

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

| | BREAKFAST | LUNCH | DINNER |
|-----|--|----------------------------------|--|
| MON | Coffee, Prepared From Grounds MCT Oil Raspberries, Raw Almond, Raw Great Value, Cubed Colby & Monterey Jack Cheese | Easy Chaffles | Great Value, St. Louis-Style Pork Ribs, Uncured Redmond, Real Salt, Organic Season Salt |
| TUE | Coffee, Prepared From Grounds MCT Oil Raspberries, Raw Almond, Raw Great Value, Cubed Colby & Monterey Jack Cheese | Easy Chaffles | <u>Creamy Keto Chicken Chili</u> |
| WED | Coffee, Prepared From Grounds MCT Oil Raspberries, Raw Almond, Raw Great Value, Cubed Colby & Monterey Jack Cheese | <u>Creamy Keto Chicken Chili</u> | Great Value, St. Louis-Style Pork Ribs, Uncured Redmond, Real Salt, Organic Season Salt |
| THU | Coffee, Prepared From Grounds MCT Oil Raspberries, Raw Almond, Raw Great Value, Cubed Colby & Monterey Jack Cheese | Easy Chaffles | Eggs, Cooked Bacon, Pork |
| FRI | Coffee, Prepared From Grounds MCT Oil Raspberries, Raw Almond, Raw Great Value, Cubed Colby & Monterey Jack Cheese | <u>Creamy Keto Chicken Chili</u> | Great Value, St. Louis-Style Pork Ribs, Uncured Redmond, Real Salt, Organic Season Salt |

WEEKLY MEAL PLAN

PRINTABLE

BREAKFAST

LUNCH

DINNER

MON

Coffee, Prepared From Grounds
MCT Oil
Raspberries, Raw
Almond, Raw
Great Value, Cubed Colby & Monterey Jack Cheese

Easy Chaffles

Great Value, St. Louis-Style Pork Ribs, Uncured
Redmond, Real Salt, Organic Season Salt

TUE

Coffee, Prepared From Grounds
MCT Oil
Raspberries, Raw
Almond, Raw
Great Value, Cubed Colby & Monterey Jack Cheese

Easy Chaffles

[Creamy Keto Chicken Chili](#)

WED

Coffee, Prepared From Grounds
MCT Oil
Raspberries, Raw
Almond, Raw
Great Value, Cubed Colby & Monterey Jack Cheese

[Creamy Keto Chicken Chili](#)

Great Value, St. Louis-Style Pork Ribs, Uncured
Redmond, Real Salt, Organic Season Salt

THU

Coffee, Prepared From Grounds
MCT Oil
Raspberries, Raw
Almond, Raw
Great Value, Cubed Colby & Monterey Jack Cheese

Easy Chaffles

Eggs, Cooked
Bacon, Pork

FRI

Coffee, Prepared From Grounds
MCT Oil
Raspberries, Raw
Almond, Raw
Great Value, Cubed Colby & Monterey Jack Cheese

[Creamy Keto Chicken Chili](#)

Great Value, St. Louis-Style Pork Ribs, Uncured
Redmond, Real Salt, Organic Season Salt

NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

MONDAY Calories: 1463
Protein: 75.1g 21%
Net Carbs: 19.9g 8%
Fat: 113.6g 71%

TUESDAY Calories: 1213
Protein: 68.1g 23%
Net Carbs: 13.3g 8%
Fat: 95.9g 69%

WEDNESDAY Calories: 1616
Protein: 87.2g 23%
Net Carbs: 23.8g 8%
Fat: 124g 69%

THURSDAY Calories: 1483
Protein: 89.4g 25%
Net Carbs: 12g 6%
Fat: 115.2g 69%

FRIDAY Calories: 1616
Protein: 87.2g 23%
Net Carbs: 23.8g 8%
Fat: 124g 69%



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

