <b>Per wrap:</b> 8 calories, 0 carbs, 1 g protein. Find them at Walmart, Target and other stores.</p>

### TORTILLA and TORTILLA-LIKE WRAP OPTIONS

CONTAIN WHEAT & GLUTEN		GRAIN-FREE/GLUTEN-FREE		
Low-Carb Tortillas		Coconut Flour	Almond Flour	Quinoa Flour
				
<p>There are a variety of lower carb tortillas to choose from. As long as you tolerate wheat, these may be a good option. Look for ones with <u>fiber</u>, the least amount of <u>calories</u>, and <u>without unfavorable oils</u>.</p> <p><b>BEST OPTIONS:</b> <a href="#">XTREME Wellness</a> &amp; <a href="#">La Banderita</a></p> <p><b>AVOID:</b> Mission brand (several unfavorable ingredients)</p>		<p>Tortillas made with alternative flours are available; you may need to get online to find them. These can be pricey! A few options are listed below. <b>Avoid Mission brand;</b> they have <u>sucralose</u> in them.</p> <p><b>NuCo Coconut Wraps</b> - Per wrap: 70 calories, 6 g carb (4 g net carbs), 1 g protein.</p> <p><b>Maria &amp; Ricardo's GF Tortillas</b> - Per 2 tortillas (almond flour version): 150 calories, 13 g carb (8 net carbs), 5 g protein</p> <p><b>Maria &amp; Ricardo's Quinoa Tortillas</b> -Per tortilla: 100 calories, 23 g carb (22 g net carbs), 0 protein</p>		

### Are gluten-free options better?

If you don't tolerate gluten, yes. If you tolerate gluten, you don't have to specifically choose gluten-free options. Gluten-free ones use a variety of **alternative flours** in place of wheat; but **the carb count is usually MUCH higher**; and there are often lots more unfavorable ingredients. With any option you choose, look for the highest quality ingredients and one that fits your carb budget.

### **BREAD AND BREAD-LIKE OPTIONS:**

- For a low-carb bread (that looks like bread, and not a tortilla) there are options like the one from [Thin Slims Foods](#) below. Read ingredients labels and pick ones without unfavorable oils, sucralose or other unfavorable ingredients; compare any you find to the zero carb bread below.
- If you have a little more carbs to spend - and particularly **if you do tolerate wheat** - a “regular” bread may fit your plan. Some types of bread will be better than others. Top picks would be **sourdough** or **sprouted grain** breads. See examples below.

Sourdough Bread	Ezekiel & Sprouted Grain Breads	Gluten-free and/or “Keto” Bread
		
<p><b>Sourdough bread</b> has potential health benefits as compared to most other bread; read more <a href="#">here</a>. <a href="#">The Rustik Oven</a> uses traditional methods; available at Walmart and other stores.</p>	<p><a href="#">Ezekiel bread</a> comes in several varieties; read about the health benefits <a href="#">here</a>. <a href="#">Food For Life</a> has several varieties. <a href="#">Dave’s Killer Bread</a> brand makes a <b>sprouted grain</b> option; it does have some canola oil but otherwise is comparable.</p>	<p>These are becoming more available; may be pricey. Read ingredients labels; avoid ones with <u>unfavorable oils</u>. <a href="#">Thin Slim Foods</a> is a brand that is using quality ingredients; order online.</p>

### **HOME-MADE LOW-CARB BREAD**

Check out the PDF “[Bread and Bread Alternatives](#)” to view recipes for making your own bread. This requires a time commitment, but may be worth it if bread is something you can’t live without. Making it yourself allows maximum control of ingredients. There are many ways to make it too! Some recipes use almond or coconut flour while others use whey protein or egg white protein powder. For sandwiches, you can make loaf-style bread, buns, and other options too!

### **ADDITIONAL TIPS FOR BREAD AND WRAPS:**

#### **Be sure to read labels for INGREDIENTS, not just the nutrition facts.**

Look out for **soybean oil** (hydrogenated or not); **food coloring/dyes**; **aluminum**; **sucralose**; **caramel coloring**; as well as **too many carbs**. Find flavors you enjoy. It IS fine to get ones with bonus ingredients like flax seeds, chia seeds, pea protein, etc. Xanthan gum is an acceptable ingredient (it’s a thickener).

#### **STORAGE TIPS (for all above options):**

Store bread in the freezer to keep it fresh; remove the amount needed as you go along. Tortillas should stay fresh in the pantry for a good while. Romaine keeps well in the fridge for at least a week; cabbage will stay fresh in the fridge even longer!

**MIX AND MATCH FILLINGS:**

Category	Examples	Comments	Pictures
<b>Protein Source</b>	turkey, chicken, roast beef, ham, salami, pepperoni, Canadian bacon, grilled or rotisserie chicken, tuna, salmon (canned, fresh or smoked)	<a href="#">Boar's Head</a> is a really good brand for deli meat. Avoid ones with added sugars. Minimize salt. Shorter ingredient lists are best.	
<b>Healthy Fats</b>	avocado or guacamole, avocado-based mayo, olive oil or olive-oil based dressing	Slice the avocado or smash it onto the wrap; make sure your mayo doesn't have soybean oil	
<b>Cheese</b>	provolone, swiss, cheddar, monterey jack, mozzarella, blue cheese, feta, goat cheese, cream cheese, cottage cheese	Thin slices can work really well; and try <a href="#">Laughing Cow brand</a> for a low-fat spreadable cream cheese in a variety of flavors.	
<b>Veggies</b>	onion, cucumber, zucchini, tomato, shredded carrot, bell pepper, spinach, slaw	Provides texture and crunch; experiment with different ways of slicing them.	
<b>Savory Additions</b>	roasted red peppers, olives, pickles, sun-dried tomatoes, kimchi, salsa, Buffalo/hot sauce	Buy in jars; remove the portion you want; drain/pat dry or remove excess liquid before adding to your wrap.	
<b>Condiments</b>	mustard (many varieties), mayo, salt, pepper, herbs/spices, Mrs. Dash/mixed seasonings, pesto	While ketchup and barbeque sauce have carbs in them, most mustard varieties are a good option.	

**OR...SKIP THE BREAD/WRAP AND JUST ASSEMBLE IT LIKE A "BENTO BOX"!**

PROTEIN	HEALTHY FAT	SAVORY/CRUNCH
<ul style="list-style-type: none"> <li>Boiled or deviled eggs</li> <li>Packet of chicken or tuna</li> <li>Rotisserie chicken</li> <li>Deli meat</li> <li>Leftover chicken, beef, burger, pork chop, etc.</li> <li>Canadian bacon</li> <li>Shrimp</li> <li>Smoked salmon or trout</li> <li>Pimento cheese</li> <li>Cottage cheese</li> <li>Greek yogurt</li> </ul>	<ul style="list-style-type: none"> <li>Avocado or guacamole</li> <li>Salad dressing or dip (<i>made from avocado or olive oil</i>)</li> <li>Cheese</li> <li>Nuts</li> <li>Nut butter</li> <li>Olives</li> </ul>	<ul style="list-style-type: none"> <li>Raw veggies like celery, cucumber, cherry tomatoes, carrots, bell pepper strips, broccoli, cauliflower</li> <li>Side salad or slaw</li> <li>Crackers (made with reasonable ingredients)</li> <li>Pumpkin seeds or nuts (these provide protein and fat too)</li> <li>Kimchi or sauerkraut</li> <li>Pickles, olives, pickled veggies</li> </ul>

## WRAPS WITH A THEME

This website ([www.EasyWrapRecipes.com](http://www.EasyWrapRecipes.com)) has **great pictures** and **easy recipes** to follow.

Not all are low-carb but the recipes are written in a way that you can easily swap ingredients, as needed. Wrap recipes are here but so are salads, meal prep ideas, 15-minute recipes, and more. Great website! Lots of videos included too!

- ❖ Click on this link to go straight to the [Recipe Index](#)
- ❖ Click on this link to see [25 easy low-carb wrap recipes](#) (pictures and links below)

				
<a href="#">Keto Turkey Bacon Ranch</a>	<a href="#">Buffalo Chicken Lettuce Wrap</a>	<a href="#">Thai Chicken Collard Wraps</a>	<a href="#">Sesame Chicken Lettuce Wraps</a>	<a href="#">Chopped Thai Chicken Salad</a>
				
<a href="#">BLT Egg Wraps</a>	<a href="#">Italian Lettuce Wrap</a>	<a href="#">Chicken Fajita Lettuce Wrap</a>	<a href="#">Turkey Keto Club</a>	<a href="#">Chicken Bacon Ranch Wrap</a>
				
<a href="#">Keto Pigs in a Blanket</a>	<a href="#">Chicken Broccoli Cheese Hot Pocket</a>	<a href="#">Easy Keto Enchiladas</a>	<a href="#">Chicken Barbeque Taquitos</a>	<a href="#">Keto Oven Baked Taquitos</a>
				
<a href="#">Keto Pizza Rolls</a>	<a href="#">Buffalo Chicken Taquitos</a>	<a href="#">Keto Chicken Bacon Ranch Taquitos</a>	<a href="#">Keto Jalapeño Popper Taquitos with Bacon</a>	<a href="#">Grilled Zucchini Mozzarella Wraps</a>

**A few notes:**

- **Sauces/Condiments:** Remember to get mayo without soybean oil. Same goes for any dressings or sauces used. For the “Ranch seasoning mix” you could make your own [Ranch dressing](#).
- Some of these recipes would be great just on top of a **bed of mixed greens** as opposed to a wrap.
- [Fat Head Dough](#) is used in some recipes to make a crust. It’s not that tricky to make, and has many uses in lower carb cooking. You will need some almond or coconut flour. Give it a try!!
- Cheddar cheese can make the “shell” or “[wrap](#)” for some items, particularly tacos or taquitos.
- Keto “**Pigs in a Blanket**”: Try using different flavors of [chicken sausage](#) too!
- Some of these could be an easy **dinner** as opposed to lunch; experiment and see what fits your life!