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Grilled Chicken Wrap



grilled chicken wrap

Here is one of my staple lunch ideas. So easy to do!

Whole wheat tortilla

low fat hummus (I use the roasted red pepper hummus from Costco)

grilled chicken slices

lettuce

tomato

feta cheese

Spread hummus on a whole grain tortilla. Next, slice grilled chicken thin and place on the wrap. Top with lettuce, tomato, feta cheese and any other veggies that you like. If I have extra roasted red peppers and onions I will put them on top as well. I just wrap it up and put it in my cooler for lunch with a piece of fruit and water! Delicious!