

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST	LUNCH	DINNER
MON	MCT Oil Eggs, Cooked Avocado, Black Skin	<u>Keto Cheesy Broccoli Casserole</u> Pecans, Raw	<u>Keto Eggplant Parmesan</u>
TUE	MCT Oil <u>Low Carb Oatmeal</u> Pecans, Raw	<u>Keto Lasagna</u> Cottage Cheese	<u>Keto Creamy Mushroom Soup</u>
WED	<u>Keto Dalgona Coffee</u> <u>Keto Cinnamon Swirls</u>	Easy Chaffles	Avocado, Black Skin Almonds, Raw Cottage Cheese
THU	<u>Perfect Keto Waffles</u> <u>Keto Maple Syrup</u> MCT Oil Coffee, Prepared From Grounds	Egg, Whole, Cooked, Hard-Boiled Cheddar Cheese, Natural MCT Oil	<u>Keto Tortilla Chips</u> <u>Easy Low Carb Guacamole</u>
FRI	Coffee, Prepared From Grounds <u>Keto Cinnamon Swirls</u>	<u>Keto Creamy Mushroom Soup</u>	<u>Keto Lasagna</u> Cottage Cheese

WEEKLY MEAL PLAN

PRINTABLE

BREAKFAST

LUNCH

DINNER

MON

MCT Oil
Eggs, Cooked
Avocado, Black Skin

Keto Cheesy Broccoli
Casserole
Pecans, Raw

Keto Eggplant Parmesan

TUE

MCT Oil
Low Carb Oatmeal
Pecans, Raw

Keto Lasagna
Cottage Cheese

Keto Creamy Mushroom
Soup

WED

Keto Dalgona Coffee
Keto Cinnamon Swirls

Easy Chaffles

Avocado, Black Skin
Almonds, Raw
Cottage Cheese

THU

Perfect Keto Waffles
Keto Maple Syrup
MCT Oil
Coffee, Prepared From
Grounds

Egg, Whole, Cooked, Hard-
Boiled
Cheddar Cheese, Natural
MCT Oil

Keto Tortilla Chips
Easy Low Carb Guacamole

FRI

Coffee, Prepared From
Grounds
Keto Cinnamon Swirls

Keto Creamy Mushroom
Soup

Keto Lasagna
Cottage Cheese

NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

MONDAY Calories: 1507
Protein: 46.1% 12%
Net Carbs: 18.5g 9%
Fat: 136.6g 79%

TUESDAY Calories: 1588
Protein: 69.3g 17%
Net Carbs: 26.6g 10%
Fat: 131.3g 72%

WEDNESDAY Calories: 1698
Protein: 90.6g 22%
Net Carbs: 27g 10%
Fat: 131.7g 69%

THURSDAY Calories: 1564
Protein: 58g 15%
Net Carbs: 18.3g 15%
Fat: 139.4g 78%

FRIDAY Calories: 1220
Protein: 66.1g 22%
Net Carbs: 25.7g 10%
Fat: 93.9g 69%



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

