

HIGH PROTEIN CHICKEN CRUNCHWRAPS

Makes 3 Wraps · Meal Prep Friendly · REVERE Training Kitchen



Nutrition Per Wrap

CALORIES 594

PROTEIN 55g

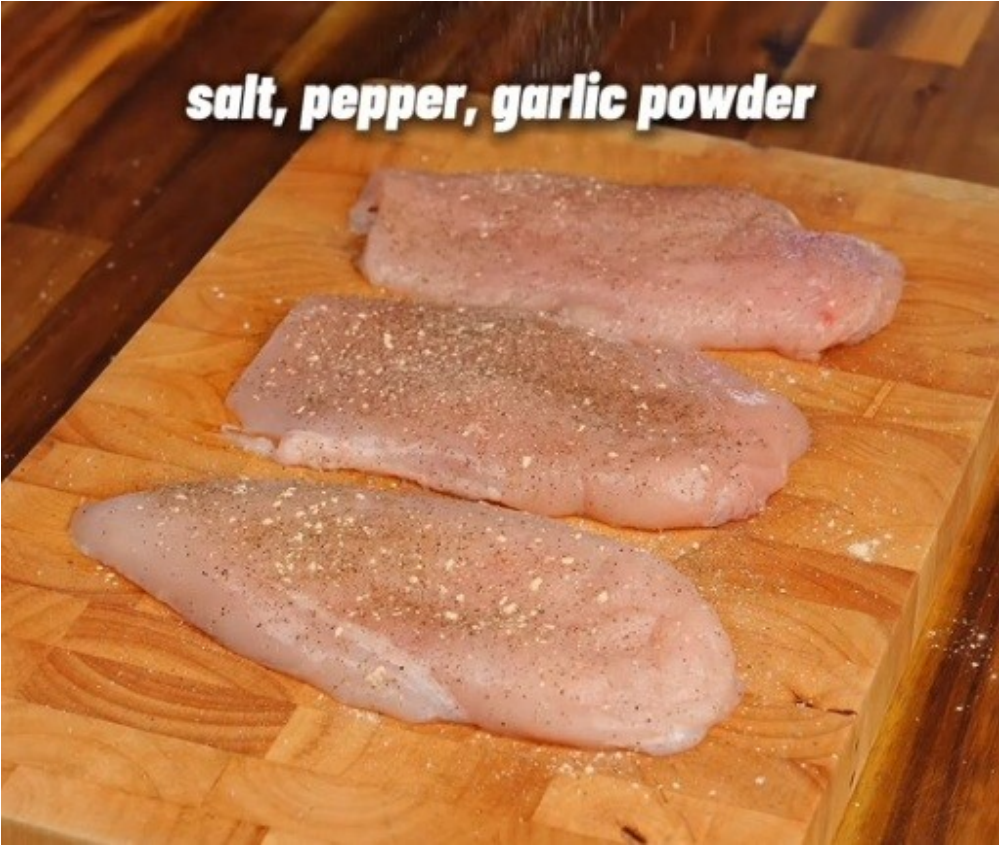
CARBS 59g

FAT 17g

CRISPY CHICKEN



450g chicken breast



salt, pepper, garlic powder

Ingredients

- 450g chicken breast (approx. 1.5 breasts, sliced in halves)
- Salt, pepper, and garlic powder — to taste
- 1–2 eggs, beaten
- 80g plain flour (not all will be used)
- 80–100g panko breadcrumbs (not all will be used)
- 15g Parmesan, finely grated
- Cooking spray





beaten egg



beaten egg



CAESAR SALAD



Ingredients

- 2 cups shredded romaine lettuce
- 20g light mayonnaise
- 1 tsp roasted garlic paste
- 1 tsp Dijon mustard
- 15g Parmesan, finely grated
- 1 tsp Worcestershire sauce
- Salt & pepper — to taste

GARLIC SAUCE



Ingredients

- 120g 0% Greek yogurt
- 30g light mayonnaise
- 1 tsp roasted garlic paste
- Lemon juice — to taste
- Salt — to taste

CRUNCHWRAP ASSEMBLY

Ingredients Per Wrap

- 1 large protein tortilla
- 30g low fat shredded cheese
- 1/3 of the Caesar salad
- 1 crispy chicken piece, chopped
- 1/3 of the garlic sauce
- 1 toasted mini tortilla







STORAGE & REHEATING

These wraps store beautifully for up to 5 days — perfect for meal prep.

To store: Wrap each crunchwrap tightly in foil and refrigerate.

To reheat: Microwave on high for 30–60 seconds to remove the chill, then air fry or toast in a pan for a few minutes until crispy and heated through.