

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST		LUNCH		DINNER	
MON	MCT Oil <u>Keto Quiche</u>		<u>Instant Pot Keto Spinach Artichoke Chicken Bowl</u>		<u>Keto Walking Tacos</u>	
TUE	MCT Oil <u>Keto Quiche</u>		<u>Easy Chaffles</u>		<u>Keto Beef Roll-Ups</u>	
WED	MCT Oil <u>Keto Quiche</u>		<u>Instant Pot Keto Spinach Artichoke Chicken Bowl</u>		<u>Keto Walking Tacos</u>	
THU	MCT Oil <u>Keto Quiche</u>		<u>Easy Chaffles</u>		<u>Keto Beef Roll-Ups</u>	
FRI	MCT Oil <u>Keto Quiche</u>		<u>Instant Pot Keto Spinach Artichoke Chicken Bowl</u>		<u>Keto Walking Tacos</u>	

WEEKLY MEAL PLAN

PRINTABLE

BREAKFAST

LUNCH

DINNER

MON

MCT Oil
[Keto Quiche](#)

[Instant Pot Keto
Spinach Artichoke
Chicken Bowl](#)

[Keto Walking Tacos](#)

TUE

MCT Oil
[Keto Quiche](#)

[Easy Chaffles](#)

[Keto Beef Roll-Ups](#)

WED

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THU

MCT Oil
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FRI

MCT Oil
[Keto Quiche](#)

[Instant Pot Keto
Spinach Artichoke
Chicken Bowl](#)

[Keto Walking Tacos](#)

NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

MONDAY Calories: 1261
Protein: 76.4g 25%
Net Carbs: 10.2g 4%
Fat: 102.6g 71%

TUESDAY Calories: 1133
Protein: 65.2g 24%
Net Carbs: 6.7g 3%
Fat: 94g 73%

WEDNESDAY Calories: 1261
Protein: 76.4g 25%
Net Carbs: 10.2g 4%
Fat: 102.6g 71%

THURSDAY Calories: 1133
Protein: 65.2g 24%
Net Carbs: 6.7g 3%
Fat: 94g 73%

FRIDAY Calories: 1261
Protein: 76.4g 25%
Net Carbs: 10.2g 4%
Fat: 102.6g 71%



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

