

# WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST	LUNCH	DINNER
MON	Coffee, Prepared from Grounds MCT Oil Eggs, Cooked	<u>Creamy Keto Chicken Chili</u>	Keto Dinner Rolls Spinach, Raw Tomato Raw, Includes Cherry, Grape, Roma Red Bell Peppers, Raw Great Value, Tex Mex, Shredded Cheese Macadamia Nuts, Raw Vinagrette Salad Dressing
TUE	Coffee, Prepared from Grounds MCT Oil Eggs, Cooked	Easy Chaffles	Eggs, Cooked Spinach, Raw Mozzarella Cheese, Whole Milk Butter, Salted Bacon, Pork Mushrooms, Raw
WED	Coffee, Prepared from Grounds MCT Oil	Cottage Cheese, 4% Fat Eggs, Cooked Avocado, Black Skin	<u>Creamy Keto Chicken Chili</u>
THU	Coffee, Prepared from Grounds MCT Oil Eggs, Cooked	Keto Dinner Rolls Spinach, Raw Tomato Raw, Includes Cherry, Grape, Roma Red Bell Peppers, Raw Great Value, Tex Mex, Shredded Cheese Macadamia Nuts, Raw Vinagrette Salad Dressing	Easy Chaffles Bacon, Pork Eggs, Cooked
FRI	Coffee, Prepared from Grounds MCT Oil Eggs, Cooked	<u>Creamy Keto Chicken Chili</u>	Eggs, Cooked Spinach, Raw Mozzarella Cheese, Whole Milk Butter, Salted Bacon, Pork Mushrooms, Raw

# WEEKLY MEAL PLAN

## PRINTABLE

### BREAKFAST

### LUNCH

### DINNER

MON

Coffee, Prepared from  
Grounds  
  
MCT Oil  
  
Eggs, Cooked

Creamy Keto  
Chicken Chili

Keto Dinner Rolls  
Spinach, Raw  
Tomato Raw, Includes Cherry, Grape, Roma  
Red Bell Peppers, Raw  
Great Value, Tex Mex, Shredded Cheese  
Macadamia Nuts, Raw  
Vinagrette Salad Dressing

TUE

Coffee, Prepared from  
Grounds  
  
MCT Oil  
  
Eggs, Cooked

Easy Chaffles

Eggs, Cooked  
Spinach, Raw  
Mozzarella Cheese, Whole Milk  
Butter, Salted  
Bacon, Pork  
Mushrooms, Raw

WED

Coffee, Prepared from  
Grounds  
  
MCT Oil

Cottage Cheese, 4% Fat  
Eggs, Cooked  
Avocado, Black Skin

Creamy Keto  
Chicken Chili

THU

Coffee, Prepared from  
Grounds  
  
MCT Oil  
  
Eggs, Cooked

Keto Dinner Rolls  
Spinach, Raw  
Tomato Raw, Includes Cherry, Grape, Roma  
Red Bell Peppers, Raw  
Great Value, Tex Mex, Shredded Cheese  
Macadamia Nuts, Raw  
Vinagrette Salad Dressing

Easy Chaffles  
Bacon, Pork  
Eggs, Cooked

FRI

Coffee, Prepared from  
Grounds  
  
MCT Oil  
  
Eggs, Cooked

Creamy Keto  
Chicken Chili

Eggs, Cooked  
Spinach, Raw  
Mozzarella Cheese, Whole Milk  
Butter, Salted  
Bacon, Pork  
Mushrooms, Raw

# NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

**MONDAY**    Calories: 1261  
Protein: 59.8g            19%  
Net Carbs: 19.6g        9%  
Fat: 103.8g                72%

**TUESDAY**    Calories: 1307  
Protein: 65.2g            21%  
Net Carbs: 7.9g            4%  
Fat: 121.5g                75%

**WEDNESDAY**    Calories: 1280  
Protein: 68.8g            22%  
Net Carbs: 17.6g        11%  
Fat: 100.7g                67%

**THURSDAY**    Calories: 1155  
Protein: 54.8g            19%  
Net Carbs: 15.4g        8%  
Fat: 94.6g                 73%

**FRIDAY**        Calories: 1436  
Protein: 78g                23%  
Net Carbs: 12.3g        6%  
Fat: 118.4g                71%



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

