

5-DAY EASY KETO MENU

BY HEALTH COACH TARA WRIGHT

MONDAY B: Coffee with 1 Tablespoon MCT Oil
L: Eggs Over Avocado
S: 14 Macadamia Nuts
D: Steak & Cauliflower Rice

TUESDAY B: Coffee with 1 Tablespoon MCT Oil
L: Easy Chaffles
D: Quick Salmon Dinner

WEDNESDAY B: Coffee with 1 Tablespoon MCT Oil
L: Steak & Cauliflower Dinner (Leftovers)
S: 14 Macadamia Nuts
D: Eggs Over Avocado

THURSDAY B: Coffee with 1 Tablespoon MCT Oil
L: Fasting Lunch: Coffee with 1 Tablespoon MCT Oil
D: Easy Chaffles (Double Recipe)

FRIDAY B: Coffee with 1 Tablespoon MCT Oil
L: Eggs Over Avocado
S: 14 Macadamia Nuts
D: Quick Salmon Dinner

THE RECIPES

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EGGS OVER AVOCADO

3 large eggs
1 Tbsp MCT Oil
1 Tbsp Parmesan Cheese
1/2 Avocado
Salt & Pepper to taste
Scramble eggs in 1 Tbsp MCT Oil. Serve over 1/2 sliced avocado. Top with Parmesan cheese & seasonings.

STEAK OVER CAULIFLOWER RICE

6 oz Ribeye Filet cooked in
2 Tbsp MCT oil
2 Cups Riced Cauliflower cooked in 2 Tbsp MCT Oil and seasoned with 1/4 tsp garlic salt, 1/4 tsp onion powder, 1 Tablespoon dried basil.
Make a large batch for leftovers later in the week.

EASY CHAFFLES

1/2 cup shredded cheddar cheese
1 egg
2 tsp coconut flour
Mix together in a bowl and cook in mini-waffle maker 4-6 minutes until crispy. Make enough for the week!

QUICK SALMON DINNER

6 oz Salmon Filet rubbed with cajun spice cooked in
2 Tbsp MCT oil
10 spears steamed broccoli
3 Tbsp Avocado Oil Mayo to dip broccoli in