

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

MONDAY B: Coffee + 1 Tablespoon Dairy Free Vanilla Coffee Creamer + 2 Slices Bacon + 3 Large Eggs
L: **Keto French Toast**
D: **Keto BLT Sandwich**
S: Strawberry Creme Fat Bomb + 1 Ounce Pistachios

TUESDAY B: Coffee + 1 Tablespoon MCT Oil + **Keto Veggie and Bacon Scramble**
L: 1 Cup Fried Brussel Sprouts + Meaty Chili
D: Keto BLT Sandwich
S: 2 Strawberry Creme Fat Bombs + 1 Ounce Cashews

WEDNESDAY B: Coffee + 1 Tablespoon Dairy Free Vanilla Coffee Creamer + 2 Slices Bacon + 3 Large Eggs
L: Meaty Chili
D: Keto BLT Sandwich + 1 Ounce Pistachios
S: 2 Strawberry Creme Fat bombs + 1 Ounce Cashews

THURSDAY B: Coffee + 1 Tablespoon MCT Oil + 2 Strawberry Creme Fat Bombs
L: Keto Veggie and Bacon Scramble
D: Keto French Toast
S: 1 Cup Fried Brussel Sprouts

FRIDAY B: Coffee + 1 Tablespoon Dairy Free Vanilla Coffee Creamer + 2 Slices Bacon + 3 Large Eggs
L: Keto BLT Sandwich
D: Meaty Chili
S: 2 Strawberry Creme Fat Bombs + 1 Ounce Cashews



MORE RECIPES AT TARA'S KETO KITCHEN -
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NUTRITION FACTS

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MONDAY Calories: 1457
Protein: 61.5g 18%
Net Carbs: 22.3g 11%
Fat: 116.6g 71%

TUESDAY Calories: 1900
Protein: 74.7g 16%
Net Carbs: 31.3g 9%
Fat: 162.3g 75%

WEDNESDAY Calories: 1720
Protein: 79.9g 19%
Net Carbs: 30.4g 10%
Fat: 139.2g 71%

THURSDAY Calories: 1603
Protein: 53.2g 14%
Net Carbs: 19.8g 8%
Fat: 140.9g 78%

FRIDAY Calories: 1558
Protein: 73.9g 19%
Net Carbs: 25.5g 9%
Fat: 126.2g 72%



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RECIPES

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KETO FRENCH TOAST

2 Slices [Keto Bread with Yeast](#)
1 Large Egg
1/4 Cup Almond Milk, Unsweetened
1 teaspoon Vanilla Extract
1/2 teaspoon Cinnamon
3 Tablespoons [Keto Maple Syrup](#)

In a bowl, whisk together egg, almond milk, vanilla extract, and cinnamon.
Heat a griddle or nonstick pan to medium.
Dip each slice of bread into the mixture, making sure to coat both sides.
Cook both sides of the bread until golden brown.
Serve with homemade maple syrup. Enjoy!

KETO BLT

2 Slices Keto Bread with Yeast
2 Medium Slices of Tomato
1/4 Cup of Lettuce
2 Slices of Pan-Fried Bacon

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

KETO VEGGIE & BACON SCRAMBLE

3 Large Eggs
1 Slice Cooked Bacon
1/4 Cup Chopped Red Bell Pepper
1 Stalk Green Onion
1/4 Cup Raw Spinach

Sauté bacon, pepper, onion, and spinach together in pan lightly greased with coconut oil.
Add eggs. Cook and stir until eggs are set.
Enjoy!



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