

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST		LUNCH		DINNER	
MON	Coffee, Prepared from Grounds <u>Mocha Peppermint Coffee Creamer</u> <u>Perfect Keto Waffles</u>		<u>Meaty Keto Chili</u> Sour Cream Great Value, Tex Mex, Shredded Cheese		Realgood Pizza Co., Three Cheese	
TUE	Coffee, Prepared from Grounds <u>Mocha Peppermint Coffee Creamer</u> <u>Eggs_Cooked</u> MCT Oil		<u>Keto Quiche</u> Brownies		<u>Keto Walking Tacos</u>	
WED	Coffee, Prepared from Grounds <u>Mocha Peppermint Coffee Creamer</u> <u>Perfect Keto Waffles</u>		Realgood Pizza Co., Three Cheese		<u>Meaty Keto Chili</u> Sour Cream Great Value, Tex Mex, Shredded Cheese	
THU	Coffee, Prepared from Grounds <u>Mocha Peppermint Coffee Creamer</u> <u>Eggs_Cooked</u> MCT Oil		<u>Meaty Keto Chili</u> Sour Cream Great Value, Tex Mex, Shredded Cheese		<u>Keto Walking Tacos</u>	
FRI	Coffee, Prepared from Grounds <u>Mocha Peppermint Coffee Creamer</u> <u>Perfect Keto Waffles</u>		Realgood Pizza Co., Three Cheese		<u>Keto Quiche</u>	

WEEKLY MEAL PLAN

PRINTABLE

BREAKFAST

LUNCH

DINNER

MON

Coffee, Prepared from
Grounds

Mocha Peppermint Coffee
Creamer

Perfect Keto Waffles

Meaty Keto Chili

Sour Cream

Great Value, Tex Mex,
Shredded Cheese

Realgood Pizza Co., Three
Cheese

TUE

Coffee, Prepared from
Grounds

Mocha Peppermint Coffee
Creamer

Eggs, Cooked

MCT Oil

Keto Quiche

Brownies

Keto Walking Tacos

WED

Coffee, Prepared from
Grounds

Mocha Peppermint Coffee
Creamer

Perfect Keto Waffles

Realgood Pizza Co., Three
Cheese

Meaty Keto Chili

Sour Cream

Great Value, Tex Mex,
Shredded Cheese

THU

Coffee, Prepared from
Grounds

Mocha Peppermint Coffee
Creamer

Eggs, Cooked

MCT Oil

Meaty Keto Chili

Sour Cream

Great Value, Tex Mex,
Shredded Cheese

Keto Walking Tacos

FRI

Coffee, Prepared from
Grounds

Mocha Peppermint Coffee
Creamer

Perfect Keto Waffles

Realgood Pizza Co., Three
Cheese

Keto Quiche

NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

MONDAY Calories: 1321
Protein: 75.1% 23%
Net Carbs: 20.4g 8%
Fat: 103.2g 69%

TUESDAY Calories: 1350
Protein: 66.4g 20%
Net Carbs: 9.7g 5%
Fat: 114.9g 74%

WEDNESDAY Calories: 1279
Protein: 72.8g 23%
Net Carbs: 18.2g 8%
Fat: 102.4g 70%

THURSDAY Calories: 1425
Protein: 82.2g 23%
Net Carbs: 17g 7%
Fat: 113.7g 70%

FRIDAY Calories: 1246
Protein: 59.3g 19%
Net Carbs: 13.2g 7%
Fat: 104.3g 74%



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