

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST		LUNCH		DINNER	
MON	<u>Keto Dalgona Coffee</u> <u>Keto Muffins</u>		<u>Keto Pretzels</u>		<u>Keto Bread</u> Cheddar Cheese Butter	
TUE	<u>Keto Dalgona Coffee</u> <u>Keto Muffins</u>		<u>Keto Bread</u> Tomato Lettuce <u>Bacon</u> <u>Avocado</u>		<u>Keto Cheesy Broccoli Casserole</u> Cottage Cheese	
WED	<u>Keto Dalgona Coffee</u> <u>Keto Muffins</u>		<u>Keto Bread</u> Avocado Garlic Powder & Onion Salt Salt & Pepper Cottage Cheese		<u>Keto Pretzels</u>	
THU	<u>Keto Dalgona Coffee</u> Eggs MCT Oil		<u>Keto Cheesy Broccoli Casserole</u>		<u>Keto Bread</u> Tomato Lettuce <u>Bacon</u> <u>Avocado</u>	
FRI	<u>Keto Dalgona Coffee</u> <u>Keto Muffins</u>		<u>Keto Pretzels</u> <u>Cottage Cheese</u>		<u>Keto Bread</u> Eggs Mozzarella Cheese	

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PRINTABLE

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NUTRITION FACTS

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MONDAY Calories: 1726
Protein: 76.5% 18%
Net Carbs: 24.1g 8%
Fat: 146.4g 74%

TUESDAY Calories: 1600
Protein: 70.2g 18%
Net Carbs: 32.6g 12%
Fat: 130.2g 71%

WEDNESDAY Calories: 1828
Protein: 88.9g 20%
Net Carbs: 32.4g 11%
Fat: 145.9g 69%

THURSDAY Calories: 1589
Protein: 65.4g 16%
Net Carbs: 26.9g 10%
Fat: 134.6g 74%

FRIDAY Calories: 1889
Protein: 107.8g 24%
Net Carbs: 32.1g 9%
Fat: 145.9g 68%



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

