

Fiesta Lettuce Wraps (Good on days 1, 2, 3, 4, 9, and 10)

Provided by a client

Wash and dry (2) Iceberg lettuce leaves

In a separate bowl make avocado spread:

1 medium avocado

Dash of red pepper flakes

½ teaspoon of minced garlic

Dash of salt and pepper

Spread avocado mixture into bottom of lettuce, top spread with a mixture of beans (white, pinto, black etc.) Leave beans in whole form do not mash. Top beans with chopped tomato, cilantro, onion and a squeeze of lime juice. Garnish with homemade salsa or hot sauce, roll lettuce leaf and enjoy.