

# WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST	LUNCH	DINNER
MON	Coffee, Prepared From Grounds MCT Oil Eggs, Cooked	<u>Keto Pizza</u> <u>Easy Low Carb Pizza Sauce</u> <u>Mozzarella Cheese</u> <u>Slices Pepperoni</u>	Keto French Toast with Real Good Foods Buns
TUE	MCT Oil Coffee, Prepared From Grounds	<u>Keto Jalapeno Poppers</u> Almonds	<u>Keto Lasagna</u>
WED	Coffee, Prepared From Grounds	Keto French Toast with Real Good Foods Buns	<u>Keto Pizza</u> <u>Easy Low Carb Pizza Sauce</u> <u>Mozzarella Cheese</u> <u>Slices Pepperoni</u>
THU	MCT Oil Coffee, Prepared From Grounds Eggs, Cooked Avocado	<u>Keto No Bake Strawberry Cheesecake Parfait</u>	<u>Keto Lasagna</u>
FRI	MCT Oil Coffee, Prepared From Grounds	<u>Keto Pizza</u> <u>Easy Low Carb Pizza Sauce</u> Mozzarella Cheese Slices Pepperoni	Keto French Toast with Real Good Foods Buns

# WEEKLY MEAL PLAN

## PRINTABLE

### BREAKFAST

### LUNCH

### DINNER

MON

Coffee, Prepared From  
Grounds  
  
MCT Oil  
  
Eggs, Cooked

Keto Pizza  
  
Easy Low Carb Pizza  
Sauce  
  
Mozzarella Cheese  
  
Slices Pepperoni

Keto French Toast  
with Real Good  
Foods Buns

TUE

MCT Oil  
  
Coffee, Prepared From  
Grounds

Keto Jalapeno  
Poppers  
  
Almonds

Keto Lasagna

WED

Coffee, Prepared  
From Grounds

Keto French Toast  
with Real Good  
Foods Buns

Keto Pizza  
  
Easy Low Carb Pizza  
Sauce  
  
Mozzarella Cheese  
  
Slices Pepperoni

THU

MCT Oil  
  
Coffee, Prepared From  
Grounds  
  
Eggs, Cooked  
  
Avocado

Keto No Bake  
Strawberry  
Cheesecake  
Parfait

Keto Lasagna

FRI

MCT Oil  
  
Coffee, Prepared From  
Grounds

Keto Pizza  
  
Easy Low Carb Pizza  
Sauce  
  
Mozzarella Cheese  
  
Slices Pepperoni

Keto French Toast  
with Real Good  
Foods Buns

# NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

**MONDAY**    Calories: 1703  
Protein: 72.9%            18%  
Net Carbs: 14.4g            6%  
Fat: 144.7g                76%

**TUESDAY**    Calories: 1615  
Protein: 51g                13%  
Net Carbs: 28.5g            9%  
Fat: 144.8g                78%

**WEDNESDAY**    Calories: 1867  
Protein: 60.8g            13%  
Net Carbs: 18.6g            7%  
Fat: 168.7g                80%

**THURSDAY**    Calories: 1723  
Protein: 57.7g            13%  
Net Carbs: 26g             9%  
Fat: 158.2g                77%

**FRIDAY**        Calories: 1522  
Protein: 59g                16%  
Net Carbs: 12.5g            7%  
Fat: 133.8g                77%



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

