

# WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

**MONDAY** B: Coffee with 1 Tablespoon Dairy Free Vanilla Coffee Creamer + 2 Vanilla Latte Fat Bombs  
L: 3 Large Eggs prepared as desired + 1 Cup Cottage Cheese  
D: **Keto Cheeseburger**

**TUESDAY** B: Coffee with 1 Tablespoon Dairy Free Vanilla Coffee Creamer + 1 oz Pecans  
L: **Chicken and Spinach Salad**  
S: 2 Vanilla Latte Fat Bombs  
D: Keto Meaty Chili with 1 oz Cheddar Cheese + 1 Tablespoon Sour Cream

**WEDNESDAY** B: Coffee with 1 Tablespoon Dairy Free Vanilla Coffee Creamer  
S: 1 oz Pecans  
L: Keto Cheeseburger  
D: 4 Large Eggs prepared as desired + 1 Cup Cottage Cheese

**THURSDAY** B: Coffee with 1 Tablespoon Dairy Free Vanilla Coffee Creamer  
L: Keto Meaty Chili with 1 oz Cheddar Cheese + 1 Tablespoon Sour Cream  
S: 2 Vanilla Latte Fat Bombs + 1 oz Pecans  
D: Chicken and Spinach Salad

**FRIDAY** B: Coffee with 1 Tablespoon Dairy Free Vanilla Coffee Creamer  
L: Chicken and Spinach Salad + 1 Cup Cottage Cheese  
D: Keto Cheeseburger



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

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**MONDAY**    Calories: 1719  
Protein: 100.3g                      24%  
Net Carbs: 18.6g                      6%  
Fat: 135.8g                              70%

**TUESDAY**    Calories: 1648  
Protein: 86.5g                        21%  
Net Carbs: 19g                        8%  
Fat: 135.1g                            71%

**WEDNESDAY**    Calories: 1745  
Protein: 108.4g                       25%  
Net Carbs: 19g                       6%  
Fat: 135.1g                           68%

**THURSDAY**    Calories: 1648  
Protein: 86.5g                       21%  
Net Carbs: 19g                       7%  
Fat: 135.1g                           71%

**FRIDAY**        Calories: 1758  
Protein: 124.7g                      29%  
Net Carbs: 20g                       7%  
Fat: 127.9g                           64%



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# RECIPES

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## KETO CHEESE - BURGER

[Keto Hamburger Buns](#)

6 oz Hamburger Patty, Cooked

1 Slice Sharp Cheddar Cheese

Keto Toppings (optional)

Make Tara's [Keto Hamburger Buns](#) Recipe

Cook 1 ground beef patty

Arrange beef patty and cheese slice, and any additional keto toppings on 1 keto hamburger bun, and top with a second bun.

Enjoy!

## CHICKEN AND SPINACH SALAD

1 Medium Chicken Breast, Skin Removed Before Cooking

3 Cups Raw Spinach

1/2 Avocado

1/4 Cup Chopped Tomato

2 Tablespoons Crumbled Feta Cheese

1 Tablespoon MCT Oil

1 Tablespoon Red Wine Vinegar

Salt + Pepper to taste

Put spinach, cooked and diced chicken breast, diced avocado, tomato, and feta cheese in a large bowl.

Combine MCT oil and red wine vinegar in a small bowl; season with salt and pepper.

Toss dressing in with salad in the large bowl. Enjoy!



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