

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST	LUNCH	DINNER
MON	Coffee, Prepared From Grounds MCT Oil Omelet (Eggs, Spinach, Cheese & Bacon)	<u>Keto Lasagna</u>	The Best Keto Chili On The Internet! Sour Cream Cheese
TUE	Coffee, Prepared From Grounds <u>Vanilla Keto Coffee Creamer</u> Eggs Bacon	<u>Keto Cucumber Salad</u> <u>Macadamia Nut Fat Bombs</u>	The Best Keto Chili On The Internet! Sour Cream Cheese
WED	Coffee, Prepared From Grounds <u>Vanilla Keto Coffee Creamer</u> Omelet Eggs(Eggs, Spinach, Cheese & Bacon)	Keto French Toast with Real Food Food Buns	<u>Keto Lasagna</u>
THU	Coffee, Prepared From Grounds Omelet Eggs(Eggs, Spinach, Cheese & Bacon)	The Best Keto Chili On The Internet! Sour Cream Cheese	<u>Keto Cucumber Salad</u> <u>Macadamia Nut Fat Bombs</u>
FRI	Coffee, Prepared From Grounds <u>Vanilla Keto Coffee Creamer</u> Omelet Eggs(Eggs, Spinach, Cheese & Bacon)	Keto French Toast with Real Food Food Buns	<u>Keto Lasagna</u> <u>Macadamia Nut Fat Bombs</u>

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PRINTABLE

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NUTRITION FACTS

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MONDAY Calories: 1757
Protein: 91.3g 21%
Net Carbs: 26.1g 7%
Fat: 143.6g 72%

TUESDAY Calories: 1466
Protein: 78g 21%
Net Carbs: 17.7g 6%
Fat: 120g 73%

WEDNESDAY Calories: 1816
Protein: 83.6g 19%
Net Carbs: 17.3g 6%
Fat: 154g 76%

THURSDAY Calories: 1466
Protein: 78g 21%
Net Carbs: 17.7g 6%
Fat: 120g 73%

FRIDAY Calories: 1816
Protein: 83.6g 19%
Net Carbs: 17.3g 6%
Fat: 154g 76%



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

