

# WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST	LUNCH	DINNER
MON	Coffee, Prepared From Grounds <u>Dairy Free Keto Vanilla Coffee Creamer</u> <u>Vanilla Latte Fat Bomb</u>	Eggs Cottage Cheese	<u>Keto Hamburger Buns</u> Hamburger Patty Cheddar Cheese
TUE	Coffee, Prepared From Grounds <u>Dairy Free Keto Vanilla Coffee Creamer</u> <u>Pecans</u>	<u>Chicken Breast</u> Spinach & Tomato Avocado Feta Cheese MCT Oil Red Wine Vinegar	<u>Keto Meaty Chili</u> <u>Cheddar Cheese</u> Sour Cream
WED	Coffee, Prepared From Grounds <u>Dairy Free Keto Vanilla Coffee Creamer</u>	<u>Keto Hamburger Buns</u> Hamburger Patty Cheddar Cheese	Eggs Cottage Cheese
THU	Coffee, Prepared From Grounds <u>Dairy Free Keto Vanilla Coffee Creamer</u>	<u>Keto Meaty Chili</u> <u>Cheddar Cheese</u> Sour Cream	<u>Chicken Breast</u> Spinach & Tomato Avocado Feta Cheese MCT Oil Red Wine Vinegar
FRI	Coffee, Prepared From Grounds <u>Dairy Free Keto Vanilla Coffee Creamer</u>	<u>Chicken Breast</u> Spinach & Tomato Avocado Feta Cheese MCT Oil Red Wine Vinegar	<u>Keto Hamburger Buns</u> Hamburger Patty Cheddar Cheese

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## PRINTABLE

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# NUTRITION FACTS

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**MONDAY**    Calories: 1719  
Protein: 100.3%      24%  
Net Carbs: 18.6g      6%  
Fat: 135.8g      70%

**TUESDAY**    Calories: 1648  
Protein: 86.5g      21%  
Net Carbs: 19g      8%  
Fat: 135.1g      71%

**WEDNESDAY**    Calories: 1745  
Protein: 108.4g      25%  
Net Carbs: 19g      6%  
Fat: 135.1g      68%

**THURSDAY**    Calories: 1648  
Protein: 86.5g      21%  
Net Carbs: 19g      7%  
Fat: 135.1g      71%

**FRIDAY**    Calories: 1758  
Protein: 124.7g      29%  
Net Carbs: 20g      7%  
Fat: 127.9g      64%



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

