

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST	LUNCH	DINNER
MON	MCT Oil Coffee, Prepared From Grounds <u>Keto Muffins</u>	Fox Hill Kitchens, Double-Sided Bagelz, Everything Cream Cheese, Brick Cheddar Cheese, Natural Eggs, Cooked	<u>Keto Beef Roll-Ups</u>
TUE	MCT Oil Coffee, Prepared From Grounds <u>Keto Muffins</u>	<u>Keto Beef Roll-Ups</u>	<u>Keto Hamburger Buns</u> Hamburger or Ground Beef, 80% Lean Mustard Mayonnaise, Store Bought
WED	MCT Oil Coffee, Prepared From Grounds <u>Keto Muffins</u>	<u>Keto Hamburger Buns</u> Hamburger or Ground Beef, 80% Lean Mustard Mayonnaise, Store Bought	Fox Hill Kitchens, Double-Sided Bagelz, Everything Cream Cheese, Brick Cheddar Cheese, Natural Eggs, Cooked
THU	MCT Oil Coffee, Prepared From Grounds <u>Keto Muffins</u>	Eggs, Cooked Avocado, Black Skin	<u>Keto Beef Roll-Ups</u>
FRI	MCT Oil Coffee, Prepared From Grounds <u>Keto Muffins</u>	Fox Hill Kitchens, Double-Sided Bagelz, Everything Cream Cheese, Brick Cheddar Cheese, Natural Eggs, Cooked	<u>Keto Hamburger Buns</u> Hamburger or Ground Beef, 80% Lean Mustard Mayonnaise, Store Bought

WEEKLY MEAL PLAN

PRINTABLE

BREAKFAST

LUNCH

DINNER

MON

MCT Oil
Coffee, Prepared From
Grounds
Keto Muffins

Fox Hill Kitchens, Double-
Sided Bagelz, Everything
Cream Cheese, Brick
Cheddar Cheese, Natural
Eggs, Cooked

Keto Beef Roll-Ups

TUE

MCT Oil
Coffee, Prepared From
Grounds
Keto Muffins

Keto Beef Roll-Ups

Keto Hamburger Buns
Hamburger or Ground
Beef, 80% Lean
Mustard
Mayonnaise, Store Bought

WED

MCT Oil
Coffee, Prepared From
Grounds
Keto Muffins

Keto Hamburger Buns
Hamburger or Ground
Beef, 80% Lean
Mustard
Mayonnaise, Store Bought

Fox Hill Kitchens, Double-
Sided Bagelz, Everything
Cream Cheese, Brick
Cheddar Cheese, Natural
Eggs, Cooked

THU

MCT Oil
Coffee, Prepared From
Grounds
Keto Muffins

Eggs, Cooked
Avocado, Black Skin

Keto Beef Roll-Ups

FRI

MCT Oil
Coffee, Prepared From
Grounds
Keto Muffins

Fox Hill Kitchens, Double-
Sided Bagelz, Everything
Cream Cheese, Brick
Cheddar Cheese, Natural
Eggs, Cooked

Keto Hamburger Buns
Hamburger or Ground
Beef, 80% Lean
Mustard
Mayonnaise, Store Bought

NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

MONDAY Calories: 1409
Protein: 61.9g 18%
Net Carbs: 9.5g 6%
Fat: 121.6g 76%

TUESDAY Calories: 1468
Protein: 65.2g 18%
Net Carbs: 7.4g 4%
Fat: 130.8g 78%

WEDNESDAY Calories: 1706
Protein: 74.5g 18%
Net Carbs: 11.5g 6%
Fat: 146.6g 76%

THURSDAY Calories: 1365
Protein: 57.8g 17%
Net Carbs: 8g 6%
Fat: 120.2g 77%

FRIDAY Calories: 1706
Protein: 74.5g 18%
Net Carbs: 11.5g 6%
Fat: 146.6g 76%



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

