

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST		LUNCH		DINNER	
MON	Coffee, Prepared From Grounds MCT Oil <u>Keto Quiche</u>		Keto Frensh Toast with Real Good Foods Buns		<u>Keto Spinach Artichoke Chicken Bowl</u>	
TUE	Coffee, Prepared From Grounds MCT Oil Almonds		<u>Keto Bread</u> Eggs		Keto Eggplant Parmesan	
WED	Coffee, Prepared From Grounds MCT Oil Keto Coffee Cake Muffins		<u>Keto Bread</u> Butter Mozzarella Cheese		Easy Chaffles	
THU	Coffee, Prepared From Grounds MCT Oil Eggs Avocado		Cottage Cheese Almonds		Keto Eggplant Parmesan Almond Crunch Fat Bomb	
FRI	Coffee, Prepared From Grounds MCT Oil Keto Coffee Cake Muffins		Keto Eggplant Parmesan Cottage Cheese		<u>Keto Bread</u> Butter Mozzarella Cheese	

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PRINTABLE

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NUTRITION FACTS

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MONDAY Calories: 1685
Protein: 70.6% 17%
Net Carbs: 22.3g 11%
Fat: 142g 72%

TUESDAY Calories: 1574
Protein: 66.3g 17%
Net Carbs: 15g 7%
Fat: 137.1g 76%

WEDNESDAY Calories: 1530
Protein: 67.7g 18%
Net Carbs: 9.9g 6%
Fat: 132.5g 76%

THURSDAY Calories: 1575
Protein: 69.5g 18%
Net Carbs: 20g 9%
Fat: 132.2g 73%

FRIDAY Calories: 1699
Protein: 72g 17%
Net Carbs: 19.4g 8%
Fat: 146.8g 75%



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

