

## Barbecue Bacon Chicken Wraps

### Ingredients

4lbs chicken breast  
1 pack center cut bacon  
300g rice raw then cooked  
10 extreme wellness wraps  
1 bag fat free cheddar cheese  
200g onions (chopped)  
1 Can black beans  
1 can rotel

BBQ Sauce  
230g plain Greek yogurt  
120g sugar free rays BBQ sauce  
1 tbsp apple cider Vinegar  
1 tsp black pepper  
1 tsp paprika  
1 tsp salt  
1/2 tsp garlic powder  
30g tomato paste



### Instructions

1. Use a meat tenderizer to flatten all your chicken equally.
2. Season your chicken and put it on a skillet with a cover over it. Be sure to crisp both sides very well.
3. Chopped up one pack of center cut or beef bacon put that on a skillet with 200 g of chopped onions and let that cook.
4. 300g uncooked rice into a rice cooker with 2 1/2 cups of water let that cook

## 5. Make your BBQ sauce

230g plain Greek yogurt  
120g sugar free rays BBQ sauce  
1 tbsp apple cider vinegar  
1 tsp black pepper  
1 tsp paprika  
1 tsp salt  
1/2 tsp garlic powder  
30g tomato paste

## 6. Once your chicken is done, chop it up then add the following.

Add your bacon and onions

Add your rice

Add your BBQ sauce

1 bag fat free cheddar cheese

Mix and disperse equally onto 10 extreme wellness wraps

The ones I use come in a 6 pack not the 8 pack.

Now toast them all

Fridge reheat time 1:30 seconds

Freezer 2 min flip 30 seconds serve

Ingredient	Serving	Calories	Fat	Carbs	Protein
Chicken breast	6ounces	1372	8	0	299
Center cut bacon	1 pack	480	36	0	42
Rice	1 cup	640	0	144	12
FF Cheddar	1 bag	315	0	14	63
Onion	200g	80	0.2	19	3
Black Bean	1 Can	390	1.5	69	24
Rotell	1 can	50	0	12	2
Sauce					
No fat Fage	230g	122	0	7	24
Apple cider vinegar	1 tbs	0	0	0	0
tomato paste	33g	35	0	7	1
Rays sf BBQ sauce	5 servings	75	0	20	5
Total		3559	46	292	475
Xtreme Wrap	1	60	1.5	13	4
Per serving (10)		416	6.1	42	51