

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST	LUNCH	DINNER
MON	Coffee, Prepared From Grounds MCT Oil Eggs, Cooked	<u>Keto Pizza</u> <u>Easy Low Carb Pizza Sauce</u> <u>Mozzarella Cheese</u> <u>Slices Pepperoni</u>	Keto French Toast with Real Good Foods Buns
TUE	MCT Oil Coffee, Prepared From Grounds	<u>Keto Jalapeno Poppers</u> Almonds	<u>Keto Lasagna</u>
WED	Coffee, Prepared From Grounds	Keto French Toast with Real Good Foods Buns	<u>Keto Pizza</u> <u>Easy Low Carb Pizza Sauce</u> <u>Mozzarella Cheese</u> <u>Slices Pepperoni</u>
THU	MCT Oil Coffee, Prepared From Grounds Eggs, Cooked Avocado	<u>Keto No Bake Strawberry Cheesecake Parfait</u>	<u>Keto Lasagna</u>
FRI	MCT Oil Coffee, Prepared From Grounds	<u>Keto Pizza</u> <u>Easy Low Carb Pizza Sauce</u> Mozzarella Cheese Slices Pepperoni	Keto French Toast with Real Good Foods Buns

WEEKLY MEAL PLAN

PRINTABLE

BREAKFAST

LUNCH

DINNER

MON

Coffee, Prepared From
Grounds

MCT Oil

Eggs, Cooked

Keto Pizza

Easy Low Carb Pizza
Sauce

Mozzarella Cheese

Slices Pepperoni

Keto French Toast
with Real Good
Foods Buns

TUE

MCT Oil

Coffee, Prepared From
Grounds

Keto Jalapeno
Poppers

Almonds

Keto Lasagna

WED

Coffee, Prepared
From Grounds

Keto French Toast
with Real Good
Foods Buns

Keto Pizza

Easy Low Carb Pizza
Sauce

Mozzarella Cheese

Slices Pepperoni

THU

MCT Oil

Coffee, Prepared From
Grounds

Eggs, Cooked

Avocado

Keto No Bake
Strawberry
Cheesecake
Parfait

Keto Lasagna

FRI

MCT Oil

Coffee, Prepared From
Grounds

Keto Pizza

Easy Low Carb Pizza
Sauce

Mozzarella Cheese

Slices Pepperoni

Keto French Toast
with Real Good
Foods Buns

NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

MONDAY Calories: 1703
Protein: 72.9% 18%
Net Carbs: 14.4g 6%
Fat: 144.7g 76%

TUESDAY Calories: 1615
Protein: 51g 13%
Net Carbs: 28.5g 9%
Fat: 144.8g 78%

WEDNESDAY Calories: 1867
Protein: 60.8g 13%
Net Carbs: 18.6g 7%
Fat: 168.7g 80%

THURSDAY Calories: 1723
Protein: 57.7g 13%
Net Carbs: 26g 9%
Fat: 158.2g 77%

FRIDAY Calories: 1522
Protein: 59g 16%
Net Carbs: 12.5g 7%
Fat: 133.8g 77%



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

