



Pulled Chicken Lettuce Tacos

Great for post-op clients looking for texture-friendly alternatives, or as a quick and easy lunch idea

Serves 1 – Prep time: 10 mins – Cook time: 5 mins

Ingredients

1 cup shredded cooked chicken breast (use rotisserie chicken for convenience)
1 tsp taco seasoning
Garlic & onion powder to taste
1 tsp tomato paste or salsa
4-6 cos lettuce leaves
1 tbsp Greek yoghurt or light sour cream
Salt & Pepper

Directions

Mix chicken with taco seasoning and tomato paste.
Warm slightly in a pan or microwave.
Spoon into lettuce leaves.
Top with yoghurt and optional cheese or avocado.

Protein Boosts

- Stir in protein powder or collagen into the chicken mix.
- Serve with a boiled egg or edamame on the side.

	Protein	Fat	Carbs
Approximately	36g	8g	8g

