



## The Invictus Performance Wrap

Macros: 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
- 1/4 cup roasted red peppers, sliced
- 1 tbsp feta cheese crumbles

### Directions

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