

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

| | BREAKFAST | LUNCH | DINNER |
|-----|---|----------------------------------|-------------------------------------|
| MON | Coffee, Prepared From Grounds <u>Keto Peppermint Mocha Coffee Creamer</u> Eggs, Cooked Avocado | <u>Keto Creamy Mushroom Soup</u> | <u>Keto Tex-Mex Liver Casserole</u> |
| TUE | MCT Oil Coffee, Prepared From Grounds | Easy Chaffles Cottage Cheese | <u>Keto Creamy Mushroom Soup</u> |
| WED | Coffee, Prepared From Grounds <u>Keto Peppermint Mocha Coffee Creamer</u> Eggs, Cooked MCT Oil | <u>Keto Creamy Mushroom Soup</u> | <u>Keto Tex-Mex Liver Casserole</u> |
| THU | MCT Oil Coffee, Prepared From Grounds | Easy Chaffles Cottage Cheese | <u>Keto Creamy Mushroom Soup</u> |
| FRI | Coffee, Prepared From Grounds <u>Keto Peppermint Mocha Coffee Creamer</u> Eggs, Cooked Avocado | <u>Keto Creamy Mushroom Soup</u> | <u>Keto Tex-Mex Liver Casserole</u> |

WEEKLY MEAL PLAN

PRINTABLE

BREAKFAST

LUNCH

DINNER

MON

Coffee, Prepared From
Grounds

Keto Peppermint Mocha
Coffee Creamer

Eggs, Cooked

Avocado

Keto Creamy
Mushroom Soup

Keto Tex-Mex Liver
Casserole

TUE

MCT Oil

Coffee, Prepared From
Grounds

Easy Chaffles

Cottage Cheese

Keto Creamy
Mushroom Soup

WED

Coffee, Prepared From
Grounds

Keto Peppermint Mocha
Coffee Creamer

Eggs, Cooked

MCT Oil

Keto Creamy
Mushroom Soup

Keto Tex-Mex Liver
Casserole

THU

MCT Oil

Coffee, Prepared From
Grounds

Easy Chaffles

Cottage Cheese

Keto Creamy
Mushroom Soup

FRI

Coffee, Prepared From
Grounds

Keto Peppermint Mocha
Coffee Creamer

Eggs, Cooked

Avocado

Keto Creamy
Mushroom Soup

Keto Tex-Mex Liver
Casserole

NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

MONDAY Calories: 1792
Protein: 69.4g 15%
Net Carbs: 15.2g 7%
Fat: 157g 78%

TUESDAY Calories: 1675
Protein: 76.8g 19%
Net Carbs: 17.6g 6%
Fat: 140.3g 75%

WEDNESDAY Calories: 1695
Protein: 66.7g 16%
Net Carbs: 12.7g 5%
Fat: 150.1g 79%

THURSDAY Calories: 1675
Protein: 76.8g 19%
Net Carbs: 17.6g 6%
Fat: 140.3g 75%

FRIDAY Calories: 1792
Protein: 69.4g 15%
Net Carbs: 15.2g 7%
Fat: 157g 78%



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

