

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

MONDAY B: Coffee with 1 Tablespoon MCT Oil + 2 Large Eggs
L: **Low Carb Pepperoni Pizza**
S1: 4 Jalapeno Poppers
D: Keto French Toast with Real Good Foods Buns

TUESDAY B: Coffee with 1 Tablespoon MCT Oil
L: 8 Jalapeno Poppers + 1 oz Almonds
D: Keto Lasagna
S2: Keto No Bake Strawberry Cheesecake Parfait

WEDNESDAY B: Coffee
S: Keto No Bake Strawberry Cheesecake Parfait
L: Keto French Toast with Real Good Foods Buns
D: Low Carb Pepperoni Pizza

THURSDAY B: Coffee with 1 Tablespoon MCT Oil + 3 Large Eggs
over 1 Avocado
L: Keto No Bake Strawberry Cheesecake Parfait
S1: 1 oz Raw Almonds
D: Keto Lasagna

FRIDAY B: Coffee with 1 Tablespoon MCT Oil
L: Low Carb Pepperoni Pizza
S1: 1 oz Raw Almonds
D: Keto French Toast with Real Good Foods Buns



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



NUTRITION FACTS

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MONDAY Calories: 1703
Protein: 72.9g 18%
Net Carbs: 14.4g 6%
Fat: 144.7g 76%

TUESDAY Calories: 1615
Protein: 51g 13%
Net Carbs: 28.5g 9%
Fat: 144.8g 78%

WEDNESDAY Calories: 1867
Protein: 60.8g 13%
Net Carbs: 18.6g 7%
Fat: 168.7g 80%

THURSDAY Calories: 1723
Protein: 57.7g 13%
Net Carbs: 26g 9%
Fat: 158.2g 77%

FRIDAY Calories: 1522
Protein: 59g 16%
Net Carbs: 12.5g 7%
Fat: 133.8g 77%



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LOW CARB PIZZA

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**LOW
CARB
PEPPERONI
PIZZA**

[Low Carb Pizza Crust](#)

[Low Carb Pizza Sauce](#)

12 oz Grated Mozzarella Cheese

18-20 Slices Pepperoni

Make [Tara's Low Carb Pizza Crust Recipe](#).

Spread [Tara's Low Carb Pizza Sauce Recipe](#) on pizza crust.

Sprinkle on 12 oz of grated mozzarella cheese. Top with pepperoni slices.

Once your pizza is topped to your satisfaction, place baking sheets with pizza in your preheated oven and bake at 350 degrees Fahrenheit for 20-25 minutes or until edges are brown and the cheese is melted.

Remove from oven and allow to sit for a few minutes.

Slice and enjoy your delicious keto pizza!



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