

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST		LUNCH		DINNER	
MON	MCT Oil Coffee, Prepared From Grounds <u>Keto Matcha Energy Bites</u> Almonds, Raw		<u>Keto Stuffed Mushrooms</u> Cottage Cheese		Broccoli, Cooked From Fresh Chicken Thigh, Skin Eaten Green Giant, Riced Cauliflower, 2016 Label	
TUE	MCT Oil Coffee, Prepared From Grounds <u>Keto Matcha Energy Bites</u> Almonds, Raw		Broccoli, Cooked From Fresh Chicken Thigh, Skin Eaten Green Giant, Riced Cauliflower, 2016 Label		<u>Keto Tex Mex Casserole</u> <u>Mashed Cauliflower</u>	
WED	MCT Oil Coffee, Prepared From Grounds <u>Keto Matcha Energy Bites</u> Almonds, Raw		<u>Keto Cheesy Broccoli Casserole</u> Cottage Cheese, 4% Fat		<u>Instant Pot Keto Spinach Artichoke Chicken Bowl</u>	
THU	MCT Oil Coffee, Prepared From Grounds <u>Keto Matcha Energy Bites</u> Almonds, Raw		<u>Keto Cheesy Broccoli Casserole</u>		Broccoli, Cooked From Fresh Chicken Thigh, Skin Eaten Green Giant, Riced Cauliflower, 2016 Label	
FRI	MCT Oil Coffee, Prepared From Grounds <u>Keto Matcha Energy Bites</u> Almonds, Raw		<u>Keto Stuffed Mushrooms</u>		<u>Instant Pot Keto Spinach Artichoke Chicken Bowl</u> Cottage Cheese, 4% Fat	

WEEKLY MEAL PLAN

PRINTABLE

BREAKFAST

LUNCH

DINNER

MON

MCT Oil

Coffee, Prepared From
Grounds

Keto Matcha Energy Bites

Almonds, Raw

Keto Stuffed Mushrooms

Cottage Cheese

Broccoli, Cooked From Fresh

Chicken Thigh, Skin Eaten

Green Giant, Riced
Cauliflower, 2016 Label

TUE

MCT Oil

Coffee, Prepared From
Grounds

Keto Matcha Energy Bites

Almonds, Raw

Broccoli, Cooked From Fresh

Chicken Thigh, Skin Eaten

Green Giant, Riced
Cauliflower, 2016 Label

Keto Tex Mex Casserole

Mashed Cauliflower

WED

MCT Oil

Coffee, Prepared From
Grounds

Keto Matcha Energy Bites

Almonds, Raw

Keto Cheesy Broccoli
Casserole

Cottage Cheese, 4% Fat

Instant Pot Keto Spinach
Artichoke Chicken Bowl

THU

MCT Oil

Coffee, Prepared From
Grounds

Keto Matcha Energy Bites

Almonds, Raw

Keto Cheesy Broccoli
Casserole

Broccoli, Cooked From Fresh

Chicken Thigh, Skin Eaten

Green Giant, Riced
Cauliflower, 2016 Label

FRI

MCT Oil

Coffee, Prepared From
Grounds

Keto Matcha Energy Bites

Almonds, Raw

Keto Stuffed Mushrooms

Instant Pot Keto Spinach
Artichoke Chicken Bowl

Cottage Cheese, 4% Fat

NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

MONDAY Calories: 1340
Protein: 95.3% 29%
Net Carbs: 21.4g 10%
Fat: 92.2g 60%

TUESDAY Calories: 1441
Protein: 96.2g 28%
Net Carbs: 24.9g 10%
Fat: 102.8g 62%

WEDNESDAY Calories: 1448
Protein: 69.6g 19%
Net Carbs: 25.1g 11%
Fat: 117.3g 70%

THURSDAY Calories: 1226
Protein: 71.2g 24%
Net Carbs: 18.1g 11%
Fat: 92.3g 66%

FRIDAY Calories: 1356
Protein: 70.4g 21%
Net Carbs: 21.3g 10%
Fat: 108.2g 69%



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