

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST		LUNCH		DINNER
MON	MCT Oil <u>Almond Crunch Fat Bomb</u>		Eggs, Cooked Avocado, Black Skin		<u>Keto Bread</u> Cheddar Cheese, Natural Butter, Salted
TUE	MCT Oil <u>Almond Crunch Fat Bomb</u>		<u>Keto Bread</u> Bacon, Pork Tomato, Red, Raw		Chicken Thigh, Skin Eaten Tomato Raw, Includes Cherry, Grape, Roma
WED	MCT Oil <u>Almond Crunch Fat Bomb</u>		<u>Keto Bread</u> Cheddar Cheese, Natural Butter, Salted		Eggs, Cooked Bacon, Pork
THU	MCT Oil <u>Almond Crunch Fat Bomb</u>		Eggs, Cooked Cheddar Cheese, Natural		<u>Keto Bread</u> Bacon, Pork Tomato, Red, Raw
FRI	MCT Oil <u>Almond Crunch Fat Bomb</u>		Chicken Thigh, Skin Eaten Tomato Raw, Includes Cherry, Grape, Roma		<u>Keto Bread</u> Cheddar Cheese, Natural Butter, Salted

WEEKLY MEAL PLAN

PRINTABLE

BREAKFAST

LUNCH

DINNER

MON

MCT Oil
Almond Crunch Fat Bomb

Eggs, Cooked
Avocado, Black Skin

Keto Bread
Cheddar Cheese,
Natural
Butter, Salted

TUE

MCT Oil
Almond Crunch Fat Bomb

Keto Bread
Bacon, Pork
Tomato, Red, Raw

Chicken Thigh, Skin
Eaten
Tomato Raw,
Includes Cherry,
Grape, Roma

WED

MCT Oil
Almond Crunch Fat Bomb

Keto Bread
Cheddar Cheese,
Natural
Butter, Salted

Eggs, Cooked
Bacon, Pork

THU

MCT Oil
Almond Crunch Fat Bomb

Eggs, Cooked
Cheddar Cheese,
Natural

Keto Bread
Bacon, Pork
Tomato, Red, Raw

FRI

MCT Oil
Almond Crunch Fat Bomb

Chicken Thigh, Skin
Eaten
Tomato Raw,
Includes Cherry,
Grape, Roma

Keto Bread
Cheddar Cheese,
Natural
Butter, Salted

NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

MONDAY Calories: 1432
Protein: 57.3% 16%
Net Carbs: 11.8g 7%
Fat: 126.3g 77%

TUESDAY Calories: 1228
Protein: 66.2g 22%
Net Carbs: 10.5g 8%
Fat: 97.5g 70%

WEDNESDAY Calories: 1280
Protein: 60.1g 19%
Net Carbs: 9.6g 4%
Fat: 111g 77%

THURSDAY Calories: 1447
Protein: 74.6g 21%
Net Carbs: 11.7g 7%
Fat: 117.4g 72%

FRIDAY Calories: 1414
Protein: 70g 21%
Net Carbs: 10.3g 6%
Fat: 117.2g 73%



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

