

# WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST	LUNCH	DINNER
MON	MCT Oil Coffee, Prepared From Grounds Eggs, Cooked Bacon, Pork MCT Oil	<u>Meaty Keto Chili</u>  Sour Cream Great Value, Tex Mex, Shredded Cheese	<u>Creamy Keto Chicken and Rice Casserole</u>
TUE	MCT Oil Coffee, Prepared From Grounds Eggs, Cooked Bacon, Pork MCT Oil	<u>Keto Lasagna with Zucchini</u>	<u>Keto Cheesy Broccoli Casserole</u>
WED	MCT Oil Coffee, Prepared From Grounds Eggs, Cooked Bacon, Pork MCT Oil	Almonds, Raw Cottage Cheese, 4% Fat	<u>Meaty Keto Chili</u>  Sour Cream Great Value, Tex Mex, Shredded Cheese
THU	MCT Oil Coffee, Prepared From Grounds Eggs, Cooked Bacon, Pork MCT Oil	<u>Creamy Keto Chicken and Rice Casserole</u>	<u>Keto Lasagna with Zucchini</u>
FRI	MCT Oil Coffee, Prepared From Grounds Eggs, Cooked Bacon, Pork MCT Oil	<u>Meaty Keto Chili</u>  Sour Cream Great Value, Tex Mex, Shredded Cheese	<u>Keto Cheesy Broccoli Casserole</u>

# WEEKLY MEAL PLAN

## PRINTABLE

### BREAKFAST

### LUNCH

### DINNER

MON

MCT Oil  
Coffee, Prepared From Grounds  
Eggs, Cooked  
Bacon, Pork  
MCT Oil

Meaty Keto Chili  
  
Sour Cream  
  
Great Value, Tex Mex,  
Shredded Cheese

Creamy Keto Chicken  
and Rice Casserole

TUE

MCT Oil  
Coffee, Prepared From Grounds  
Eggs, Cooked  
Bacon, Pork  
MCT Oil

Keto Lasagna  
with Zucchini

Keto Cheesy  
Broccoli  
Casserole

WED

MCT Oil  
Coffee, Prepared From Grounds  
Eggs, Cooked  
Bacon, Pork  
MCT Oil

Almonds, Raw  
  
Cottage Cheese,  
4% Fat

Meaty Keto Chili  
  
Sour Cream  
  
Great Value, Tex Mex,  
Shredded Cheese

THU

MCT Oil  
Coffee, Prepared From Grounds  
Eggs, Cooked  
Bacon, Pork  
MCT Oil

Creamy Keto Chicken  
and Rice Casserole

Keto Lasagna  
with Zucchini

FRI

MCT Oil  
Coffee, Prepared From Grounds  
Eggs, Cooked  
Bacon, Pork  
MCT Oil

Meaty Keto Chili  
  
Sour Cream  
  
Great Value, Tex Mex,  
Shredded Cheese

Keto Cheesy  
Broccoli  
Casserole

# NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

**MONDAY**    Calories: 1624  
Protein: 92.3%            23%  
Net Carbs: 20g            6%  
Fat: 131.6g                71%

**TUESDAY**    Calories: 1368  
Protein: 64.4g            19%  
Net Carbs: 18.4g        7%  
Fat: 115.5g               74%

**WEDNESDAY**    Calories: 1607  
Protein: 97.1g            25%  
Net Carbs: 23.9g        7%  
Fat: 125.9g               68%

**THURSDAY**    Calories: 1269  
Protein: 72.6g            24%  
Net Carbs: 13.6g        5%  
Fat: 103.1g               72%

**FRIDAY**        Calories: 1723  
Protein: 84.1g            19%  
Net Carbs: 24.8g        8%  
Fat: 144g                 73%



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

