

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST	LUNCH	DINNER
MON	<p><u>Keto Bread</u></p> <p>Eggs, Cooked</p> <p>Almond Milk, Plain, Original, Unsweetened</p> <p>Vanilla Extract</p> <p>Cinnamon, Ground</p> <p><u>Keto Maple Syrup</u></p>	<p><u>Keto Pretzels</u></p> <p><u>Keto Queso Dip</u></p>	<p><u>Zero Carb Flax Seed Crackers</u></p> <p>Mozzarella Cheese, Whole Milk</p> <p>Cottage Cheese, 4% Fat</p>
TUE	<p>Coffee, Prepared From Grounds</p> <p>MCT Oil</p> <p><u>Keto Bread</u></p> <p>Butter, Salted</p> <p>Lakanto, Monkfruit Sweetener with Erythritol, Class</p> <p>Cinnamon, Ground</p>	<p>Brussels Sprouts, Raw</p> <p>Avocado Oil</p> <p>MCT Oil</p>	<p><u>Mock Keto Potato Salad</u></p> <p>Asparagus, Raw</p> <p>Butter, salted</p>
WED	<p>MCT Oil</p> <p><u>Strawberry Creme Fat Bombs</u></p> <p>Macadamia Nuts, Raw</p>	<p><u>Keto Bread</u></p> <p>Mozzarella Cheese, Whole Milk</p> <p>Butter, Salted</p>	<p><u>Zero Carb Flax Seed Crackers</u></p> <p>Mozzarella Cheese, Whole Milk</p>
THU	<p><u>Keto Bread</u></p> <p>Eggs, Cooked</p> <p>Mozzarella Cheese, Whole Milk</p>	<p><u>Keto Pizza</u></p> <p><u>Low carb Pizza Sauce</u></p> <p>Mozzarella Cheese, Whole Milk</p>	<p>Eggs, Cooked</p> <p>MCT Oil</p> <p>Avocado, Black Skin</p>
FRI	<p>MCT Oil</p> <p><u>Strawberry Creme Fat Bombs</u></p> <p>Macadamia Nuts, Raw</p>	<p><u>Keto Pretzels</u></p> <p><u>Keto Queso Dip</u></p>	<p><u>Mock Keto Potato Salad</u></p> <p>Asparagus, Raw</p> <p>Butter, salted</p>

WEEKLY MEAL PLAN

PRINTABLE

BREAKFAST

LUNCH

DINNER

MON

Keto Bread
Eggs, Cooked
Almond Milk, Plain, Original,
Unsweetened
Vanilla Extract
Cinnamon, Ground
Keto Maple Syrup

Keto Pretzels
Keto Queso Dip

Zero Carb Flax Seed
Crackers
Mozzarella Cheese, Whole
Milk
Cottage Cheese, 4% Fat

TUE

Coffee, Prepared From Grounds
MCT Oil
Keto Bread
Butter, Salted
Lakanto, Monkfruit Sweetener
with Erythritol, Class
Cinnamon, Ground

Brussels Sprouts, Raw
Avocado Oil
MCT Oil

Mock Keto Potato Salad
Asparagus, Raw
Butter, salted

WED

MCT Oil
Strawberry Creme Fat
Bombs
Macadamia Nuts, Raw

Keto Bread
Mozzarella Cheese, Whole
Milk
Butter, Salted

Zero Carb Flax Seed
Crackers
Mozzarella Cheese, Whole
Milk

THU

Keto Bread
Eggs, Cooked
Mozzarella Cheese, Whole
Milk

Keto Pizza
Low carb Pizza Sauce
Mozzarella Cheese, Whole
Milk

Eggs, Cooked
MCT Oil
Avocado, Black Skin

FRI

MCT Oil
Strawberry Creme Fat
Bombs
Macadamia Nuts, Raw

Keto Pretzels
Keto Queso Dip

Mock Keto Potato Salad
Asparagus, Raw
Butter, salted

NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

MONDAY Calories: 1564
Protein: 91.2g 24%
Net Carbs: 20.8g 8%
Fat: 117.1g 67%

TUESDAY Calories: 1514
Protein: 39.9g 10%
Net Carbs: 17g 8%
Fat: 143.8g 82%

WEDNESDAY Calories: 1774
Protein: 66.7g 16%
Net Carbs: 12g 6%
Fat: 159.2g 78%

THURSDAY Calories: 1724
Protein: 84.5g 20%
Net Carbs: 19.5g 8%
Fat: 141.2g 72%

FRIDAY Calories: 1387
Protein: 43g 12%
Net Carbs: 15.7g 8%
Fat: 128.5g 80%



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

