

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST	LUNCH	DINNER
MON	Coffee, Prepared From Grounds MCT Oil <u>Keto Breakfast Frittata</u>	<u>Creamy Keto Chicken And Rice Casserole</u>	<u>Keto Lasagna</u>
TUE	Coffee, Prepared From Grounds MCT Oil Macadamia Nuts	<u>Keto Cheesy Broccoli Casserole</u>	<u>Creamy Keto Chicken And Rice Casserole</u>
WED	Coffee, Prepared From Grounds MCT Oil Macadamia Nuts	<u>Keto Lasagna</u> Cottage Cheese	<u>Keto Cheesesticks</u>
THU	Coffee, Prepared From Grounds MCT Oil <u>Keto Breakfast Frittata</u>	<u>Keto Cheesy Broccoli Casserole</u>	<u>Creamy Keto Chicken And Rice Casserole</u>
FRI	Coffee, Prepared From Grounds MCT Oil <u>Keto Breakfast Frittata</u>	<u>Creamy Keto Chicken And Rice Casserole</u>	<u>Keto Jalapeno Poppers</u>

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PRINTABLE

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NUTRITION FACTS

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MONDAY Calories: 1471
Protein: 79.1g 22%
Net Carbs: 25.4g 10%
Fat: 115.5g 68%

TUESDAY Calories: 1398
Protein: 52.7g 16%
Net Carbs: 14.8g 8%
Fat: 121g 76%

WEDNESDAY Calories: 1501
Protein: 72.7g 20%
Net Carbs: 23g 9%
Fat: 120.2g 71%

THURSDAY Calories: 1351
Protein: 63.8g 19%
Net Carbs: 21g 10%
Fat: 110.7g 71%

FRIDAY Calories: 1527
Protein: 82.7g 22%
Net Carbs: 23.2g 9%
Fat: 121.4g 68%



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

