

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST		LUNCH		DINNER	
MON	Coffee, Prepared From Grounds MCT Oil <u>Low Carb Oatmeal</u>		<u>Keto Eggplant Parmesan</u>		Chicken Thigh, Skin Eaten Mashed Cauliflower	
TUE	Coffee, Prepared From Grounds MCT Oil <u>Low Carb Oatmeal</u>		<u>Keto Stuffed Mushrooms</u>		Beef Steak, Sirloin, Visible Fat Eaten Trader Joe's, Roasted Broccoli	
WED	Coffee, Prepared From Grounds MCT Oil <u>Low Carb Oatmeal</u>		Chicken Thigh, Skin Eaten Mashed Cauliflower		Eggs, Cooked Good & Gather, Shredded Cheese Blend, Mexican	
THU	Coffee, Prepared From Grounds MCT Oil <u>Low Carb Oatmeal</u>		<u>Keto Stuffed Mushrooms</u>		Beef Steak, Sirloin, Visible Fat Eaten Trader Joe's, Roasted Broccoli	
FRI	Coffee, Prepared From Grounds MCT Oil <u>Low Carb Oatmeal</u>		Eggs, Cooked Good & Gather, Shredded Cheese Blend, Mexican		Beef Steak, Sirloin, Visible Fat Eaten Mashed Cauliflower	

WEEKLY MEAL PLAN

PRINTABLE

BREAKFAST

LUNCH

DINNER

MON

Coffee, Prepared From
Grounds

MCT Oil

Low Carb Oatmeal

Keto Eggplant Parmesan

Chicken Thigh, Skin Eaten

Mashed Cauliflower

TUE

Coffee, Prepared From
Grounds

MCT Oil

Low Carb Oatmeal

Keto Stuffed Mushrooms

Beef Steak, Sirloin, Visible
Fat Eaten

Trader Joe's, Roasted
Broccoli

WED

Coffee, Prepared From
Grounds

MCT Oil

Low Carb Oatmeal

Chicken Thigh, Skin Eaten

Mashed Cauliflower

Eggs, Cooked

Good & Gather, Shredded
Cheese Blend, Mexican

THU

Coffee, Prepared From
Grounds

MCT Oil

Low Carb Oatmeal

Keto Stuffed Mushrooms

Beef Steak, Sirloin, Visible
Fat Eaten

Trader Joe's, Roasted
Broccoli

FRI

Coffee, Prepared From
Grounds

MCT Oil

Low Carb Oatmeal

Eggs, Cooked

Good & Gather, Shredded
Cheese Blend, Mexican

Beef Steak, Sirloin, Visible
Fat Eaten

Mashed Cauliflower

NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

MONDAY Calories: 1452
Protein: 59.6% 17%
Net Carbs: 15.1g 7%
Fat: 124.3g 76%

TUESDAY Calories: 1299
Protein: 98.3g 32%
Net Carbs: 10.2g 4%
Fat: 93.7g 65%

WEDNESDAY Calories: 1438
Protein: 80.2g 23%
Net Carbs: 14.2g 7%
Fat: 113.3g 70%

THURSDAY Calories: 1299
Protein: 98.3g 32%
Net Carbs: 10.2g 4%
Fat: 93.7g 65%

FRIDAY Calories: 1737
Protein: 112g 27%
Net Carbs: 13.6g 5%
Fat: 131.8g 68%



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