

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

MONDAY B: Coffee with 1 Tablespoon Peppermint Mocha Coffee Creamer + 4 Large Eggs over 1 Avocado
L: Keto Creamy Mushroom Soup
S1: 2 **Almond Crunch Fat Bombs**
D: Tara's Keto Tex Mex Casserole
S2: 1 oz Raw Macadamia Nuts

TUESDAY B: Coffee with 1 Tablespoon MCT Oil
L: **Easy Chaffles** (double recipe) + 1 cup Cottage Cheese
S1: 1 oz Raw Almonds
D: Keto Creamy Mushroom Soup
S2: 2 Almond Crunch Fat Bombs

WEDNESDAY B: Coffee with 1 Tablespoon Peppermint Mocha Coffee Creamer + 4 Large Eggs cooked in 1 Tablespoon MCT Oil
S1: 2 Almond Crunch Fat Bombs
L: Keto Creamy Mushroom Soup
D: Keto Tex Mex Casserole
S2: 1 oz Macadamia Nuts

THURSDAY B: Coffee with 1 Tablespoon MCT Oil
L: Easy Chaffles (double recipe) + 1 cup Cottage Cheese
S1: 2 Almond Crunch Fat Bombs + 1 oz Raw Almonds
D: Keto Creamy Mushroom Soup

FRIDAY B: Coffee with 1 Tablespoon Peppermint Mocha Coffee Creamer + 4 Large Eggs over 1 Avocado
L: Keto Creamy Mushroom Soup
S1: 2 Almond Crunch Fat Bombs + 1 oz Raw Macadamia Nuts
D: Keto Tex Mex Casserole



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



NUTRITION FACTS

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MONDAY Calories: 1792
Protein: 69.4g 15%
Net Carbs: 15.2g 7%
Fat: 157g 78%

TUESDAY Calories: 1675
Protein: 76.8g 19%
Net Carbs: 17.6g 6%
Fat: 140.3g 75%

WEDNESDAY Calories: 1695
Protein: 66.7g 16%
Net Carbs: 12.7g 5%
Fat: 150.1g 79%

THURSDAY Calories: 1675
Protein: 76.8g 19%
Net Carbs: 17.6g 6%
Fat: 140.3g 75%

FRIDAY Calories: 1792
Protein: 69.4g 15%
Net Carbs: 15.2g 7%
Fat: 157g 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.

ALMOND CRUNCH FAT BOMBS

2 Tablespoon Cashew Butter
1 Cup Coconut Oil
1/2 Teaspoon Pure Almond Extract
1/2 Teaspoon Pure Vanilla Extract
20 Drops Vanilla Stevia Drops
Raw Almonds Chopped (optional)

You can use a mini-crockpot or a pan on your stove set on low for this fat bomb recipe.

Combine the ingredients and heat on low temperature until melted. Whisk to combine.

Pour 1 Tablespoon of the fat bomb mixture into each mold. (You can use mini cupcake pans if you do not have a mold for this fat bomb recipe) Carefully put nuts into each mold--pressing them down with a spoon (or your fingers) as needed.

Place your tray of fat bombs carefully in your freezer for 20 minutes or until set. Note: If you use a silicone mold, put a cookie sheet underneath them to make moving them easier. Then, remove from freezer and let sit for 5 minutes to make removing the fat bombs from the molds easier.

Store your fat bombs in an airtight container in your fridge or freezer!



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