

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST	LUNCH	DINNER
MON	Coffee + 1 Tablespoon MCT Oil <u>Keto Quiche</u>	<u>Keto Eggplant Parmesan</u>	<u>Keto Pretzels</u> <u>Keto Queso Dip</u>
TUE	Coffee + 1 Tablespoon MCT Oil <u>Keto Quiche</u>	1 Cup Cottage Cheese 2 Large Hard Boiled Eggs 1 Ounce Raw Almonds	<u>Keto Pretzels</u> <u>Keto Queso Dip</u>
WED	Coffee + 1 Tablespoon MCT Oil <u>Keto Quiche</u>	<u>Keto Eggplant Parmesan</u>	<u>Low Carb Oatmeal</u>
THU	Coffee + 1 Tablespoon MCT Oil <u>Keto Quiche</u>	1 Cup Cottage Cheese 2 Large Hard Boiled Eggs 1 Ounce Raw Almonds	<u>Keto Pretzels</u> <u>Keto Queso Dip</u>
FRI	Coffee + 1 Tablespoon MCT Oil <u>Keto Quiche</u>	<u>Keto Eggplant Parmesan</u>	<u>Low Carb Oatmeal</u>

WEEKLY MEAL PLAN

PRINTABLE

BREAKFAST

LUNCH

DINNER

MON

Coffee + 1 Tablespoon
MCT Oil
Keto Quiche

Keto Eggplant
Parmesan

Keto Pretzels
Keto Queso Dip

TUE

Coffee + 1 Tablespoon
MCT Oil
Keto Quiche

1 Cup Cottage
Cheese
2 Large Hard Boiled
Eggs
1 Ounce Raw
Almonds

Keto Pretzels
Keto Queso Dip

WED

Coffee + 1 Tablespoon
MCT Oil
Keto Quiche

Keto Eggplant
Parmesan

Low Carb Oatmeal

THU

Coffee + 1 Tablespoon
MCT Oil
Keto Quiche

1 Cup Cottage
Cheese
2 Large Hard Boiled
Eggs
1 Ounce Raw
Almonds

Keto Pretzels
Keto Queso Dip

FRI

Coffee + 1 Tablespoon
MCT Oil
Keto Quiche

Keto Eggplant
Parmesan

Low Carb Oatmeal

NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

MONDAY Calories: 1758
Protein: 74.8g 17%
Net Carbs: 19.2g 6%
Fat: 153.2g 76%

TUESDAY Calories: 1512
Protein: 87.1g 24%
Net Carbs: 20.2g 7%
Fat: 119.6g 69%

WEDNESDAY Calories: 1337
Protein: 50.2g 15%
Net Carbs: 12g 6%
Fat: 117.6g 78%

THURSDAY Calories: 1512
Protein: 87.1g 24%
Net Carbs: 20.2g 7%
Fat: 119.6g 69%

FRIDAY Calories: 1337
Protein: 50.2g 15%
Net Carbs: 12g 6%
Fat: 117.6g 78%



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

