

# WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

**MONDAY** B: [Keto Dalgona Coffee](#) + 2 [Keto Muffins](#)  
L: 2 [Keto Pretzels](#)  
D: **Keto Grilled Cheese**

**TUESDAY** B: Keto Dalgona Coffee + 2 Keto Muffins  
L: **Keto BLT with Avocado**  
S: 1 ounce Pecan  
D: [Keto Broccoli Casserole](#) + 1 Cup Cottage Cheese

**WEDNESDAY** B: Keto Dalgona Coffee + 2 Keto Muffins  
L: **Avocado Toast** + 1 Cup Cottage Cheese  
D: 2 Keto Pretzels

**THURSDAY** B: Keto Dalgona Coffee + 4 Eggs cooked in 1  
Tablespoon of MCT Oil  
L: Keto Broccoli Casserole  
D: Keto BLT with Avocado  
S: 1 ounces Pecans

**FRIDAY** B: Keto Dalgona Coffee + 2 Keto Muffins  
L: 2 Keto Pretzels + 1 Cup Cottage Cheese  
D: Keto Egg and Cheese Sandwich (2 Slices of [Keto Bread](#), 2 Large Eggs, and 2 Slices Mozzarella Cheese)



MORE RECIPES AT TARA'S KETO KITCHEN -  
[WHOLEBODYLIVING.COM](http://WHOLEBODYLIVING.COM)



# NUTRITION FACTS

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**MONDAY**    Calories: 1726  
Protein: 76.5g                    18%  
Net Carbs: 24.1g                8%  
Fat: 146.4g                        74%

**TUESDAY**    Calories: 1600  
Protein: 70.2g                    18%  
Net Carbs: 32.6g                12%  
Fat: 130.2g                        71%

**WEDNESDAY**    Calories: 1828  
Protein: 88.9g                    20%  
Net Carbs: 32.4g                11%  
Fat: 145.9g                        69%

**THURSDAY**    Calories: 1589  
Protein: 65.4g                    16%  
Net Carbs: 26.9g                10%  
Fat: 134.6g                        74%

**FRIDAY**        Calories: 1889  
Protein: 107.8g                  24%  
Net Carbs: 32.1g                9%  
Fat: 145.9g                        68%



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# RECIPES

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**KETO  
GRILLED  
CHEESE**                      2 Slices [Keto Bread](#)  
2 Slices Cheddar Cheese  
1 Tablespoon Butter

Melt butter in pan. Put a slice of bread, 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!

**KETO  
BLT  
W/ AVOCADO**                      2 slices Keto Bread  
2 medium slices of tomato  
1/4 cup of lettuce  
2 slice of pan-fried bacon  
1/2 of an avocado

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

**AVOCADO  
TOAST**                      2 Slices Keto Bread  
1 Avocado  
1/2 Teaspoon Garlic Powder  
1/2 Teaspoon Onion Salt  
Salt & Pepper

Toast keto bread with toaster or toaster oven. Smash ripe avocado with a fork and mix in the seasonings to taste. Spread on toasted bread. Enjoy!



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