

# WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST	LUNCH	DINNER
MON	Coffee, Prepared From Grounds Dairy Free Keto Vanilla Coffee Creamer Bacon Eggs	<u>Keto Bread with Yeast</u> Egg Almond Milk Vanilla Extract Cinnamon Homemade Keto Maple Syrup	<u>Keto Bread with Yeast</u> Tomato Lettuce Bacon
TUE	Coffee, Prepared From Grounds MCT Oil Eggs Bacon Red Bell Pepper, Green Onion Raw Spinach	<u>Fried Brussels Sprouts</u>  The Best Keto Chili On The Internet!	<u>Keto Bread with Yeast</u> Tomato Lettuce Bacon
WED	Coffee, Prepared From Grounds Dairy Free Keto Vanilla Coffee Creamer Bacon Eggs	The Best Keto Chili On The Internet!	<u>Keto Bread with Yeast</u> Tomato Lettuce Bacon Pistachios
THU	Coffee, Prepared From Grounds MCT Oil <u>Strawberry Creme Fat Bombs</u>	Eggs Bacon Red Bell Pepper, Green Onion Raw Spinach	<u>Keto Bread with Yeast</u> Egg Almond Milk Vanilla Extract Cinnamon Homemade Keto Maple Syrup
FRI	Coffee, Prepared From Grounds Dairy Free Keto Vanilla Coffee Creamer Bacon Eggs	<u>Keto Bread with Yeast</u> Tomato Lettuce Bacon	The Best Keto Chili On The Internet!

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## PRINTABLE

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MON	Coffee, Prepared From Grounds  Dairy Free Keto Vanilla Coffee Creamer  Bacon  Eggs	<u>Keto Bread with Yeast</u>  Egg  Almond Milk  Vanilla Extract  Cinnamon  Homemade Keto Maple Syrup	<u>Keto Bread with Yeast</u>  Tomato  Lettuce  Bacon
TUE	Coffee, Prepared From Grounds  MCT Oil  Eggs  Bacon  Red Bell Pepper, Green Onion  Raw Spinach	<u>Fried Brussels Sprouts</u>  The Best Keto Chili On The Internet!	<u>Keto Bread with Yeast</u>  Tomato  Lettuce  Bacon
WED	Coffee, Prepared From Grounds  Dairy Free Keto Vanilla Coffee Creamer  Bacon  Eggs	The Best Keto Chili On The Internet!	<u>Keto Bread with Yeast</u>  Tomato  Lettuce  Bacon  Pistachios
THU	Coffee, Prepared From Grounds  MCT Oil  <u>Strawberry Creme Fat Bombs</u>	Eggs  Bacon  Red Bell Pepper, Green Onion  Raw Spinach	<u>Keto Bread with Yeast</u>  Egg  Almond Milk  Vanilla Extract  Cinnamon  Homemade Keto Maple Syrup
FRI	Coffee, Prepared From Grounds  Dairy Free Keto Vanilla Coffee Creamer  Bacon  Eggs	<u>Keto Bread with Yeast</u>  Tomato  Lettuce  Bacon	The Best Keto Chili On The Internet!

# NUTRITION FACTS

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**MONDAY**    Calories: 1457  
Protein: 61.5%            18%  
Net Carbs: 22.3g            11%  
Fat: 116.6g                71%

**TUESDAY**    Calories: 1900  
Protein: 74.7g            16%  
Net Carbs: 31.3g            9%  
Fat: 162.3g                75%

**WEDNESDAY**    Calories: 1720  
Protein: 79.9g            19%  
Net Carbs: 30.4g            10%  
Fat: 139.2g                71%

**THURSDAY**    Calories: 1603  
Protein: 53.2g            14%  
Net Carbs: 19.8g            8%  
Fat: 140.9g                78%

**FRIDAY**    Calories: 1558  
Protein: 73.9g            19%  
Net Carbs: 25.5g            9%  
Fat: 126.2g                72%



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

