

June 2020

Keto Meal Plan Main Meal

## Keto Chicken Wraps

### Ingredients:

- 900 gms chicken breast (skinless, cut into slices).
- 4 celery stalks (diced).
- 2 spring onions (finely diced).
- 1 Iceberg lettuce head.
- ½ cup goats OR high fat cheese (crumbled).
- ½ red pepper (diced).
- ½ green pepper (diced).
- 2 tbsp butter.
- 2 tsp onion powder.
- 1 tsp chilli flakes.
- 1 tsp garlic powder.

### Instructions:

- Heat butter in a large frying pan; add peppers and celery, fry for 5-6 minutes until just tender.
- Add chicken, garlic powder, chilli flakes and onion powder; stir continuously until chicken is cooked through and slightly browned.
- Remove pan from heat and stir in crumbled cheese and spring onions.
- Take 8 lettuce leaves and fill each with mixture.

**Total Time: 25 Minutes**

### Nutritional Information:

Total servings - 8

Per serving: (2 filled leaves).

Fat: 36g

Carbohydrates: 3g

Protein: 48g

Calories: 546

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#### Retail Store

Greenroots Centre  
1159 John Voster Rd  
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**Herbology South Africa (PTY) LTD**  
Reg. Number 2019/340679/07

Hemp Permit #: 022/2018/2019  
National Healer #: 061197

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