

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