

# WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST	LUNCH	DINNER
MON	Coffee + MCT Oil <u>Strawberry Cream Fat Bombs</u> Macadamia Nuts, Raw	Chicken Thigh, Skin Eaten  Green Giant, Riced Cauliflower	Brussels Sprouts, Raw Avocado Oil  Bacon, Pork MCT Oil
TUE	Coffee + MCT Oil <u>Strawberry Cream Fat Bombs</u> Macadamia Nuts, Raw	Eggs, Cooked MCT Oil  Tomato Raw, Includes Cherry, Grape, Roma  Avocado, Black Skin	<u>Meaty Keto Chili</u>
WED	Coffee + MCT Oil <u>Strawberry Cream Fat Bombs</u> Macadamia Nuts, Raw	Brussels Sprouts, Raw Avocado Oil  Bacon, Pork MCT Oil	Chicken Thigh, Skin Eaten  Green Giant, Riced Cauliflower
THU	Coffee + MCT Oil <u>Strawberry Cream Fat Bombs</u> Macadamia Nuts, Raw	<u>Meaty Keto Chili</u>	Eggs, Cooked MCT Oil  Tomato Raw, Includes Cherry, Grape, Roma  Avocado, Black Skin
FRI	Coffee + MCT Oil <u>Strawberry Cream Fat Bombs</u> Macadamia Nuts, Raw	Chicken Thigh, Skin Eaten  Green Giant, Riced Cauliflower	Brussels Sprouts, Raw Avocado Oil  Bacon, Pork MCT Oil

# WEEKLY MEAL PLAN

## PRINTABLE

### BREAKFAST

### LUNCH

### DINNER

MON

Coffee + MCT Oil  
Strawberry Cream Fat Bombs  
Macadamia Nuts, Raw

Chicken Thigh, Skin Eaten  
Green Giant, Riced Cauliflower

Brussels Sprouts, Raw  
Avocado Oil  
Bacon, Pork  
MCT Oil

TUE

Coffee + MCT Oil  
Strawberry Cream Fat Bombs  
Macadamia Nuts, Raw

Eggs, Cooked  
MCT Oil  
Tomato Raw, Includes Cherry, Grape, Roma  
Avocado, Black Skin

Meaty Keto Chili

WED

Coffee + MCT Oil  
Strawberry Cream Fat Bombs  
Macadamia Nuts, Raw

Brussels Sprouts, Raw  
Avocado Oil  
Bacon, Pork  
MCT Oil

Chicken Thigh, Skin Eaten  
Green Giant, Riced Cauliflower

THU

Coffee + MCT Oil  
Strawberry Cream Fat Bombs  
Macadamia Nuts, Raw

Meaty Keto Chili

Eggs, Cooked  
MCT Oil  
Tomato Raw, Includes Cherry, Grape, Roma  
Avocado, Black Skin

FRI

Coffee + MCT Oil  
Strawberry Cream Fat Bombs  
Macadamia Nuts, Raw

Chicken Thigh, Skin Eaten  
Green Giant, Riced Cauliflower

Brussels Sprouts, Raw  
Avocado Oil  
Bacon, Pork  
MCT Oil

# NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

**MONDAY**    Calories: 1536  
Protein: 63.9g                    17%  
Net Carbs: 9.6g                    4%  
Fat: 138.3g                        79%

**TUESDAY**    Calories: 1779  
Protein: 63.7g                    14%  
Net Carbs: 21g                    8%  
Fat: 159.7g                        78%

**WEDNESDAY**    Calories: 1536  
Protein: 63.9g                    17%  
Net Carbs: 9.6g                    4%  
Fat: 138.3g                        79%

**THURSDAY**    Calories: 1779  
Protein: 63.7g                    14%  
Net Carbs: 21g                    8%  
Fat: 159.7g                        78%

**FRIDAY**    Calories: 1536  
Protein: 63.9g                    17%  
Net Carbs: 9.6g                    4%  
Fat: 138.3g                        79%



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

