

Big Mac Wrap

Ingredients

- 1 yellow onion
- 2 lbs lean ground beef
- 1 tsp Garlic powder
- 1tsp salt
- 1 tsp pepper
- 1 bag carb counter tortilla
- 1 7 ounce bag FF cheddar cheese
- 180 g G Hughes burger sauce
- Pickles to liking
- Shredded lettuce



Directions

1. Dice onion
2. Heat pan to medium high, lightly oil, brown onion and ground beef adding Salt Pepper Garlic.
3. Drain and return to pan and cheese, and burger sauce.
4. Mix well and then portion out evenly onto 6 tortillas
5. Add lettuce and pickles to your liking and roll into burrito.
6. Return to pan to sear on either side then store individually wrapped or in meal prep container.

Ingredient	Serving	Calories	Carbs	Fat	Protein
Lean Ground Beef	2lbs	1530	0	72	207
Large Carb Counter wrap	6	540	138	12	30
Onion	1 med	40	10	0	1
G Hughes Burger Sauce	6	480	6	48	0
FF Cheese	1 bag	315	14	0	63
Shredded iceberg	21g	15	3	0	1.5
Dill pickles chips	1	0	0	0	0
Total		2920	171	132	303
Per serving (6)	1 Cup	486	28	22	50

For me it broke out as 205 grams of meat and cheese per wrap.