

# WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST	LUNCH	DINNER
MON	Coffee + 1 Tablespoon MCT Oil  Perfect Keto Waffles 1 Tablespoon Keto Maple Syrup 1 Tablespoon butter, salted	<u>Keto Beef Roll-Ups</u>	4 Large Eggs, Cooked 1 Tablespoon Butter, Salted 1/2 Cup Spinach, Raw 1/2 Cup Mozzarella, Grated
TUE	Coffee + 1 Tablespoon MCT Oil  Perfect Keto Waffles 1 Tablespoon Keto Maple Syrup 1 Tablespoon butter, salted	<u>Keto Instant Pot Stroganoff</u>	<u>Creamy Keto Chicken Chili</u>
WED	Coffee + 1 Tablespoon MCT Oil  Perfect Keto Waffles 1 Tablespoon Keto Maple Syrup 1 Tablespoon butter, salted	<u>Keto Beef Roll-Ups</u>	4 Large Eggs, Cooked 1 Tablespoon Butter, Salted 1/2 Cup Spinach, Raw 1/2 Cup Mozzarella, Grated 1 Slice Bacon 1 Ounce Mushrooms, Raw
THU	Coffee + 1 Tablespoon MCT Oil  Perfect Keto Waffles 1 Tablespoon Keto Maple Syrup 1 Tablespoon butter, salted	<u>Keto Instant Pot Stroganoff</u>	4 Large Eggs, Cooked 1 Tablespoon Butter, Salted 1/2 Cup Spinach, Raw 1/2 Cup Mozzarella, Grated
FRI	Coffee + 1 Tablespoon MCT Oil  Perfect Keto Waffles 1 Tablespoon Keto Maple Syrup 1 Tablespoon butter, salted	4 Large Eggs, Cooked 1 Tablespoon Butter, Salted 1/2 Cup Spinach, Raw 1/2 Cup Mozzarella, Grated 1 Slice Bacon 1 Ounce Mushrooms, Raw	<u>Keto Beef Roll-Ups</u>

# WEEKLY MEAL PLAN

## PRINTABLE

### BREAKFAST

### LUNCH

### DINNER

MON

Coffee + 1 Tablespoon  
MCT Oil

Perfect Keto Waffles  
1 Tablespoon Keto Maple  
Syrup  
1 Tablespoon butter,  
salted

Keto Beef Roll-Ups

4 Large Eggs, Cooked  
1 Tablespoon Butter,  
Salted  
1/2 Cup Spinach, Raw  
1/2 Cup Mozzarella,  
Grated

TUE

Coffee + 1 Tablespoon  
MCT Oil

Perfect Keto Waffles  
1 Tablespoon Keto Maple  
Syrup  
1 Tablespoon butter,  
salted

Keto Instant Pot  
Stroganoff

Creamy Keto  
Chicken Chili

WED

Coffee + 1 Tablespoon  
MCT Oil

Perfect Keto Waffles  
1 Tablespoon Keto Maple  
Syrup  
1 Tablespoon butter,  
salted

Keto Beef Roll-Ups

4 Large Eggs, Cooked  
1 Tablespoon Butter,  
Salted  
1/2 Cup Spinach, Raw  
1/2 Cup Mozzarella,  
Grated  
1 Slice Bacon  
1 Ounce Mushrooms, Raw

THU

Coffee + 1 Tablespoon  
MCT Oil

Perfect Keto Waffles  
1 Tablespoon Keto Maple  
Syrup  
1 Tablespoon butter,  
salted

Keto Instant Pot  
Stroganoff

4 Large Eggs, Cooked  
1 Tablespoon Butter,  
Salted  
1/2 Cup Spinach, Raw  
1/2 Cup Mozzarella,  
Grated

FRI

Coffee + 1 Tablespoon  
MCT Oil

Perfect Keto Waffles  
1 Tablespoon Keto Maple  
Syrup  
1 Tablespoon butter,  
salted

4 Large Eggs, Cooked  
1 Tablespoon Butter,  
Salted  
1/2 Cup Spinach, Raw  
1/2 Cup Mozzarella,  
Grated  
1 Slice Bacon  
1 Ounce Mushrooms, Raw

Keto Beef Roll-Ups

# NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

**MONDAY**    Calories: 1453  
Protein: 68.8g                      20%  
Net Carbs: 8.1g                      3%  
Fat: 127.5g                              77%

**TUESDAY**    Calories: 1364  
Protein: 62.3g                      19%  
Net Carbs: 8.6g                      4%  
Fat: 119.2g                              77%

**WEDNESDAY**    Calories: 1497  
Protein: 72.1g                      20%  
Net Carbs: 8.7g                      3%  
Fat: 130.4g                              77%

**THURSDAY**    Calories: 1364  
Protein: 258.6g                      19%  
Net Carbs: 12g                      4%  
Fat: 115.2g                              77%

**FRIDAY**    Calories: 1616  
Protein: 72.1g                      20%  
Net Carbs: 8.7g                      3%  
Fat: 130.4g                              77%



[MORE RECIPES AT TARA'S KETO KITCHEN -  
WHOLEBODYLIVING.COM](https://www.wholebodyliving.com)

