

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST	LUNCH	DINNER
MON	<u>Dairy Free Keto Vanilla Coffee Creamer</u> Eggs, Cooked Bacon, Pork MCT Oil	Beef Steak, Sirloin, Visible Fat Eaten Avocado Oil	<u>Meaty Keto Chili</u>
TUE	<u>Dairy Free Keto Vanilla Coffee Creamer</u> Eggs, Cooked MCT Oil Avocado, Black Skin	<u>Keto Maple Glazed Salmon</u> Green Beans, Raw MCT Oil	Shrimp, Cooked from Frozen MCT Oil Season's Choice, Steamed Broccoli Flores Almonds, Raw
WED	<u>Dairy Free Keto Vanilla Coffee Creamer</u> Bacon, Pork MCT Oil	<u>Meaty Keto Chili</u>	Beef Steak, Sirloin, Visible Fat Eaten Avocado Oil Eggs, Cooked
THU	<u>Dairy Free Keto Vanilla Coffee Creamer</u> Eggs, Cooked MCT Oil Avocado, Black Skin	Shrimp, Cooked from Frozen MCT Oil Season's Choice, Steamed Broccoli Flores Almonds, Raw	<u>Keto Maple Glazed Salmon</u> Green Beans, Raw MCT Oil
FRI	<u>Dairy Free Keto Vanilla Coffee Creamer</u> Eggs, Cooked Bacon, Pork MCT Oil	Beef Steak, Sirloin, Visible Fat Eaten Avocado Oil	<u>Meaty Keto Chili</u>

WEEKLY MEAL PLAN

PRINTABLE

BREAKFAST

LUNCH

DINNER

MON

Dairy Free Keto Vanilla
Coffee Creamer

Eggs, Cooked

Bacon, Pork

MCT Oil

Beef Steak, Sirloin,
Visible Fat Eaten

Avocado Oil

Meaty Keto Chili

TUE

Dairy Free Keto Vanilla
Coffee Creamer

Eggs, Cooked

MCT Oil

Avocado, Black Skin

Keto Maple Glazed
Salmon

Green Beans, Raw

MCT Oil

Shrimp, Cooked from Frozen

MCT Oil

Season's Choice, Steamed
Broccoli Flores

Almonds, Raw

WED

Dairy Free Keto Vanilla
Coffee Creamer

Bacon, Pork

MCT Oil

Meaty Keto Chili

Beef Steak, Sirloin,
Visible Fat Eaten

Avocado Oil

Eggs, Cooked

THU

Dairy Free Keto Vanilla
Coffee Creamer

Eggs, Cooked

MCT Oil

Avocado, Black Skin

Shrimp, Cooked from Frozen

MCT Oil

Season's Choice, Steamed
Broccoli Flores

Almonds, Raw

Keto Maple Glazed
Salmon

Green Beans, Raw

MCT Oil

FRI

Dairy Free Keto Vanilla Coffee
Creamer

Eggs, Cooked

Bacon, Pork

MCT Oil

Beef Steak, Sirloin,
Visible Fat Eaten

Avocado Oil

Meaty Keto Chili

NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

MONDAY Calories: 1688
Protein: 119.4g 29%
Net Carbs: 12.5g 3%
Fat: 127.9g 67%

TUESDAY Calories: 1499
Protein: 78.2g 22%
Net Carbs: 15g 9%
Fat: 121.3g 70%

WEDNESDAY Calories: 1611
Protein: 113.1g 29%
Net Carbs: 11.9g 3%
Fat: 122.6g 67%

THURSDAY Calories: 1616
Protein: 78.2g 20%
Net Carbs: 15g 8%
Fat: 135.3g 72%

FRIDAY Calories: 1688
Protein: 119.4g 29%
Net Carbs: 12.5g 3%
Fat: 127.9g 67%



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

