



Women's Health



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Behold, a mouthwatering grilled chicken patty wedged in the middle of pickles, tomatoes, avocado, and lettuce! Chef Michael Brannock of @pdqfreshfood says, "Swapping out your brioche bun with a lettuce wrap is an easy way to keep your sandwich low-carb while not compromising taste, with the lettuce wrap adding a nice crunchy texture."

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