

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST	LUNCH	DINNER
MON	Low Carb Oatmeal (Keto Superfood Oatmeal)	Cottage Cheese Almonds	<u>Keto Hamburger Buns</u> Hamburger Patty Cheddar Cheese
TUE	Keto Coconut Flour Pancakes Homemade Keto Maple Syrup Butter	<u>Keto Hamburger Buns</u> Hamburger Patty Cheddar Cheese	Zucchini Butter Garlic Salt Onion Powder Salt
WED	Low Carb Oatmeal (Keto Superfood Oatmeal)	Pork Tenderloin Asparagus Butter	Cottage Cheese
THU	Keto Coconut Flour Pancakes Homemade Keto Maple Syrup Butter	Zucchini Butter Garlic Salt Onion Powder Salt	<u>Keto Hamburger Buns</u> Hamburger Patty Cheddar Cheese
FRI	Low Carb Oatmeal (Keto Superfood Oatmeal)	Pork Tenderloin Asparagus Butter	Zucchini Butter Garlic Salt Onion Powder Salt Cottage Cheese

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PRINTABLE

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NUTRITION FACTS

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MONDAY Calories: 1991
Protein: 110.8g 22%
Net Carbs: 23.2g 10%
Fat: 158.7g 68%

TUESDAY Calories: 1797
Protein: 66.8g 15%
Net Carbs: 19.1g 7%
Fat: 158.7g 78%

WEDNESDAY Calories: 1620
Protein: 116.7g 30%
Net Carbs: 15.5g 9%
Fat: 110g 61%

THURSDAY Calories: 1797
Protein: 66.8g 15%
Net Carbs: 19.1g 7%
Fat: 157.8g 78%

FRIDAY Calories: 1631
Protein: 120.9g 30%
Net Carbs: 20.8g 11%
Fat: 108.6g 59%



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

