

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST		LUNCH		DINNER	
MON	Coffee, Prepared From Grounds <u>Mocha Peppermint Coffee Creamer</u> Eggs, Cooked MCT Oil		<u>Keto Creamy Mushroom Soup</u> <u>Keto Bread</u> Macadamia Nuts, Raw		Eggs, Cooked Butter, Salted Spinach, Raw Mozzarella Cheese, Whole Milk Macadamia Nuts, Raw	
TUE	Coffee, Prepared From Grounds <u>Mocha Peppermint Coffee Creamer</u> Eggs, Cooked MCT Oil		<u>Keto Bread</u> Bacon, Pork Eggs, Cooked Butter, Salted Mozzarella Cheese, Whole Milk		<u>Keto Jalapeno Poppers</u>	
WED	Coffee, Prepared From Grounds <u>Mocha Peppermint Coffee Creamer</u> Eggs, Cooked MCT Oil		<u>Keto Creamy Mushroom Soup</u> <u>Keto Bread</u> Macadamia Nuts, Raw		Eggs, Cooked Butter, Salted Spinach, Raw Mozzarella Cheese, Whole Milk Macadamia Nuts, Raw	
THU	Coffee, Prepared From Grounds <u>Mocha Peppermint Coffee Creamer</u> Eggs, Cooked MCT Oil		<u>Keto Bread</u> Bacon, Pork Eggs, Cooked Butter, Salted Mozzarella Cheese, Whole Milk		<u>Keto Jalapeno Poppers</u>	
FRI	Coffee, Prepared From Grounds <u>Mocha Peppermint Coffee Creamer</u> Eggs, Cooked MCT Oil		<u>Keto Creamy Mushroom Soup</u> <u>Keto Bread</u> Macadamia Nuts, Raw		Eggs, Cooked Butter, Salted Spinach, Raw Mozzarella Cheese, Whole Milk Macadamia Nuts, Raw	

WEEKLY MEAL PLAN

PRINTABLE

BREAKFAST

LUNCH

DINNER

MON

Coffee, Prepared From
Grounds
Mocha Peppermint Coffee
Creamer
Eggs, Cooked
MCT Oil

Keto Creamy Mushroom
Soup
Keto Bread
Macadamia Nuts, Raw

Eggs, Cooked
Butter, Salted
Spinach, Raw
Mozzarella Cheese, Whole Milk
Macadamia Nuts, Raw

TUE

Coffee, Prepared From
Grounds
Mocha Peppermint Coffee
Creamer
Eggs, Cooked
MCT Oil

Keto Bread
Bacon, Pork
Eggs, Cooked
Butter, Salted
Mozzarella Cheese, Whole Milk

Keto Jalapeno Poppers

WED

Coffee, Prepared From
Grounds
Mocha Peppermint Coffee
Creamer
Eggs, Cooked
MCT Oil

Keto Creamy Mushroom
Soup
Keto Bread
Macadamia Nuts, Raw

Eggs, Cooked
Butter, Salted
Spinach, Raw
Mozzarella Cheese, Whole Milk
Macadamia Nuts, Raw

THU

Coffee, Prepared From
Grounds
Mocha Peppermint Coffee
Creamer
Eggs, Cooked
MCT Oil

Keto Bread
Bacon, Pork
Eggs, Cooked
Butter, Salted
Mozzarella Cheese, Whole Milk

Keto Jalapeno Poppers

FRI

Coffee, Prepared From
Grounds
Mocha Peppermint Coffee
Creamer
Eggs, Cooked
MCT Oil

Keto Creamy Mushroom
Soup
Keto Bread
Macadamia Nuts, Raw

Eggs, Cooked
Butter, Salted
Spinach, Raw
Mozzarella Cheese, Whole Milk
Macadamia Nuts, Raw

NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

MONDAY Calories: 1631
Protein: 57.3% 22%
Net Carbs: 13.7g 6%
Fat: 151.1g 80%

TUESDAY Calories: 1278
Protein: 66.7g 22%
Net Carbs: 10.6g 4%
Fat: 107.3g 74%

WEDNESDAY Calories: 1631
Protein: 57.3g 14%
Net Carbs: 13.7g 6%
Fat: 151.1g 80%

THURSDAY Calories: 1278
Protein: 66.7g 22%
Net Carbs: 10.6g 4%
Fat: 107.3g 74%

FRIDAY Calories: 1631
Protein: 57.3g 14%
Net Carbs: 13.7g 6%
Fat: 151.1g 80%



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

