

# WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST	LUNCH	DINNER
MON	Coffee, Prepared From Grounds MCT Oil <u>Keto Breakfast Frittata</u>	<u>Creamy Keto Chicken And Rice Casserole</u>	<u>Keto Lasagna</u>
TUE	Coffee, Prepared From Grounds MCT Oil Macadamia Nuts	<u>Keto Cheesy Broccoli Casserole</u>	<u>Creamy Keto Chicken And Rice Casserole</u>
WED	Coffee, Prepared From Grounds MCT Oil Macadamia Nuts	<u>Keto Lasagna</u> Cottage Cheese	<u>Keto Cheesesticks</u>
THU	Coffee, Prepared From Grounds MCT Oil <u>Keto Breakfast Frittata</u>	<u>Keto Cheesy Broccoli Casserole</u>	<u>Creamy Keto Chicken And Rice Casserole</u>
FRI	Coffee, Prepared From Grounds MCT Oil <u>Keto Breakfast Frittata</u>	<u>Creamy Keto Chicken And Rice Casserole</u>	<u>Keto Jalapeno Poppers</u>

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PRINTABLE

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FRI	Coffee, Prepared From Grounds MCT Oil <u>Keto Breakfast Frittata</u>	<u>Creamy Keto Chicken And Rice Casserole</u>	<u>Keto Jalapeno Poppers</u>

# NUTRITION FACTS

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**MONDAY**    Calories: 1471  
Protein: 79.1g                      22%  
Net Carbs: 25.4g                    10%  
Fat: 115.5g                            68%

**TUESDAY**    Calories: 1398  
Protein: 52.7g                        16%  
Net Carbs: 14.8g                    8%  
Fat: 121g                                76%

**WEDNESDAY**    Calories: 1501  
Protein: 72.7g                        20%  
Net Carbs: 23g                        9%  
Fat: 120.2g                            71%

**THURSDAY**    Calories: 1351  
Protein: 63.8g                        19%  
Net Carbs: 21g                        10%  
Fat: 110.7g                            71%

**FRIDAY**        Calories: 1527  
Protein: 82.7g                        22%  
Net Carbs: 23.2g                    9%  
Fat: 121.4g                            68%



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

