

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

| | BREAKFAST | LUNCH | DINNER |
|-----|---|--|--|
| MON | MCT Oil Coffee, Prepared From Grounds Eggs, Cooked | Easy Chaffles Cottage Cheese | <u>Keto Cheesy Broccoli Casserole</u> |
| TUE | Coffee, Prepared From Grounds <u>Perfect Keto Waffles</u> <u>Homemade Keto Maple Syrup</u> | Spinach Salad <u>Keto Parmesan Garlic Vinaigrette</u> | <u>Keto Lasagna</u> Cottage Cheese |
| WED | MCT Oil Coffee, Prepared From Grounds Eggs, Cooked | Easy Chaffles Cottage Cheese | <u>Keto Cheesy Broccoli Casserole</u> |
| THU | Coffee, Prepared From Grounds MCT Oil <u>Perfect Keto Waffles</u> <u>Homemade Keto Maple Syrup</u> | <u>Keto Lasagna</u> | Spinach and Cheese Omelet |
| FRI | MCT Oil Coffee, Prepared From Grounds Eggs, Cooked | <u>Keto Cheesy Broccoli Casserole</u> Cottage Cheese | Spinach Salad <u>Keto Parmesan Garlic Vinaigrette</u> |

WEEKLY MEAL PLAN

PRINTABLE

BREAKFAST

LUNCH

DINNER

MON

MCT Oil
Coffee, Prepared From
Grounds
Eggs, Cooked

Easy Chaffles
Cottage Cheese

[Keto Cheesy Broccoli
Casserole](#)

TUE

Coffee, Prepared From
Grounds
[Perfect Keto Waffles](#)
[Homemade Keto Maple
Syrup](#)

Spinach Salad
[Keto Parmesan Garlic
Vinaigrette](#)

[Keto Lasagna](#)
Cottage Cheese

WED

MCT Oil
Coffee, Prepared From
Grounds
Eggs, Cooked

Easy Chaffles
Cottage Cheese

[Keto Cheesy Broccoli
Casserole](#)

THU

Coffee, Prepared From
Grounds
MCT Oil
[Perfect Keto Waffles](#)
[Homemade Keto Maple
Syrup](#)

[Keto Lasagna](#)

Spinach and
Cheese Omelet

FRI

MCT Oil
Coffee, Prepared From
Grounds
Eggs, Cooked

[Keto Cheesy Broccoli
Casserole](#)
Cottage Cheese

Spinach Salad
[Keto Parmesan Garlic
Vinaigrette](#)

NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

MONDAY Calories: 1712
Protein: 68.5% 17%
Net Carbs: 18.8g 7%
Fat: 144.3g 76%

TUESDAY Calories: 1614
Protein: 60.4g 15%
Net Carbs: 25.3g 8%
Fat: 139.9g 77%

WEDNESDAY Calories: 1634
Protein: 97.1g 24%
Net Carbs: 21.1g 7%
Fat: 124.9g 68%

THURSDAY Calories: 1652
Protein: 72.8g 18%
Net Carbs: 19.9g 6%
Fat: 141.2g 76%

FRIDAY Calories: 1676
Protein: 61.9g 15%
Net Carbs: 21.6g 7%
Fat: 147.7g 78%



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

