

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST		LUNCH		DINNER	
MON	MCT Oil <u>Almond Crunch Fat Bomb</u>		Eggs, Cooked Avocado, Black Skin		<u>Keto Bread</u> Cheddar Cheese, Natural Butter, Salted	
TUE	MCT Oil <u>Almond Crunch Fat Bomb</u>		<u>Keto Bread</u> Bacon, Pork Tomato, Red, Raw		Chicken Thigh, Skin Eaten Tomato Raw, Includes Cherry, Grape, Roma	
WED	MCT Oil <u>Almond Crunch Fat Bomb</u>		<u>Keto Bread</u> Cheddar Cheese, Natural Butter, Salted		Eggs, Cooked Bacon, Pork	
THU	MCT Oil <u>Almond Crunch Fat Bomb</u>		Eggs, Cooked Cheddar Cheese, Natural		<u>Keto Bread</u> Bacon, Pork Tomato, Red, Raw	
FRI	MCT Oil <u>Almond Crunch Fat Bomb</u>		Chicken Thigh, Skin Eaten Tomato Raw, Includes Cherry, Grape, Roma		<u>Keto Bread</u> Cheddar Cheese, Natural Butter, Salted	

WEEKLY MEAL PLAN

PRINTABLE

BREAKFAST

LUNCH

DINNER

MON

MCT Oil

Almond Crunch Fat Bomb

Eggs, Cooked

Avocado, Black Skin

Keto Bread

Cheddar Cheese,
Natural

Butter, Salted

TUE

MCT Oil

Almond Crunch Fat Bomb

Keto Bread

Bacon, Pork

Tomato, Red, Raw

Chicken Thigh, Skin
Eaten

Tomato Raw,
Includes Cherry,
Grape, Roma

WED

MCT Oil

Almond Crunch Fat Bomb

Keto Bread

Cheddar Cheese,
Natural

Butter, Salted

Eggs, Cooked

Bacon, Pork

THU

MCT Oil

Almond Crunch Fat Bomb

Eggs, Cooked

Cheddar Cheese,
Natural

Keto Bread

Bacon, Pork

Tomato, Red, Raw

FRI

MCT Oil

Almond Crunch Fat Bomb

Chicken Thigh, Skin
Eaten

Tomato Raw,
Includes Cherry,
Grape, Roma

Keto Bread

Cheddar Cheese,
Natural

Butter, Salted

NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

MONDAY Calories: 1432
Protein: 57.3% 16%
Net Carbs: 11.8g 7%
Fat: 126.3g 77%

TUESDAY Calories: 1228
Protein: 66.2g 22%
Net Carbs: 10.5g 8%
Fat: 97.5g 70%

WEDNESDAY Calories: 1280
Protein: 60.1g 19%
Net Carbs: 9.6g 4%
Fat: 111g 77%

THURSDAY Calories: 1447
Protein: 74.6g 21%
Net Carbs: 11.7g 7%
Fat: 117.4g 72%

FRIDAY Calories: 1414
Protein: 70g 21%
Net Carbs: 10.3g 6%
Fat: 117.2g 73%



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

