

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

MONDAY B: Coffee + Waffles + Maple Syrup
L: Keto Meaty Chili + Toppings
D: Realgood Foods Pizza
S: Keto Brownie

TUESDAY B: Coffee with 1 Tablespoon MCT Oil
L: Keto Quiche (double serving)
S1: 1 oz Raw Pecans
D: Keto Walking Tacos
S2: Keto Brownie

WEDNESDAY B: Coffee with 1 Tablespoon MCT Oil + Waffles + Maple Syrup
L: Realgood Foods Pizza
D: Keto Meaty Chili + Toppings
S: 1 oz Raw Pecans

THURSDAY B: Coffee with 1 Tablespoon MCT Oil + 4 Large Eggs
L: Keto Meaty Chili + Toppings
D: Keto Walking Tacos
S: Keto Brownie

FRIDAY B: Coffee with 1 Tablespoon MCT Oil + 3 Large Eggs
Over 1 Avocado
L: Realgood Foods Pizza
D: Keto Quiche
S: 1 oz Raw Pecans



MORE RECIPES AT TARA'S KETO KITCHEN -
WHOLEBODYLIVING.COM



NUTRITION FACTS

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MONDAY Calories: 1770
Protein: 104.5g 24%
Net Carbs: 25.9g 8%
Fat: 137.5g 69%

TUESDAY Calories: 1604
Protein: 81.4g 21%
Net Carbs: 12.3g 5%
Fat: 135.1g 74%

WEDNESDAY Calories: 1634
Protein: 97.6g 24%
Net Carbs: 22.2g 6%
Fat: 130.4g 70%

THURSDAY Calories: 1631
Protein: 100.7g 25%
Net Carbs: 18.6g 6%
Fat: 126.8g 69%

FRIDAY Calories: 1613
Protein: 96.2g 24%
Net Carbs: 16.4g 7%
Fat: 127.7g 69%



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