

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