

# WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

**MONDAY** B: Coffee + 1 Tablespoon MCT Oil + [Keto Frittata](#)  
L: [Creamy Keto Chicken and Rice Casserole](#)  
S1: [Keto Jalapeno Poppers](#)  
D: [Keto Lasagna](#)  
S2: [Keto Pint Ice Cream Bar](#)

**TUESDAY** B: Coffee + 1 Tablespoon MCT Oil + 1 Ounce Macadamia Nuts  
L: [Keto Broccoli Casserole](#)  
S1: Half Recipe of [Keto Cheese Sticks](#)  
D: Creamy Keto Chicken and Rice Casserole  
S2: Keto Pint Ice Cream Bar

**WEDNESDAY** B: Coffee + 1 Tablespoon MCT Oil + 1 Ounce Macadamia Nuts  
L: Keto Lasagna + 1 Cup Cottage Cheese  
S1: Keto Jalapeno Poppers  
D: Keto Cheese Sticks  
S2: Keto Pint Ice Cream Bar

**THURSDAY** B: Coffee + 1 Tablespoon MCT Oil + Keto Frittata  
L: Keto Broccoli Casserole  
D: Creamy Keto Chicken and Rice Casserole  
S: Keto Pint Ice Cream Bar

**FRIDAY** B: Coffee + 1 Tablespoon MCT Oil + Keto Frittata  
L: Creamy Keto Chicken and Rice Casserole  
S1: 1 Cup Cottage Cheese + 1 Ounce Macadamia Nuts  
D: Keto Jalapeno Poppers  
S2: Keto Pint Ice Cream Bar



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

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<b>MONDAY</b>	Calories: 1471	
	Protein: 79.1g	22%
	Net Carbs: 25.4g	10%
	Fat: 115.5g	68%
<b>TUESDAY</b>	Calories: 1398	
	Protein: 52.7g	16%
	Net Carbs: 14.8g	8%
	Fat: 121g	76%
<b>WEDNESDAY</b>	Calories: 1501	
	Protein: 72.7g	20%
	Net Carbs: 23g	9%
	Fat: 120.2g	71%
<b>THURSDAY</b>	Calories: 1351	
	Protein: 63.8g	19%
	Net Carbs: 21g	10%
	Fat: 110.7g	71%
<b>FRIDAY</b>	Calories: 1527	
	Protein: 82.7g	22%
	Net Carbs: 23.2g	9%
	Fat: 121.4g	68%

Nutritional Facts based off of the [Sea Salt Caramel Keto Pint Ice Cream Bar](#).  
For other flavors adjust accordingly.



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