

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST	LUNCH	DINNER
MON	Coffee, Prepared From Grounds MCT Oil Eggs	Keto Hamburger Buns Hamburger Patty Bacon Sharp Cheddar Cheese	Spinach Feta Cheese MCT Oil <u>Keto Parmesan Garlic Vinaigrette</u>
TUE	Coffee, Prepared From Grounds MCT Oil <u>Perfect Keto Waffles</u> <u>Homemade Keto Maple Syrup</u>	Keto Hamburger Buns Eggs Bacon Cheddar Cheese	Creamy Keto Chicken And Rice Casserole Cottage Cheese
WED	Coffee, Prepared From Grounds MCT Oil Eggs Avocado	Spinach Feta Cheese MCT Oil <u>Keto Parmesan Garlic Vinaigrette</u>	Keto Hamburger Buns Eggs Bacon Cheddar Cheese
THU	Coffee, Prepared From Grounds MCT Oil <u>Perfect Keto Waffles</u> <u>Homemade Keto Maple Syrup</u>	Creamy Keto Chicken And Rice Casserole	Keto Hamburger Buns Eggs Bacon Cheddar Cheese
FRI	Coffee, Prepared From Grounds MCT Oil Eggs Avocado	Creamy Keto Chicken And Rice Casserole Cottage Cheese	Spinach Feta Cheese MCT Oil <u>Keto Parmesan Garlic Vinaigrette</u> <u>Almonds</u>

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PRINTABLE

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NUTRITION FACTS

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MONDAY Calories: 1620
Protein: 93.4g 24%
Net Carbs: 9g 3%
Fat: 133.7g 73%

TUESDAY Calories: 1643
Protein: 89.5g 22%
Net Carbs: 20.2g 7%
Fat: 133.2g 71%

WEDNESDAY Calories: 1625
Protein: 71.5g 18%
Net Carbs: 13.1g 7%
Fat: 140.8g 76%

THURSDAY Calories: 1660
Protein: 97.1g 24%
Net Carbs: 12g 5%
Fat: 134.6g 71%

FRIDAY Calories: 1573
Protein: 82.9g 22%
Net Carbs: 20g 8%
Fat: 126.5g 70%



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

