

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST		LUNCH		DINNER	
MON	Coffee, Prepared from Grounds MCT Oil Eggs, Cooked		<u>Creamy Keto Chicken Chili</u>		Keto Dinner Rolls Spinach, Raw Tomato Raw, Includes Cherry, Grape, Roma Red Bell Peppers, Raw Great Value, Tex Mex, Shredded Cheese Macadamia Nuts, Raw Vinagrette Salad Dressing	
TUE	Coffee, Prepared from Grounds MCT Oil Eggs, Cooked		Easy Chaffles		Eggs, Cooked Spinach, Raw Mozzarella Cheese, Whole Milk Butter, Salted Bacon, Pork Mushrooms, Raw	
WED	Coffee, Prepared from Grounds MCT Oil		Cottage Cheese, 4% Fat Eggs, Cooked Avocado, Black Skin		<u>Creamy Keto Chicken Chili</u>	
THU	Coffee, Prepared from Grounds MCT Oil Eggs, Cooked		Keto Dinner Rolls Spinach, Raw Tomato Raw, Includes Cherry, Grape, Roma Red Bell Peppers, Raw Great Value, Tex Mex, Shredded Cheese Macadamia Nuts, Raw Vinagrette Salad Dressing		Easy Chaffles Bacon, Pork Eggs, Cooked	
FRI	Coffee, Prepared from Grounds MCT Oil Eggs, Cooked		<u>Creamy Keto Chicken Chili</u>		Eggs, Cooked Spinach, Raw Mozzarella Cheese, Whole Milk Butter, Salted Bacon, Pork Mushrooms, Raw	

WEEKLY MEAL PLAN

PRINTABLE

BREAKFAST

LUNCH

DINNER

MON

Coffee, Prepared from
Grounds

MCT Oil

Eggs, Cooked

[Creamy Keto
Chicken Chili](#)

Keto Dinner Rolls

Spinach, Raw

Tomato Raw, Includes Cherry, Grape, Roma

Red Bell Peppers, Raw

Great Value, Tex Mex, Shredded Cheese

Macadamia Nuts, Raw

Vinagrette Salad Dressing

TUE

Coffee, Prepared from
Grounds

MCT Oil

Eggs, Cooked

Easy Chaffles

Eggs, Cooked

Spinach, Raw

Mozzarella Cheese, Whole Milk

Butter, Salted

Bacon, Pork

Mushrooms, Raw

WED

Coffee, Prepared from
Grounds

MCT Oil

Cottage Cheese, 4% Fat

Eggs, Cooked

Avocado, Black Skin

[Creamy Keto
Chicken Chili](#)

THU

Coffee, Prepared from
Grounds

MCT Oil

Eggs, Cooked

Keto Dinner Rolls

Spinach, Raw

Tomato Raw, Includes Cherry, Grape, Roma

Red Bell Peppers, Raw

Great Value, Tex Mex, Shredded Cheese

Macadamia Nuts, Raw

Vinagrette Salad Dressing

Easy Chaffles

Bacon, Pork

Eggs, Cooked

FRI

Coffee, Prepared from
Grounds

MCT Oil

Eggs, Cooked

[Creamy Keto
Chicken Chili](#)

Eggs, Cooked

Spinach, Raw

Mozzarella Cheese, Whole Milk

Butter, Salted

Bacon, Pork

Mushrooms, Raw

NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

MONDAY Calories: 1261
Protein: 59.8g 19%
Net Carbs: 19.6g 9%
Fat: 103.8g 72%

TUESDAY Calories: 1307
Protein: 65.2g 21%
Net Carbs: 7.9g 4%
Fat: 121.5g 75%

WEDNESDAY Calories: 1280
Protein: 68.8g 22%
Net Carbs: 17.6g 11%
Fat: 100.7g 67%

THURSDAY Calories: 1155
Protein: 54.8g 19%
Net Carbs: 15.4g 8%
Fat: 94.6g 73%

FRIDAY Calories: 1436
Protein: 78g 23%
Net Carbs: 12.3g 6%
Fat: 118.4g 71%



[MORE RECIPES AT TARA'S KETO KITCHEN -](#)
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