

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST		LUNCH		DINNER	
MON	Coffee, Prepared From Grounds <u>Dairy Free Keto Vanilla Coffee Creamer</u> <u>Vanilla Latte Fat Bomb</u>		Eggs Cottage Cheese		<u>Keto Hamburger Buns</u> Hamburger Patty Cheddar Cheese	
TUE	Coffee, Prepared From Grounds <u>Dairy Free Keto Vanilla Coffee Creamer</u> <u>Pecans</u>		<u>Chicken Breast</u> Spinach & Tomato Avocado Feta Cheese MCT Oil Red Wine Vinegar		<u>Keto Meaty Chili</u> <u>Cheddar Cheese</u> Sour Cream	
WED	Coffee, Prepared From Grounds <u>Dairy Free Keto Vanilla Coffee Creamer</u>		<u>Keto Hamburger Buns</u> Hamburger Patty Cheddar Cheese		Eggs Cottage Cheese	
THU	Coffee, Prepared From Grounds <u>Dairy Free Keto Vanilla Coffee Creamer</u>		<u>Keto Meaty Chili</u> <u>Cheddar Cheese</u> Sour Cream		<u>Chicken Breast</u> Spinach & Tomato Avocado Feta Cheese MCT Oil Red Wine Vinegar	
FRI	Coffee, Prepared From Grounds <u>Dairy Free Keto Vanilla Coffee Creamer</u>		<u>Chicken Breast</u> Spinach & Tomato Avocado Feta Cheese MCT Oil Red Wine Vinegar		<u>Keto Hamburger Buns</u> Hamburger Patty Cheddar Cheese	

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PRINTABLE

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NUTRITION FACTS

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MONDAY Calories: 1719
Protein: 100.3% 24%
Net Carbs: 18.6g 6%
Fat: 135.8g 70%

TUESDAY Calories: 1648
Protein: 86.5g 21%
Net Carbs: 19g 8%
Fat: 135.1g 71%

WEDNESDAY Calories: 1745
Protein: 108.4g 25%
Net Carbs: 19g 6%
Fat: 135.1g 68%

THURSDAY Calories: 1648
Protein: 86.5g 21%
Net Carbs: 19g 7%
Fat: 135.1g 71%

FRIDAY Calories: 1758
Protein: 124.7g 29%
Net Carbs: 20g 7%
Fat: 127.9g 64%



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