

# WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

**MONDAY** B: Coffee with 1 Tablespoon MCT Oil + 3 Large Eggs  
L: **Easy Chaffles** + 1 Cup Cottage Cheese  
S1: 2 Vanilla Latte Fat Bombs  
D: Keto Broccoli Casserole  
S2: Vanilla Keto Cupcake

**TUESDAY** B: Coffee + Perfect Keto Waffles + 1 Tablespoon Maple Syrup  
L: **Spinach Salad** w/ Vinaigrette Salad Dressing  
S1: 2 Vanilla Latte Fat Bombs  
D: Keto Lasagna + 1 Cup Cottage Cheese  
S2: Chocolate Keto Cupcake

**WEDNESDAY** B: Coffee with 1 Tablespoon MCT Oil + 3 Large Eggs  
L: Easy Chaffles (double recipe) + 1 Cup Cottage Cheese  
D: Keto Broccoli Casserole  
S: Vanilla Keto Cupcake

**THURSDAY** B: Coffee with 1 Tablespoon MCT Oil + Waffles (double serving) + 2 Tablespoons Maple Syrup  
L: Keto Lasagna  
D: **Spinach and Cheese Omelet**  
S: Chocolate Keto Cupcake

**FRIDAY** B: Coffee with 1 Tablespoon MCT Oil + 3 Large Eggs  
L: Keto Broccoli Casserole + 1 Cup Cottage Cheese  
S1: 2 Vanilla Latte Fat Bombs  
D: Spinach Salad w/ Vinaigrette Salad Dressing  
S2: Vanilla Keto Cupcake



[MORE RECIPES AT TARA'S KETO KITCHEN -  
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# NUTRITION FACTS

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**MONDAY**    Calories: 1712  
Protein: 68.5g                      17%  
Net Carbs: 18.8g                    7%  
Fat: 144.3g                            76%

**TUESDAY**    Calories: 1614  
Protein: 60.4g                      15%  
Net Carbs: 25.3g                    8%  
Fat: 139.9g                            77%

**WEDNESDAY**    Calories: 1634  
Protein: 97.1g                      24%  
Net Carbs: 21.1g                    7%  
Fat: 124.9g                            68%

**THURSDAY**    Calories: 1652  
Protein: 72.8g                      18%  
Net Carbs: 19.9g                    6%  
Fat: 141.2g                            76%

**FRIDAY**        Calories: 1676  
Protein: 61.9g                      15%  
Net Carbs: 21.6g                    7%  
Fat: 147.7g                            78%



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# RECIPES

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## EASY CHAFFLES

1/2 cup shredded cheddar cheese  
1 egg  
2 teaspoon coconut flour

Mix together in a bowl and cook in mini-waffle maker 4-6 minutes until crispy. Add seasonings to taste.

## SPINACH SALAD

2 cups washed, prepared spinach  
3 Tablespoons feta cheese, crumbled  
1 teaspoon salt  
1 Tablespoons MCT oil  
2 Tablespoons prepared Vinaigrette dressing

Toss all ingredients together. Salt & pepper to taste.

## SPINACH CHEESE OMELET

4 large eggs  
1 Tablespoon butter  
1/2 cup spinach  
1/2 cup shredded mozzarella cheese

Melt butter in skillet. Crack 4 eggs in bowl and whisk with seasonings desired. Prepare omelet as usual, folding in spinach and cheese. Enjoy!



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