

# WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST	LUNCH	DINNER
MON	Coffee, Prepared from Grounds <u>Mocha Peppermint Coffee Creamer</u> <u>Perfect Keto Waffles</u>	<u>Meaty Keto Chili</u> Sour Cream Great Value, Tex Mex, Shredded Cheese	Realgood Pizza Co., Three Cheese
TUE	Coffee, Prepared from Grounds <u>Mocha Peppermint Coffee Creamer</u> <u>Eggs_Cooked</u> MCT Oil	<u>Keto Quiche</u> Brownies	<u>Keto Walking Tacos</u>
WED	Coffee, Prepared from Grounds <u>Mocha Peppermint Coffee Creamer</u> <u>Perfect Keto Waffles</u>	Realgood Pizza Co., Three Cheese	<u>Meaty Keto Chili</u> Sour Cream Great Value, Tex Mex, Shredded Cheese
THU	Coffee, Prepared from Grounds <u>Mocha Peppermint Coffee Creamer</u> <u>Eggs_Cooked</u> MCT Oil	<u>Meaty Keto Chili</u> Sour Cream Great Value, Tex Mex, Shredded Cheese	<u>Keto Walking Tacos</u>
FRI	Coffee, Prepared from Grounds <u>Mocha Peppermint Coffee Creamer</u> <u>Perfect Keto Waffles</u>	Realgood Pizza Co., Three Cheese	<u>Keto Quiche</u>

# WEEKLY MEAL PLAN

## PRINTABLE

### BREAKFAST

### LUNCH

### DINNER

MON

Coffee, Prepared from  
Grounds

Mocha Peppermint Coffee  
Creamer

Perfect Keto Waffles

Meaty Keto Chili

Sour Cream

Great Value, Tex Mex,  
Shredded Cheese

Realgood Pizza Co., Three  
Cheese

TUE

Coffee, Prepared from  
Grounds

Mocha Peppermint Coffee  
Creamer

Eggs\_Cooked

MCT Oil

Keto Quiche

Brownies

Keto Walking Tacos

WED

Coffee, Prepared from  
Grounds

Mocha Peppermint Coffee  
Creamer

Perfect Keto Waffles

Realgood Pizza Co., Three  
Cheese

Meaty Keto Chili

Sour Cream

Great Value, Tex Mex,  
Shredded Cheese

THU

Coffee, Prepared from  
Grounds

Mocha Peppermint Coffee  
Creamer

Eggs\_Cooked

MCT Oil

Meaty Keto Chili

Sour Cream

Great Value, Tex Mex,  
Shredded Cheese

Keto Walking Tacos

FRI

Coffee, Prepared from  
Grounds

Mocha Peppermint Coffee  
Creamer

Perfect Keto Waffles

Realgood Pizza Co., Three  
Cheese

Keto Quiche

# NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

**MONDAY**    Calories: 1321  
Protein: 75.1g                      23%  
Net Carbs: 20.4g                    8%  
Fat: 103.2g                            69%

**TUESDAY**    Calories: 1350  
Protein: 66.4g                      20%  
Net Carbs: 9.7g                      5%  
Fat: 114.9g                            74%

**WEDNESDAY**    Calories: 1279  
Protein: 72.8g                      23%  
Net Carbs: 18.2g                    8%  
Fat: 102.4g                            70%

**THURSDAY**    Calories: 1425  
Protein: 82.2g                      23%  
Net Carbs: 17g                        7%  
Fat: 113.7g                            70%

**FRIDAY**        Calories: 1246  
Protein: 59.3g                      19%  
Net Carbs: 13.2g                    7%  
Fat: 104.3g                            74%



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

