



ALTERED ATHLETICS

CHIPOTLE-STYLE CHICKEN WRAP BOWL

Calories: 445

Protein: 42g | **Carbs:** 38g | **Fat:** 12g

Ingredients:

Grilled chicken breast – 120g

Black beans (drained & rinsed) – 60g

Cooked brown rice – 100g

Corn (frozen or canned) – 30g

Salsa – 50g

Fresh cilantro – optional

Light sour cream (Daisy 1/3 less fat) –
30g

Lime wedge – optional

Directions:

Layer rice, chicken, beans, and corn.

Top with salsa and sour cream.

Squeeze lime over and garnish with
cilantro.