
THE INVICTUS PERFORMANCE WRAP

430 Calories | 42g Protein | 35g Carbs | 12g Fat



INGREDIENTS

- 1 large whole wheat tortilla or high-protein wrap
- 5 oz grilled chicken breast, sliced
- 2 tbsp roasted red pepper hummus
- 1 cup fresh arugula
- ¼ cup roasted red peppers, sliced
- 1 tbsp feta cheese crumbles

DIRECTIONS

1. Lay the tortilla flat and spread the roasted red pepper hummus evenly across the center.
2. Layer the fresh arugula and sliced roasted red peppers over the hummus.
3. Arrange the grilled chicken slices horizontally across the wrap.
4. Sprinkle with feta cheese, fold the sides inward, and roll tightly.