

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

MONDAY B: Coffee with 1 Tablespoon MCT Oil
L: [Keto Pot Roast](#)
S1: 49 Pistachio Nuts
D: **Keto Grilled Cheese Sandwich**
S2: [Keto Cheesecake](#)

TUESDAY B: Coffee with 1 Tablespoon MCT Oil + 3 Large Eggs
Over 1 Avocado
L: [Keto Eggplant Parm with Garlic Cream Sauce](#)
D: 1 cup Cottage Cheese + 49 Pistachio Nuts
S: Keto Cheesecake

WEDNESDAY B: Coffee with 1 Tablespoon MCT Oil + 2 Eggs
L: **Keto Avocado Toast with Tomato**
D: Keto Pot Roast Leftovers
S: Keto Cheesecake

THURSDAY B: Coffee with 1 Tablespoon MCT Oil
L: Eggs Over Avocado + 1 cup Cottage Cheese
D: Keto Eggplant Parm with Garlic Cream Sauce
S: Keto Cheesecake

FRIDAY B: Coffee with 1 Tablespoon MCT Oil + 2 Large Eggs
L: Keto Pot Roast + 49 Pistachio Nuts
D: **Keto BLT Sandwich**
S: Keto Cheesecake



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

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MONDAY Calories: 1704
Protein: 83.6g 24%
Net Carbs: 17.4g 6%
Fat: 144.3g 74%

TUESDAY Calories: 1768
Protein: 74.1g 17%
Net Carbs: 29.7g 10%
Fat: 147.7g 73%

WEDNESDAY Calories: 1651
Protein: 80.9g 20%
Net Carbs: 15.7g 7%
Fat: 137.5g 73%

THURSDAY Calories: 1625
Protein: 68.5g 17%
Net Carbs: 20.5g 8%
Fat: 138.6g 75%

FRIDAY Calories: 1662
Protein: 89.8g 22%
Net Carbs: 18.5g 7%
Fat: 135.2g 71%



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RECIPES

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GRILLED CHEESE SANDWICH

2 slices [Keto Bread](#)
1/2 cup mozzarella cheese
1 Tablespoon butter

Melt butter in pan. Put a slice of bread, mozzarella cheese, and the second slice on top of cheese in pan. Let the bread brown, then flip. Let cook until bread toasts and cheese melts. Enjoy!

AVOCADO & TOMATO TOAST

2 slices Keto Bread
1 ripe avocado
2 slices tomato
Salt & pepper

Toast Keto Bread in the toaster or with toaster oven. Slice up an avocado and put half of the avocado on one slice of bread, and half on the other slice. Salt and pepper to taste, then add one slice of tomato on each.

BACON, LETTUCE, TOMATO SANDWICH

2 slices Keto Bread
2 medium slices of tomato
1/4 cup of lettuce
2 slice of pan-fried bacon

Toast keto bread with toaster or toaster oven. Assemble ingredients on the bread to make a sandwich. Enjoy!



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