

# Chicken & bacon salad wrap



**BODY SHAPE**  
PERFORMANCE

- 1 tsp ghee or coconut oil
- 120g chicken breast, diced
- 2 rashers back bacon
- handful of salad leaves
- 2 small vine tomatoes, sliced
- 1 seeded wrap (use gluten free if preferred)
- 1 tsp mayonnaise

**SERVES 1**

Melt the ghee / oil in a frying pan over a medium heat. Add the chicken and cook for 6-8 minutes, turning on all sides to brown.

Increase the heat slightly. Add the bacon and cook for 3-4 minutes each side, until crispy. Remove pan from heat.

Assemble the salad leaves on the wrap and add the cooked chicken, bacon, tomatoes and mayonnaise. Roll tightly and serve.

*Store any leftovers in an airtight container and refrigerate for up to 1 day.*



**PER SERVING:**  
489 Calories  
**34g Carbs**  
32g Protein  
**25g Fat**