

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST	LUNCH	DINNER
MON	Coffee, Prepared From Grounds Dairy Free Keto Vanilla Coffee Creamer Bacon Eggs	<u>Keto Bread with Yeast</u> Egg Almond Milk Vanilla Extract Cinnamon Homemade Keto Maple Syrup	<u>Keto Bread with Yeast</u> Tomato Lettuce Bacon
TUE	Coffee, Prepared From Grounds MCT Oil Eggs Bacon Red Bell Pepper, Green Onion Raw Spinach	<u>Fried Brussels Sprouts</u> The Best Keto Chili On The Internet!	<u>Keto Bread with Yeast</u> Tomato Lettuce Bacon
WED	Coffee, Prepared From Grounds Dairy Free Keto Vanilla Coffee Creamer Bacon Eggs	 The Best Keto Chili On The Internet!	<u>Keto Bread with Yeast</u> Tomato Lettuce Bacon Pistachios
THU	Coffee, Prepared From Grounds MCT Oil <u>Strawberry Creme Fat Bombs</u>	Eggs Bacon Red Bell Pepper, Green Onion Raw Spinach	<u>Keto Bread with Yeast</u> Egg Almond Milk Vanilla Extract Cinnamon Homemade Keto Maple Syrup
FRI	Coffee, Prepared From Grounds Dairy Free Keto Vanilla Coffee Creamer Bacon Eggs	<u>Keto Bread with Yeast</u> Tomato Lettuce Bacon	 The Best Keto Chili On The Internet!

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NUTRITION FACTS

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MONDAY Calories: 1457
Protein: 61.5% 18%
Net Carbs: 22.3g 11%
Fat: 116.6g 71%

TUESDAY Calories: 1900
Protein: 74.7g 16%
Net Carbs: 31.3g 9%
Fat: 162.3g 75%

WEDNESDAY Calories: 1720
Protein: 79.9g 19%
Net Carbs: 30.4g 10%
Fat: 139.2g 71%

THURSDAY Calories: 1603
Protein: 53.2g 14%
Net Carbs: 19.8g 8%
Fat: 140.9g 78%

FRIDAY Calories: 1558
Protein: 73.9g 19%
Net Carbs: 25.5g 9%
Fat: 126.2g 72%



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

