

# WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST	LUNCH	DINNER
MON	Coffee, Prepared From Grounds MCT Oil <u>Keto Coffee Cake Muffins</u>	<u>Easy Keto Stuffed Mushrooms</u>	<u>Keto Eggplant Parmesan</u>
TUE	Coffee, Prepared From Grounds MCT Oil Eggs Avocado	<u>Keto Eggplant Parmesan</u> Macadamia Nuts	<u>Keto Walking Tacos</u>
WED	Coffee, Prepared From Grounds MCT Oil <u>Keto Coffee Cake Muffins</u>	<u>Keto Tortilla Chips</u> <u>Easy Low Carb Guacamole</u>	<u>Easy Keto Stuffed Mushrooms</u> Macadamia Nuts
THU	Coffee, Prepared From Grounds MCT Oil <u>Keto Coffee Cake Muffins</u>	<u>Keto Eggplant Parmesan</u>	<u>Keto Walking Tacos</u>
FRI	Coffee, Prepared From Grounds MCT Oil <u>Keto Coffee Cake Muffins</u>	<u>Easy Keto Stuffed Mushrooms</u> Macadamia Nuts	<u>Keto Walking Tacos</u>

# WEEKLY MEAL PLAN

## PRINTABLE

### BREAKFAST

### LUNCH

### DINNER

MON

Coffee, Prepared From  
Grounds  
  
MCT Oil  
  
Keto Coffee Cake Muffins

Easy Keto Stuffed  
Mushrooms

Keto Eggplant  
Parmesan

TUE

Coffee, Prepared From  
Grounds  
  
MCT Oil  
  
Eggs  
  
Avocado

Keto Eggplant  
Parmesan  
  
Macadamia Nuts

Keto Walking  
Tacos

WED

Coffee, Prepared From  
Grounds  
  
MCT Oil  
  
Keto Coffee Cake Muffins

Keto Tortilla Chips  
  
Easy Low Carb  
Guacamole

Easy Keto Stuffed  
Mushrooms  
  
Macadamia Nuts

THU

Coffee, Prepared From  
Grounds  
  
MCT Oil  
  
Keto Coffee Cake Muffins

Keto Eggplant  
Parmesan

Keto Walking  
Tacos

FRI

Coffee, Prepared From  
Grounds  
  
MCT Oil  
  
Keto Coffee Cake Muffins

Easy Keto Stuffed  
Mushrooms  
  
Macadamia Nuts

Keto Walking  
Tacos

# NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

**MONDAY**    Calories: 1595  
Protein: 56%                      14%  
Net Carbs: 26.3g                      12%  
Fat: 136.7g                              75%

**TUESDAY**    Calories: 1751  
Protein: 74.9g                      17%  
Net Carbs: 16.5g                      7%  
Fat: 151.9g                              76%

**WEDNESDAY**    Calories: 1758  
Protein: 68.6g                      15%  
Net Carbs: 24.8g                      12%  
Fat: 147.9g                              73%

**THURSDAY**    Calories: 1560  
Protein: 81.3g                      21%  
Net Carbs: 19.9g                      8%  
Fat: 126.8g                              71%

**FRIDAY**    Calories: 1645  
Protein: 88.3g                      22%  
Net Carbs: 22.3g                      8%  
Fat: 131.7g                              70%



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

