

RECIPE

Grilled Chicken & Hummus Wrap

SERVES: 1

A PORTABLE POWERHOUSE

of protein, fiber, and healthy fats, this wrap keeps energy steady while supporting digestion and muscle health—perfect for busy days on the go.

INGREDIENTS

- 2 **tbsp hummus**
- 1 **wheat wrap**
- 3 **oz Grilled chicken, sliced**
- ½ **cup carrots, sliced**
- ¼ **avocado, sliced**
- 1 **cup greens**
- 2 **tbsp kimchi**



INSTRUCTIONS

- 1 **SPREAD** 2 tbsp hummus on a wheat wrap.
- 2 **ADD** 3 oz chicken, sliced carrots, sliced avocado, greens, and kimchi, then roll.

MAKE IT PLANT BASED:

swap chicken for 3 oz tempeh.

VARIATION: swap out kimchi for sauerkraut.

NUTRITIONAL INFO PER SERVING

CALORIES

435

PROTEIN

35g

FIBER

12g