

Trim Healthy
W I S D O M

Turkey Avocado Sandwich (E or XO)

(Depending upon the amount of avocado)

If you haven't checked out our *Protein Avocado Toast* recipe, try it sometime. In a similar fashion to that recipe, you'll discover with this sandwich that you can get lots of avocado enjoyment without overdoing it and getting too high in density. Just an 1/8 of an avocado for an E sandwich tastes rather succulent if you season it well. Feel free to use the Light Laughing Cow Cheese wedge if that makes you even happier. Regarding turkey meat, our favorite brand is Plainville Farms. It is organic, 99% fat-free, tastes great, and provides 26 grams of protein for just four pieces!!! That's amazing! Don't forget to add more veggies to the side of your plate; cuke chips (sliced cucumber topped with nutritional yeast and Mineral Salt) are always fabulous, or just enjoy a spoonful or two of sauerkraut or kimchi.

You can use on-plan sprouted store-bought bread (or see Pearl's recommendations [HERE](#) for the sourdough rye bread she purchases); however, this bread doesn't work well for sandwiches. It is better for open-faced sandwiches, and if using it, you probably won't need more than 1½ pieces. You can also enjoy homemade bread such as *Serene's Peasant Bread* or gluten-free *Gluten-Free Sourdough No Carb Easy Bread*, but if using this last option, consider adding a side of fruit to make this an E.

Single Serve Recipe

INGREDIENTS:

- 2 pieces on-plan bread of choice
- 1/8 avocado (mashed)
- 4 - 6 ounces lean, deli-style turkey meat
- lettuce leaves
- [TH Mineral Salt](#) & black pepper
(to taste or your favorite seasoning of choice)



Optional Add-Ins:

- 1 wedge Light Laughing Cow Cheese
- onion (sliced)
- sauerkraut or kimchi
- pickled jalapenos (sliced)
- hot sauce
- tomato slices

INSTRUCTIONS:

1. Smear both slices of bread with the avocado.
2. Place turkey and all other desired ingredients on the bottom piece of bread, then top with the other piece of bread. Slice into halves.

Protein Nerd Notes:

If using 4 ounces of the Plainville Farms turkey, you'll have all your Protein Nerd Level 3 needs covered. If you desire a lower meat amount (perhaps just 2 – 3 ounces for E Protein Option 1), you need more protein in another form. You can have a generous ½ serving of [TH ESSENTIAL](#), or if you prefer getting super filled up... *the Side Protein & Fiber Chocolate Milk* should do the trick. Other ways to get more protein would be to use close to a full serving of [TH Optimized Collagen](#) in a coffee or tea on the side or by chugging close to a serving of [TH Optimized Collagen](#) with 1 tsp of [TH ESSENTIAL](#) in a little water right before your meal then chasing with more water. Or you could have the *PYY Booster* using 1 Tbs of each [TH Optimized Plant Protein Powder](#) and [TH Optimized Whey Protein Powder](#) or a small serving of *Optimized Protein Mousse*.