

High Protein Recipe

Chicken Burrito

40P/30C/11F

- 100g Cooked chicken breast (you could use 96/4 Ground Beef or Ground Turkey as well macros will vary)
- 1 Xtreme Wellness Tortilla (make this into a bowl and swap the tortilla for rice instead)
- 50g Avocado
- 30g Black Beans
- 30g Romaine Lettuce
- 30g Salsa
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Season up your chicken with whatever you enjoy. Then, fill the wrap with all the toppings and fold together.

- Need more protein
 - o Add more chicken
 - o Make a sauce with plain nonfat greek yogurt
 - Mix, Greek yogurt, taco seasoning, paprika, lime juice, salt, and pepper.