

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

MONDAY B: Coffee with 1 Tablespoon MCT Oil + 2 [Keto Coffee Cake Muffins](#)
S1: 1 oz Almonds
L: [Keto Stuffed Mushrooms](#)
D: [Keto Eggplant Parm with Garlic Cream Sauce](#)
S2: [Keto Tortilla Chips](#) with a half recipe of [Easy Low Carb Guacamole](#)

TUESDAY B: Coffee with 1 Tablespoon MCT Oil + 4 Large Eggs over 1 Avocado
L: Keto Eggplant Parm with Garlic Cream Sauce + 1 oz Macadamia Nuts
D: [Keto Walking Tacos](#)
S: 2 [Strawberry Fat Bombs](#)

WEDNESDAY B: Coffee with 1 Tablespoon MCT Oil + 2 Keto Coffee Cake Muffins
S: Keto Tortilla Chips with a half recipe of Easy low Carb Guacamole
L: 4 Large Eggs over 1 Avocado
D: Keto Stuffed Mushrooms + 1 oz Macadamia Nuts

THURSDAY B: Coffee with 1 Tablespoon MCT Oil + 2 Keto Coffee Cake Muffins
L: Keto Eggplant Parm with Garlic Cream Sauce
S1: 2 Strawberry Bombs + 1 oz Almonds
D: Keto Walking Tacos
S2: 1 Cup Cottage Cheese

FRIDAY B: Coffee with 1 Tablespoon MCT Oil + 2 Keto Coffee Cake Muffins
S: 2 Strawberry Fat Bombs + 1 Cup Cottage Cheese
L: 2 Keto Stuffed Mushrooms + 1 oz Macadamia Nuts
D: Keto Walking Tacos



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



NUTRITION FACTS

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MONDAY Calories: 1595
Protein: 56g 14%
Net Carbs: 26.3g 12%
Fat: 136.7g 75%

TUESDAY Calories: 1751
Protein: 74.9g 17%
Net Carbs: 16.5g 7%
Fat: 151.9g 76%

WEDNESDAY Calories: 1758
Protein: 68.6g 15%
Net Carbs: 24.8g 12%
Fat: 147.9g 73%

THURSDAY Calories: 1560
Protein: 81.3g 21%
Net Carbs: 19.9g 8%
Fat: 126.8g 71%

FRIDAY Calories: 1645
Protein: 88.3g 22%
Net Carbs: 22.3g 8%
Fat: 131.7g 70%



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