

# WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST	LUNCH	DINNER
MON	MCT Oil Coffee, Prepared From Grounds <u>Keto Muffins</u>	Fox Hill Kitchens, Double-Sided Bagelz, Everything Cream Cheese, Brick Cheddar Cheese, Natural Eggs, Cooked	<u>Keto Beef Roll-Ups</u>
TUE	MCT Oil Coffee, Prepared From Grounds <u>Keto Muffins</u>	<u>Keto Beef Roll-Ups</u>	<u>Keto Hamburger Buns</u> Hamburger or Ground Beef, 80% Lean Mustard Mayonnaise, Store Bought
WED	MCT Oil Coffee, Prepared From Grounds <u>Keto Muffins</u>	<u>Keto Hamburger Buns</u> Hamburger or Ground Beef, 80% Lean Mustard Mayonnaise, Store Bought	Fox Hill Kitchens, Double-Sided Bagelz, Everything Cream Cheese, Brick Cheddar Cheese, Natural Eggs, Cooked
THU	MCT Oil Coffee, Prepared From Grounds <u>Keto Muffins</u>	Eggs, Cooked Avocado, Black Skin	<u>Keto Beef Roll-Ups</u>
FRI	MCT Oil Coffee, Prepared From Grounds <u>Keto Muffins</u>	Fox Hill Kitchens, Double-Sided Bagelz, Everything Cream Cheese, Brick Cheddar Cheese, Natural Eggs, Cooked	<u>Keto Hamburger Buns</u> Hamburger or Ground Beef, 80% Lean Mustard Mayonnaise, Store Bought

# WEEKLY MEAL PLAN

## PRINTABLE

### BREAKFAST

### LUNCH

### DINNER

MON

MCT Oil  
Coffee, Prepared From  
Grounds  
[Keto Muffins](#)

Fox Hill Kitchens, Double-  
Sided Bagelz, Everything  
Cream Cheese, Brick  
Cheddar Cheese, Natural  
Eggs, Cooked

[Keto Beef Roll-Ups](#)

TUE

MCT Oil  
Coffee, Prepared From  
Grounds  
[Keto Muffins](#)

[Keto Beef Roll-Ups](#)

[Keto Hamburger Buns](#)  
Hamburger or Ground  
Beef, 80% Lean  
Mustard  
Mayonnaise, Store Bought

WED

MCT Oil  
Coffee, Prepared From  
Grounds  
[Keto Muffins](#)

[Keto Hamburger Buns](#)  
Hamburger or Ground  
Beef, 80% Lean  
Mustard  
Mayonnaise, Store Bought

Fox Hill Kitchens, Double-  
Sided Bagelz, Everything  
Cream Cheese, Brick  
Cheddar Cheese, Natural  
Eggs, Cooked

THU

MCT Oil  
Coffee, Prepared From  
Grounds  
[Keto Muffins](#)

Eggs, Cooked  
Avocado, Black Skin

[Keto Beef Roll-Ups](#)

FRI

MCT Oil  
Coffee, Prepared From  
Grounds  
[Keto Muffins](#)

Fox Hill Kitchens, Double-  
Sided Bagelz, Everything  
Cream Cheese, Brick  
Cheddar Cheese, Natural  
Eggs, Cooked

[Keto Hamburger Buns](#)  
Hamburger or Ground  
Beef, 80% Lean  
Mustard  
Mayonnaise, Store Bought

# NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

**MONDAY**    Calories: 1409  
Protein: 61.9g                      18%  
Net Carbs: 9.5g                      6%  
Fat: 121.6g                              76%

**TUESDAY**    Calories: 1468  
Protein: 65.2g                      18%  
Net Carbs: 7.4g                      4%  
Fat: 130.8g                              78%

**WEDNESDAY**    Calories: 1706  
Protein: 74.5g                      18%  
Net Carbs: 11.5g                      6%  
Fat: 146.6g                              76%

**THURSDAY**    Calories: 1365  
Protein: 57.8g                      17%  
Net Carbs: 8g                              6%  
Fat: 120.2g                              77%

**FRIDAY**    Calories: 1706  
Protein: 74.5g                      18%  
Net Carbs: 11.5g                      6%  
Fat: 146.6g                              76%



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

