

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST		LUNCH		DINNER	
MON	Coffee, Prepared From Grounds MCT Oil <u>Keto Quiche</u>		Easy Chaffles <u>Keto Tortilla Chips</u> <u>Easy Low Carb Guacamole</u>		Keto Chow Shake of Choice	
TUE	Coffee, Prepared From Grounds MCT Oil <u>Keto Quiche</u>		Eggs <u>Keto Garlic Cheddar Biscuits</u>		Keto Chow Shake of Choice	
WED	Coffee, Prepared From Grounds MCT Oil <u>Keto Quiche</u>		Easy Chaffles <u>Keto Garlic Cheddar Biscuits</u>		Keto Chow Shake of Choice	
THU	Coffee, Prepared From Grounds MCT Oil <u>Keto Quiche</u>		Eggs <u>Keto Tortilla Chips</u> <u>Easy Low Carb Guacamole</u>		Keto Chow Shake of Choice	
FRI	Coffee, Prepared From Grounds MCT Oil <u>Keto Quiche</u>		Easy Chaffles Eggs		Keto Chow Shake of Choice Macadamia Nuts	

WEEKLY MEAL PLAN

PRINTABLE

	BREAKFAST	LUNCH	DINNER
MON	Coffee, Prepared From Grounds MCT Oil <u>Keto Quiche</u>	Easy Chaffles <u>Keto Tortilla Chips</u> <u>Easy Low Carb Guacamole</u>	Keto Chow Shake of Choice
TUE	Coffee, Prepared From Grounds MCT Oil <u>Keto Quiche</u>	Eggs <u>Keto Garlic Cheddar Biscuits</u>	Keto Chow Shake of Choice
WED	Coffee, Prepared From Grounds MCT Oil <u>Keto Quiche</u>	Easy Chaffles <u>Keto Garlic Cheddar Biscuits</u>	Keto Chow Shake of Choice
THU	Coffee, Prepared From Grounds MCT Oil <u>Keto Quiche</u>	Eggs <u>Keto Tortilla Chips</u> <u>Easy Low Carb Guacamole</u>	Keto Chow Shake of Choice
FRI	Coffee, Prepared From Grounds MCT Oil <u>Keto Quiche</u>	Easy Chaffles Eggs	Keto Chow Shake of Choice Macadamia Nuts

NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

MONDAY Calories: 1811
Protein: 95.7% 21%
Net Carbs: 21.9g 9%
Fat: 146.4g 70%

TUESDAY Calories: 1752
Protein: 90.9g 21%
Net Carbs: 12.6g 6%
Fat: 148.6g 74%

WEDNESDAY Calories: 1556
Protein: 84.5g 21%
Net Carbs: 10.5g 6%
Fat: 129.9g 73%

THURSDAY Calories: 1803
Protein: 99.9g 21%
Net Carbs: 22.6g 9%
Fat: 143.6g 70%

FRIDAY Calories: 1596
Protein: 85.7g 21%
Net Carbs: 9.4g 5%
Fat: 134.3g 74%



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

