

# WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST	LUNCH	DINNER
MON	MCT Oil Coffee, Prepared From Grounds Eggs, Cooked	<u>Low Carb Creamy Chicken Chili</u>	Spinach Salad <u>Keto Parmesan Garlic Vinaigrette</u>
TUE	MCT Oil Coffee, Prepared From Grounds	Easy Chaffles	Spinach, Mushroom, Bacon and Cheese Omelet
WED	MCT Oil Coffee, Prepared From Grounds Almonds	Eggs, Cooked Avocado Cottage Cheese	<u>Low Carb Creamy Chicken Chili</u>
THU	MCT Oil Coffee, Prepared From Grounds	Spinach Salad <u>Keto Parmesan Garlic Vinaigrette</u> <u>Garlic Cheddar Biscuits</u>	Easy Chaffles
FRI	MCT Oil Coffee, Prepared From Grounds Eggs, Cooked	<u>Low Carb Creamy Chicken Chili</u>	Spinach, Mushroom, Bacon and Cheese Omelet

# WEEKLY MEAL PLAN

## PRINTABLE

### BREAKFAST

### LUNCH

### DINNER

MON

MCT Oil  
Coffee, Prepared From  
Grounds  
Eggs, Cooked

Low Carb Creamy  
Chicken Chili

Spinach Salad  
Keto Parmesan Garlic  
Vinaigrette

TUE

MCT Oil  
Coffee, Prepared From  
Grounds

Easy Chaffles

Spinach,  
Mushroom, Bacon  
and Cheese  
Omelet

WED

MCT Oil  
Coffee, Prepared From  
Grounds  
Almonds

Eggs, Cooked  
Avocado  
Cottage Cheese

Low Carb Creamy  
Chicken Chili

THU

MCT Oil  
Coffee, Prepared From  
Grounds

Spinach Salad  
Keto Parmesan Garlic  
Vinaigrette  
Garlic Cheddar Biscuits

Easy Chaffles

FRI

MCT Oil  
Coffee, Prepared From  
Grounds  
Eggs, Cooked

Low Carb Creamy  
Chicken Chili

Spinach,  
Mushroom, Bacon  
and Cheese  
Omelet

# NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

**MONDAY**    Calories: 1701  
Protein: 74.9g                      18%  
Net Carbs: 18.8g                    8%  
Fat: 145.7g                            74%

**TUESDAY**    Calories: 1757  
Protein: 89.1g                        21%  
Net Carbs: 11g                        6%  
Fat: 148.1g                            74%

**WEDNESDAY**    Calories: 1657  
Protein: 93.6g                        23%  
Net Carbs: 11g                        10%  
Fat: 148.1g                            67%

**THURSDAY**    Calories: 1711  
Protein: 71.2g                        17%  
Net Carbs: 15.3g                      8%  
Fat: 148.7g                            75%

**FRIDAY**        Calories: 1621  
Protein: 96.8g                        25%  
Net Carbs: 13.5g                      5%  
Fat: 128.9g                            70%



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

