

**CHICKEN & RED PEPPER WRAPS**

Red peppers are about 92% water, so they help flush toxins out of your body and fill you up without a lot of calories.



**INGREDIENTS**

- 200g Boneless, Skinless Chicken Breast, Cooked
- 1 Slice American Cheese Made With Fat-Free Milk (I use Kraft Fat-Free Singles.)
- 20g Roasted Red Peppers
- ½ Slice of Joseph's Flax, Oat Brown, & Whole Wheat Lavash Bread

**INSTRUCTIONS**

- Step 1 ///**  
Cut or shred chicken into bite-sized pieces.
- Step 2 ///**  
Pile chicken, cheese, and peppers into the middle of the bread.
- Step 3 ///**  
Roll bread into a burrito-like shape with one end folded in.

<b>NUTRITION FACTS</b>	Quantity/g	Protein	Carbs	Fats	Calories
CHICKEN BREAST, BONELESS/SKINLESS	200	46.4	0	1.6	200
WHOLE WHEAT JOSEPHS FLAX OAT & BRAN LAVASH BREAD	0.5	5	7	2	66
CHEESE SKIM MILK AMERICAN	1	4	2	0	24
PEPPERS SWEET RED	20	2	1.3	0.1	6
<b>▶ TOTAL</b>		<b>56</b>	<b>10</b>	<b>4</b>	<b>296</b>