FIT FOCUS

Ingredients

• 2 boneless, skinless chicken breasts

- 1 tbsp olive oil
- 1 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp black pepper
- 4 whole wheat tortillas
- 2 cups romaine lettuce, chopped
- 1/4 cup grated Parmesan cheese
- 1/4 cup light Caesar dressing

Instructions

- 1. Preheat a grill or grill pan over medium-high heat.
- 2. Brush the chicken breasts with olive oil and season with garlic powder, salt, and black pepper.
- 3. Grill the chicken for 6-7 minutes on each side, or until fully cooked. Remove from the grill and let cool slightly, then slice into strips.
- 4. Warm the whole wheat tortillas in a dry skillet or microwave.
- 5. To assemble each wrap, place a portion of grilled chicken, chopped romaine lettuce, grated Parmesan cheese, and a drizzle of light Caesar dressing on each tortilla.
- 6. Roll up the tortillas and serve immediately.

Macros (per serving, serves 4)

- Calories: 350
- Protein: 30g
- Carbs: 30g
- Fat: 15g

Shopping List

- 2 boneless, skinless chicken breasts
- Olive oil
- Garlic powder
- Salt
- Black pepper
- Whole wheat tortillas
- Romaine lettuce
- Grated Parmesan cheese
- Light Caesar dressing

The provided macronutrient values are estimated and may not be completely accurate. Factors such as specific ingredient brands, variations in ingredient sizes, and cooking methods can affect the actual nutritional content of the recipes. For precise nutritional information, please consult a registered dietitian or use a verified nutrition calculator based on the specific ingredients and quantities you use.

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Grilled Chicken Caesar Wrap