

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST		LUNCH		DINNER
MON	MCT Oil Coffee, Prepared From Grounds		<u>Keto Instapot</u> <u>Pot Roast</u>		Keto Grilled Cheese Sandwich
TUE	MCT Oil Coffee, Prepared From Grounds Eggs, Cooked		<u>Keto Eggplant</u> <u>Parmesan</u>		Cottage Cheese Pistachio Nuts
WED	MCT Oil Coffee, Prepared From Grounds Eggs, Cooked		Avocado Tomato <u>Keto Bread</u>		<u>Keto Instapot</u> <u>Pot Roast</u>
THU	MCT Oil Coffee, Prepared From Grounds		Eggs, Cooked Avocado Cottage Cheese		<u>Keto Eggplant</u> <u>Parmesan</u>
FRI	MCT Oil Coffee, Prepared From Grounds Eggs, Cooked		<u>Keto Instapot</u> <u>Pot Roast</u> <u>Pistachio Nuts</u>		Bacon Lettuce Tomato <u>Keto Bread</u>

WEEKLY MEAL PLAN

PRINTABLE

BREAKFAST

LUNCH

DINNER

MON

MCT Oil
Coffee, Prepared From
Grounds

Keto Instapot
Pot Roast

Keto Grilled Cheese
Sandwich

TUE

MCT Oil
Coffee, Prepared From
Grounds
Eggs, Cooked

Keto Eggplant
Parmesan

Cottage Cheese
Pistachio Nuts

WED

MCT Oil
Coffee, Prepared From
Grounds
Eggs, Cooked

Avocado
Tomato
Keto Bread

Keto Instapot
Pot Roast

THU

MCT Oil
Coffee, Prepared From
Grounds

Eggs, Cooked
Avocado
Cottage Cheese

Keto Eggplant
Parmesan

FRI

MCT Oil
Coffee, Prepared From
Grounds
Eggs, Cooked

Keto Instapot
Pot Roast
Pistachio Nuts

Bacon
Lettuce
Tomato
Keto Bread

NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

MONDAY Calories: 1704
Protein: 83.6% 24%
Net Carbs: 17.4g 6%
Fat: 144.3g 74%

TUESDAY Calories: 1768
Protein: 74.1g 17%
Net Carbs: 29.7g 10%
Fat: 147.7g 73%

WEDNESDAY Calories: 1651
Protein: 80.9g 20%
Net Carbs: 15.7g 7%
Fat: 137.5g 73%

THURSDAY Calories: 1625
Protein: 68.5g 17%
Net Carbs: 20.5g 8%
Fat: 138.6g 75%

FRIDAY Calories: 1662
Protein: 89.8g 22%
Net Carbs: 18.5g 7%
Fat: 135.2g 71%



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

