

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST		LUNCH		DINNER	
MON	Coffee, Prepared From Grounds MCT Oil Raspberries, Raw Almond, Raw Great Value, Cubed Colby & Monterey Jack Cheese		Easy Chaffles		Great Value, St. Louis-Style Pork Ribs, Uncured Redmond, Real Salt, Organic Season Salt	
TUE	Coffee, Prepared From Grounds MCT Oil Raspberries, Raw Almond, Raw Great Value, Cubed Colby & Monterey Jack Cheese		Easy Chaffles		<u>Creamy Keto Chicken Chili</u>	
WED	Coffee, Prepared From Grounds MCT Oil Raspberries, Raw Almond, Raw Great Value, Cubed Colby & Monterey Jack Cheese		<u>Creamy Keto Chicken Chili</u>		Great Value, St. Louis-Style Pork Ribs, Uncured Redmond, Real Salt, Organic Season Salt	
THU	Coffee, Prepared From Grounds MCT Oil Raspberries, Raw Almond, Raw Great Value, Cubed Colby & Monterey Jack Cheese		Easy Chaffles		Eggs, Cooked Bacon, Pork	
FRI	Coffee, Prepared From Grounds MCT Oil Raspberries, Raw Almond, Raw Great Value, Cubed Colby & Monterey Jack Cheese		<u>Creamy Keto Chicken Chili</u>		Great Value, St. Louis-Style Pork Ribs, Uncured Redmond, Real Salt, Organic Season Salt	

WEEKLY MEAL PLAN

PRINTABLE

BREAKFAST

LUNCH

DINNER

MON

Coffee, Prepared From Grounds
MCT Oil
Raspberries, Raw
Almond, Raw
Great Value, Cubed Colby &
Monterey Jack Cheese

Easy Chaffles

Great Value, St. Louis-Style
Pork Ribs, Uncured

Redmond, Real Salt,
Organic Season Salt

TUE

Coffee, Prepared From Grounds
MCT Oil
Raspberries, Raw
Almond, Raw
Great Value, Cubed Colby &
Monterey Jack Cheese

Easy Chaffles

[Creamy Keto Chicken Chili](#)

WED

Coffee, Prepared From Grounds
MCT Oil
Raspberries, Raw
Almond, Raw
Great Value, Cubed Colby &
Monterey Jack Cheese

[Creamy Keto Chicken Chili](#)

Great Value, St. Louis-Style
Pork Ribs, Uncured

Redmond, Real Salt,
Organic Season Salt

THU

Coffee, Prepared From Grounds
MCT Oil
Raspberries, Raw
Almond, Raw
Great Value, Cubed Colby &
Monterey Jack Cheese

Easy Chaffles

Eggs, Cooked

Bacon, Pork

FRI

Coffee, Prepared From Grounds
MCT Oil
Raspberries, Raw
Almond, Raw
Great Value, Cubed Colby &
Monterey Jack Cheese

[Creamy Keto Chicken Chili](#)

Great Value, St. Louis-Style
Pork Ribs, Uncured

Redmond, Real Salt,
Organic Season Salt

NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

MONDAY Calories: 1463
Protein: 75.1g 21%
Net Carbs: 19.9g 8%
Fat: 113.6g 71%

TUESDAY Calories: 1213
Protein: 68.1g 23%
Net Carbs: 13.3g 8%
Fat: 95.9g 69%

WEDNESDAY Calories: 1616
Protein: 87.2g 23%
Net Carbs: 23.8g 8%
Fat: 124g 69%

THURSDAY Calories: 1483
Protein: 89.4g 25%
Net Carbs: 12g 6%
Fat: 115.2g 69%

FRIDAY Calories: 1616
Protein: 87.2g 23%
Net Carbs: 23.8g 8%
Fat: 124g 69%



[MORE RECIPES AT TARA'S KETO KITCHEN -](#)
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