



LUNCH

Chicken salad wrap

The easiest high protein lunch there is. Use leftover or ready cooked chicken and it's done in minutes.

Ready in **5 min** | Serves **1**



PROTEIN

54g

CARBS

35g

FAT

12g

CALORIES

480 kcal

• INGREDIENTS

150g	cooked chicken breast, sliced
1 large	wholemeal wrap
Handful	mixed salad leaves
1/2	tomato, sliced
1/4	cucumber, sliced
2 tbsp	tzatziki

• METHOD

- 1 Lay the wrap flat and spread the tzatziki down the middle.
- 2 Add the salad, tomato and cucumber, then the chicken on top.
- 3 Fold in the ends, roll it up tight and cut in half.

• SWAPS AND TIPS

- Batch cook chicken breasts to cover the next 2 days of lunches, and freeze the rest in portions.
- Swap tzatziki for light mayo, hummus or sweet chilli sauce.
- Toast it in a dry pan for a minute each side for a warm wrap.

Macros are per serving and approximate. They vary with brands and portions, so check labels if you're tracking closely.