

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST		LUNCH		DINNER	
MON	MCT Oil Coffee, Prepared From Grounds Eggs, Cooked Bacon, Pork MCT Oil		<u>Meaty Keto Chili</u> Sour Cream Great Value, Tex Mex, Shredded Cheese		<u>Creamy Keto Chicken and Rice Casserole</u>	
TUE	MCT Oil Coffee, Prepared From Grounds Eggs, Cooked Bacon, Pork MCT Oil		<u>Keto Lasagna with Zucchini</u>		<u>Keto Cheesy Broccoli Casserole</u>	
WED	MCT Oil Coffee, Prepared From Grounds Eggs, Cooked Bacon, Pork MCT Oil		Almonds, Raw Cottage Cheese, 4% Fat		<u>Meaty Keto Chili</u> Sour Cream Great Value, Tex Mex, Shredded Cheese	
THU	MCT Oil Coffee, Prepared From Grounds Eggs, Cooked Bacon, Pork MCT Oil		<u>Creamy Keto Chicken and Rice Casserole</u>		<u>Keto Lasagna with Zucchini</u>	
FRI	MCT Oil Coffee, Prepared From Grounds Eggs, Cooked Bacon, Pork MCT Oil		<u>Meaty Keto Chili</u> Sour Cream Great Value, Tex Mex, Shredded Cheese		<u>Keto Cheesy Broccoli Casserole</u>	

WEEKLY MEAL PLAN

PRINTABLE

BREAKFAST

LUNCH

DINNER

MON

MCT Oil
Coffee, Prepared From Grounds
Eggs, Cooked
Bacon, Pork
MCT Oil

Meaty Keto Chili

Sour Cream

Great Value, Tex Mex,
Shredded Cheese

Creamy Keto Chicken
and Rice Casserole

TUE

MCT Oil
Coffee, Prepared From Grounds
Eggs, Cooked
Bacon, Pork
MCT Oil

Keto Lasagna
with Zucchini

Keto Cheesy
Broccoli
Casserole

WED

MCT Oil
Coffee, Prepared From Grounds
Eggs, Cooked
Bacon, Pork
MCT Oil

Almonds, Raw

Cottage Cheese,
4% Fat

Meaty Keto Chili

Sour Cream

Great Value, Tex Mex,
Shredded Cheese

THU

MCT Oil
Coffee, Prepared From Grounds
Eggs, Cooked
Bacon, Pork
MCT Oil

Creamy Keto Chicken
and Rice Casserole

Keto Lasagna
with Zucchini

FRI

MCT Oil
Coffee, Prepared From Grounds
Eggs, Cooked
Bacon, Pork
MCT Oil

Meaty Keto Chili

Sour Cream

Great Value, Tex Mex,
Shredded Cheese

Keto Cheesy
Broccoli
Casserole

NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

MONDAY Calories: 1624
Protein: 92.3% 23%
Net Carbs: 20g 6%
Fat: 131.6g 71%

TUESDAY Calories: 1368
Protein: 64.4g 19%
Net Carbs: 18.4g 7%
Fat: 115.5g 74%

WEDNESDAY Calories: 1607
Protein: 97.1g 25%
Net Carbs: 23.9g 7%
Fat: 125.9g 68%

THURSDAY Calories: 1269
Protein: 72.6g 24%
Net Carbs: 13.6g 5%
Fat: 103.1g 72%

FRIDAY Calories: 1723
Protein: 84.1g 19%
Net Carbs: 24.8g 8%
Fat: 144g 73%



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

