

# WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

**MONDAY** B: Coffee + 1 Tablespoon MCT Oil + Omelet with 3 Eggs, 1/2 Cup Spinach, 1/4 Cup Shredded Cheese, + 1 Slice Bacon  
L: [Keto Lasagna](#)  
D: [Keto Meaty Chili](#) + 1 Tablespoon Sour Cream + 1/4 Shredded Cheese  
S: 2 [Macadamia Nut Fat Bombs](#)

**TUESDAY** B: Coffee + 1 Tablespoon [Vanilla Creamer](#) + 4 Eggs + 3 Slices Bacon  
L: [Keto Cucumber Salad](#) + 2 Macadamia Nut Fat Bombs  
D: Keto Meaty Chili + 1 Tablespoon Sour Cream + 1/4 Cup Shredded Cheese

**WEDNESDAY** B: Coffee + 1 Tablespoon Vanilla Creamer + Omelet with 3 Eggs, 1/2 Cup Spinach, 1/4 Cup Shredded Cheese, + 1 Slice Bacon  
L: Keto French Toast With Real Good Foods Buns  
D: Keto Lasagna  
S: 2 Macadamia Nut Fat Bombs

**THURSDAY** B: Coffee + 1 Tablespoon Vanilla Creamer + Omelet with 3 Eggs, 1/2 Cup Spinach, 1/4 Cup Shredded Cheese, + 1 Slice Bacon  
L: Keto Meaty Chili + 1 Tablespoon Sour Cream + 1/4 Cup Shredded Cheese  
D: Keto Cucumber Salad + 2 Macadamia Nut Fat Bombs

**FRIDAY** B: Coffee + 1 Tablespoon Vanilla Creamer + Omelet with 3 Eggs, 1/2 Cup Spinach, 1/4 Cup Shredded Cheese, + 1 Slice Bacon  
L: Keto French Toast With Real Good Foods Buns  
D: Keto Lasagna + 2 Macadamia Nut Fat Bombs



MORE RECIPES AT TARA'S KETO KITCHEN - [WHOLEBODYLIVING.COM](http://WHOLEBODYLIVING.COM)



# NUTRITION FACTS

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**MONDAY**    Calories: 1757  
Protein: 91.3g                      21%  
Net Carbs: 26.1g                    7%  
Fat: 143.6g                          72%

**TUESDAY**    Calories: 1466  
Protein: 78g                          21%  
Net Carbs: 17.7g                    6%  
Fat: 120g                              73%

**WEDNESDAY**    Calories: 1816  
Protein: 83.6g                      19%  
Net Carbs: 17.3g                    6%  
Fat: 154g                              76%

**THURSDAY**    Calories: 1466  
Protein: 78g                          21%  
Net Carbs: 17.7g                    6%  
Fat: 120g                              73%

**FRIDAY**        Calories: 1816  
Protein: 83.6g                      19%  
Net Carbs: 17.3g                    6%  
Fat: 154g                              76%



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