

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST		LUNCH		DINNER
MON	MCT Oil Coffee, Prepared From Grounds Perfect Keto Waffles Homemade Keto Maple Syrup		<u>Keto Lasagna</u> Spinach Cheese MCT Oil		Keto Biscuits & Gravy
TUE	MCT Oil Coffee, Prepared From Grounds Eggs, Cooked Bacon		Keto Quiche		Keto Lasagna Spinach Cheese MCT Oil
WED	MCT Oil Coffee, Prepared From Grounds Perfect Keto Waffles Homemade Keto Maple Syrup		Keto Biscuits & Gravy Keto Pumpkin Spice Eggnog		Keto Quiche Macadamia Nuts
THU	MCT Oil Coffee, Prepared From Grounds Eggs, Cooked Bacon		Keto Lasagna Cottage Cheese		<u>Keto Quiche</u>
FRI	MCT Oil Coffee, Prepared From Grounds Perfect Keto Waffles Homemade Keto Maple Syrup		Keto Quiche Cottage Cheese		Keto Biscuits & Gravy Macadamia Nuts

WEEKLY MEAL PLAN

PRINTABLE

BREAKFAST

LUNCH

DINNER

MON

MCT Oil
Coffee, Prepared From
Grounds
Perfect Keto Waffles
Homemade Keto Maple Syrup

Keto Lasagna
Spinach
Cheese
MCT Oil

Keto Biscuits & Gravy

TUE

MCT Oil
Coffee, Prepared From
Grounds
Eggs, Cooked
Bacon

Keto Quiche

Keto Lasagna
Spinach
Cheese
MCT Oil

WED

MCT Oil
Coffee, Prepared From
Grounds
Perfect Keto Waffles
Homemade Keto Maple Syrup

Keto Biscuits & Gravy
Keto Pumpkin Spice
Eggnog

Keto Quiche
Macadamia
Nuts

THU

MCT Oil
Coffee, Prepared From
Grounds
Eggs, Cooked
Bacon

Keto Lasagna
Cottage Cheese

Keto Quiche

FRI

MCT Oil
Coffee, Prepared From
Grounds
Perfect Keto Waffles
Homemade Keto Maple Syrup

Keto Quiche
Cottage Cheese

Keto Biscuits & Gravy
Macadamia Nuts

NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

MONDAY Calories: 1784
Protein: 68% 15%
Net Carbs: 29.7g 10%
Fat: 154.1g 75%

TUESDAY Calories: 1664
Protein: 85.4g 21%
Net Carbs: 20.2g 6%
Fat: 135.8g 73%

WEDNESDAY Calories: 1613
Protein: 47.8g 12%
Net Carbs: 12.4g 6%
Fat: 152.3g 82%

THURSDAY Calories: 1692
Protein: 106.3g 26%
Net Carbs: 25.5g 7%
Fat: 128.4g 67%

FRIDAY Calories: 1622
Protein: 68.2g 17%
Net Carbs: 17.7g 7%
Fat: 141.5g 76%



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

