

# Adios™

A natural aid for slimming



## CHICKEN CAESAR WRAP

Serves: 1

Calories per serving: 180

### Ingredients

Shredded lettuce

1 small wheat tortilla

25g wafer-thin cooked chicken

1 cherry tomato, sliced

2 tsp low-fat Caesar dressing

Freshly ground black pepper



### Method

- 1 Place the shredded lettuce on the tortilla, top with the chicken and finish with slices of tomato
- 2 Spoon over the dressing, season and then roll up your tortilla, tucking in the bottom to make a little pouch, which will stop the filling from falling out

If you like the look of one of the recipes for another body shape, don't worry, it's still healthy and low fat, so try it! These recipes aren't exclusive to each body shape, they're just suggestions!

notes: