

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

MONDAY B: Coffee with 1 Tablespoon MCT Oil + [Waffles](#) + [Maple Syrup](#)
L: [Low Carb Lasagna](#) + Side Salad (1 cup spinach, cheese, 1 Tablespoon MCT oil, and salt & pepper)
D: [Keto Biscuits and Gravy](#)
S2: [Glazed Keto Pound Cake](#) + Macadamia Nuts

TUESDAY B: Coffee with 1 Tbsp MCT Oil + 4 Eggs + 4 6" Slices of Cooked Bacon
L: [Keto Quiche](#)
S1: [Tara's Keto Eggnog](#)
D: Low Carb Lasagna + Side Salad (1 cup spinach, cheese, 1 Tablespoon MCT oil, and salt & pepper)
S2: Glazed Keto Pound Cake

WEDNESDAY B: Coffee with 1 Tbsp MCT Oil + Waffles + Maple Syrup
L: Keto Biscuits and Gravy + Tara's Keto Eggnog
D: Keto Quiche + Macadamia Nuts
S: Glazed Keto Pound Cake

THURSDAY B: Coffee with 1 Tbsp MCT Oil + 4 Eggs + 4 6" Slices of Cooked Bacon
L: Low Carb Lasagna + Cottage Cheese
D: Keto Quiche
S: Tara's Keto Eggnog

FRIDAY B: Coffee with 1 Tbsp MCT Oil + Waffles + Maple Syrup
L: Keto Quiche + Cottage Cheese
D: Keto Biscuits and Gravy + Macadamia Nuts
S: Glazed Keto Pound Cake



[MORE RECIPES AT TARA'S KETO KITCHEN -
WHOLEBODYLIVING.COM](https://www.wholebodyliving.com)



NUTRITION FACTS

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MONDAY Calories: 1784
Protein: 68g 15%
Net Carbs: 29.7g 10%
Fat: 154.1g 75%

TUESDAY Calories: 1664
Protein: 85.4g 21%
Net Carbs: 20.2g 6%
Fat: 135.8g 73%

WEDNESDAY Calories: 1613
Protein: 47.8g 12%
Net Carbs: 12.4g 6%
Fat: 152.3g 82%

THURSDAY Calories: 1692
Protein: 106.3g 26%
Net Carbs: 25.5g 7%
Fat: 128.4g 67%

FRIDAY Calories: 1622
Protein: 68.2g 17%
Net Carbs: 17.7g 7%
Fat: 141.5g 76%



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