



Chicken Asparagus Wrap

1 whole grain tortilla

30g chicken breast

1T Trader Joe's Roasted Red Pepper Spread (2 carbs/TBS)

6-8 spears of asparagus, slightly steamed

½ cup blueberries

Lightly toast the tortilla

Spread the roasted pepper spread on the tortilla and add in the chicken and asparagus

Roll and serve with blueberries on the side

30g protein/34g carbs/5g fat

*spinach makes a good substitute for the asparagus

*hummus makes a good substitute for the roasted red pepper spread