

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST	LUNCH	DINNER
MON	Coffee, Prepared From Grounds MCT Oil <u>Perfect Keto Waffles</u> <u>Homemade Keto Maple Syrup</u>	Easy Keto Stuffed Mushrooms String Cheese	<u>Keto Pizza</u>
TUE	Coffee, Prepared From Grounds MCT Oil <u>Perfect Keto Waffles</u> <u>Homemade Keto Maple Syrup</u>	<u>Easy Low Carb Guacamole</u> Keto Tortilla Chips	Easy Keto Stuffed Mushrooms Macadamia Nuts
WED	Coffee, Prepared From Grounds MCT Oil Macadamia Nuts	<u>Keto Pizza</u>	Salted Caramel Keto Chow Heavy Cream MCT Oil
THU	Coffee, Prepared From Grounds MCT Oil <u>Perfect Keto Waffles</u> <u>Homemade Keto Maple Syrup</u>	Easy Keto Stuffed Mushrooms Almonds	<u>Easy Low Carb Guacamole</u> Keto Tortilla Chips
FRI	Coffee, Prepared From Grounds MCT Oil <u>Perfect Keto Waffles</u> <u>Homemade Keto Maple Syrup</u>	Salted Caramel Keto Chow Heavy Cream MCT Oil	<u>Keto Pizza</u> Macadamia Nuts

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PRINTABLE

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NUTRITION FACTS

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MONDAY Calories: 1543
Protein: 51.8g 13%
Net Carbs: 18.4g 8%
Fat: 139.1g 79%

TUESDAY Calories: 1432
Protein: 40g 16%
Net Carbs: 38.3g 11%
Fat: 129.1g 74%

WEDNESDAY Calories: 1416
Protein: 58.4g 16%
Net Carbs: 14.3g 9%
Fat: 124.7g 76%

THURSDAY Calories: 1577
Protein: 48.6g 12%
Net Carbs: 27.6g 12%
Fat: 137.7g 76%

FRIDAY Calories: 1462
Protein: 57g 15%
Net Carbs: 13.3g 8%
Fat: 130.9g 77%



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

