

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST		LUNCH		DINNER	
MON	MCT Oil <u>Vanilla Latte Fat Bombs</u>		Keto Dinner Rolls Spinach, Raw Tomato Raw, Includes Cherry, Grape, roma Red Bell Peppers, Raw Great Value, Tex Mex, Shredded Cheese <u>Vinagrette Salad Dressing,</u>		Eggs, Cooked Spinach, Raw Mozzarella Cheese, Whole Milk Butter, Salted Mushrooms, Raw	
TUE	MCT Oil <u>Vanilla Latte Fat Bombs</u>		Eggs, Cooked Spinach, Raw Mozzarella Cheese, Whole Milk Butter, Salted Mushrooms, Raw		<u>Keto Stuffed Mushrooms</u> Almonds, Raw	
WED	<u>Keto Bread</u> Eggs, Cooked Mozzarella Cheese, Whole Milk		<u>Keto Bread</u> Lettuce, Green Leaf Tomato, Rew, Raw Avocado, Black Skin Mayo Type Salad Cressing		Carr Valley Cheese, Bread Cheese Butter, Salted	
THU	Coffee, Prepared From Grounds MCT Oil <u>Perfect Keto Waffles</u> <u>Keto Maple Syrup</u>		Eggs, Cooked Avocado, Black Skin MCT Oil		<u>Keto Pizza</u> <u>Low Carb Pizza Sauce</u> Mozzarella Cheese, Whole Milk	
FRI	Coffee, Prepared From Grounds MCT Oil <u>Keto Bread</u> <u>Avocado</u> , Black Skin Garlic, Powder Onion Salt Salt Black Pepper, Ground		<u>Keto Bread</u> Lettuce, Green Leaf Tomato, Rew, Raw Avocado, Black Skin Mayo Type Salad Cressing		Carr Valley Cheese, Bread Cheese Butter, Salted	

WEEKLY MEAL PLAN

PRINTABLE

BREAKFAST

LUNCH

DINNER

MON

MCT Oil

Vanilla Latte Fat Bombs

Keto Dinner Rolls

Spinach, Raw

Tomato Raw, Includes Cherry, Grape, roma

Red Bell Peppers, Raw

Great Value, Tex Mex, Shredded Cheese

Vinagrette Salad Dressing,

Eggs, Cooked

Spinach, Raw

Mozzarella Cheese, Whole Milk

Butter, Salted

Mushrooms, Raw

TUE

MCT Oil

Vanilla Latte Fat Bombs

Eggs, Cooked

Spinach, Raw

Mozzarella Cheese, Whole Milk

Butter, Salted

Mushrooms, Raw

Keto Stuffed Mushrooms

Almonds, Raw

WED

Keto Bread

Eggs, Cooked

Mozzarella Cheese, Whole Milk

Keto Bread

Lettuce, Green Leaf

Tomato, Rew, Raw

Avocado, Black Skin

Mayo Type Salad Cressing

Carr Valley Cheese, Bread Cheese

Butter, Salted

THU

Coffee, Prepared From Grounds

MCT Oil

Perfect Keto Waffles

Keto Maple Syrup

Eggs, Cooked

Avocado, Black Skin

MCT Oil

Keto Pizza

Low Carb Pizza Sauce

Mozzarella Cheese, Whole Milk

FRI

Coffee, Prepared From Grounds

MCT Oil

Keto Bread

Avocado, Black Skin

Garlic, Powder

Onion Salt

Salt

Black Pepper, Ground

Keto Bread

Lettuce, Green Leaf

Tomato, Rew, Raw

Avocado, Black Skin

Mayo Type Salad Cressing

Carr Valley Cheese, Bread Cheese

Butter, Salted

NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

MONDAY Calories: 1558
Protein: 63.2% 16%
Net Carbs: 14.3g 5%
Fat: 137.4g 78%

TUESDAY Calories: 1523
Protein: 62.7g 16%
Net Carbs: 14.8g 7%
Fat: 133.5g 77%

WEDNESDAY Calories: 1545
Protein: 80.4g 22%
Net Carbs: 16.8g 7%
Fat: 121.8g 71%

THURSDAY Calories: 1602
Protein: 53.2g 14%
Net Carbs: 15.2g 8%
Fat: 144.9g 79%

FRIDAY Calories: 1612
Protein: 62.2g 16%
Net Carbs: 18.6g 10%
Fat: 135.9g 74%



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