

# WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST		LUNCH		DINNER
MON	MCT Oil Coffee, Prepared From Grounds <a href="#">Keto Coconut Flour Pancakes</a> <a href="#">Keto Maple syrup</a>		Eggs, Cooked Butter, Salted Mushrooms, Raw Bacon, Pork		<a href="#">Keto Coleslaw</a> Pork Chops, Loin, Fresh, Visible Fat Eaten
TUE	MCT Oil Coffee, Prepared From Grounds <a href="#">Keto Coconut Flour Pancakes</a> <a href="#">Keto Maple syrup</a>		Easy Chaffles Cottage Cheese, 4% Fat		<a href="#">Keto Mushroom Soup</a>
WED	MCT Oil Coffee, Prepared From Grounds <a href="#">Keto Coconut Flour Pancakes</a> <a href="#">Keto Maple syrup</a>		Eggs, Cooked Butter, Salted Mushrooms, Raw Bacon, Pork		<a href="#">Keto Coleslaw</a> Pork Chops, Loin, Fresh, Visible Fat Eaten
THU	MCT Oil Coffee, Prepared From Grounds <a href="#">Keto Coconut Flour Pancakes</a> <a href="#">Keto Maple syrup</a>		Easy Chaffles Cottage Cheese, 4% Fat		<a href="#">Keto Mushroom Soup</a>
FRI	MCT Oil Coffee, Prepared From Grounds <a href="#">Keto Coconut Flour Pancakes</a> <a href="#">Keto Maple syrup</a>		Eggs, Cooked Butter, Salted Mushrooms, Raw Bacon, Pork		<a href="#">Keto Coleslaw</a> Pork Chops, Loin, Fresh, Visible Fat Eaten

# WEEKLY MEAL PLAN

## PRINTABLE

### BREAKFAST

### LUNCH

### DINNER

MON

MCT Oil  
Coffee, Prepared From  
Grounds  
[Keto Coconut Flour  
Pancakes](#)  
[Keto Maple syrup](#)

Eggs, Cooked  
Butter, Salted  
Mushrooms, Raw  
Bacon, Pork

[Keto Coleslaw](#)  
Pork Chops, Loin, Fresh,  
Visible Fat Eaten

TUE

MCT Oil  
Coffee, Prepared From  
Grounds  
[Keto Coconut Flour  
Pancakes](#)  
[Keto Maple syrup](#)

Easy Chaffles  
Cottage Cheese, 4% Fat

[Keto Mushroom Soup](#)

WED

MCT Oil  
Coffee, Prepared From  
Grounds  
[Keto Coconut Flour  
Pancakes](#)  
[Keto Maple syrup](#)

Eggs, Cooked  
Butter, Salted  
Mushrooms, Raw  
Bacon, Pork

[Keto Coleslaw](#)  
Pork Chops, Loin, Fresh,  
Visible Fat Eaten

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MCT Oil  
Coffee, Prepared From  
Grounds  
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Pancakes](#)  
[Keto Maple syrup](#)

Easy Chaffles  
Cottage Cheese, 4% Fat

[Keto Mushroom Soup](#)

FRI

MCT Oil  
Coffee, Prepared From  
Grounds  
[Keto Coconut Flour  
Pancakes](#)  
[Keto Maple syrup](#)

Eggs, Cooked  
Butter, Salted  
Mushrooms, Raw  
Bacon, Pork

[Keto Coleslaw](#)  
Pork Chops, Loin, Fresh,  
Visible Fat Eaten

# NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

**MONDAY**    Calories: 1843  
Protein: 105.4g            24%  
Net Carbs: 10.2g           5%  
Fat: 147.1g                71%

**TUESDAY**    Calories: 1674  
Protein: 80.8g             20%  
Net Carbs: 18.8g           8%  
Fat: 136.8g                72%

**WEDNESDAY**    Calories: 1843  
Protein: 105.4g            24%  
Net Carbs: 10.2g           5%  
Fat: 147.1g                71%

**THURSDAY**    Calories: 1674  
Protein: 80.8g             20%  
Net Carbs: 18.8g           8%  
Fat: 136.8g                72%

**FRIDAY**        Calories: 1843  
Protein: 105.4g            24%  
Net Carbs: 10.2g           5%  
Fat: 147.1g                71%



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

