

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

MONDAY B: Coffee + 1 Tablespoon MCT Oil + [Keto Quiche](#)
L: **Easy Chaffles** + [Keto Tortilla Chips w/ Low Carb Guacamole](#)
D: **[Keto Chow Shake of Choice](#)**
S: 1 ounce Almonds

TUESDAY B: Coffee + 1 Tablespoon MCT Oil + Keto Quiche
L: 4 Large Eggs + [Keto Garlic Cheddar Biscuits](#)
D: Keto Chow Shake of Choice
S: 1 ounce Macadamia Nuts

WEDNESDAY B: Coffee + 1 Tablespoon MCT Oil + Keto Quiche
L: Easy Chaffles + Keto Garlic Cheddar Biscuits
D: Keto Chow Shake of Choice

THURSDAY B: Coffee + 1 Tablespoon MCT Oil + Keto Quiche
L: 4 Large Eggs + Keto Tortilla Chips w/ Low Carb Guacamole
D: Keto Chow Shake of Choice
S: 1 ounce Almonds

FRIDAY B: Coffee + 1 Tablespoon MCT Oil + Keto Quiche
L: Easy Chaffles + 2 Large Eggs
D: Keto Chow Shake of Choice + 1 ounce Macadamia Nuts



MORE RECIPES AT TARA'S KETO KITCHEN -
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NUTRITION FACTS

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MONDAY Calories: 1811
Protein: 95.7g 21%
Net Carbs: 21.9g 9%
Fat: 146.4g 70%

TUESDAY Calories: 1752
Protein: 90.9g 21%
Net Carbs: 12.6g 6%
Fat: 148.6g 74%

WEDNESDAY Calories: 1556
Protein: 84.5g 21%
Net Carbs: 10.5g 6%
Fat: 129.9g 73%

THURSDAY Calories: 1803
Protein: 99.9g 21%
Net Carbs: 22.6g 9%
Fat: 143.6g 70%

FRIDAY Calories: 1596
Protein: 85.7g 21%
Net Carbs: 9.4g 5%
Fat: 134.3g 74%



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RECIPES

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EASY CHAFFLES

1/2 cup shredded cheddar cheese
1 egg
2 teaspoons coconut flour

Mix together in a bowl and cook in mini-waffle maker 4-6 minutes until crispy. Add seasonings to taste.

KETO CHOW SHAKE*

1 Scoop (or packet) of Keto Chow
1/4 Cup Heavy Whipping Cream
1 Tablespoon MCT Oil
2 cups slightly warm water

Add Heavy Whipping Cream and MCT Oil to a shaker/blender bottle.

Add 1 sample packet/1 scoop of Keto Chow.

Add 1¾-2 cups (414ml/14 oz) of slightly warm water (more or less water depending on how thick you want it).

Shake up until all the powder is wet.

Stick in your fridge to get cold, overnight gives the best flavor.

*I recommend using only 1/4 cup of heavy whipping cream and 1 Tablespoon of MCT oil because heavy whipping cream can be inflammatory in large amounts. The nutrition facts on this meal plan are according to the Salted Caramel Keto Chow Shake. You may adjust the fats that you add to your shake according to your dietary needs. If you haven't tried Keto Chow before, I recommend getting the "Starter Bundle" which comes with 6 different flavors for you to try throughout the week.

[Get 10% off of your Keto Chow purchase with my link](#)



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