

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST	LUNCH	DINNER
MON	Coffee, Prepared From Grounds MCT Oil <u>Cinnamon Sugar Toast</u>	<u>Keto Spinach Artichoke Chicken Bowl</u>	<u>Keto Walking Tacos</u>
TUE	Coffee, Prepared From Grounds MCT Oil Avocado Toast	<u>Keto Maple Glazed Salmon</u>	<u>Keto Spinach Artichoke Chicken Bowl</u>
WED	Coffee, Prepared From Grounds MCT Oil <u>Cinnamon Sugar Toast</u>	Easy Chaffles	<u>Keto Walking Tacos</u>
THU	Coffee, Prepared From Grounds MCT Oil Avocado Toast	<u>Keto Spinach Artichoke Chicken Bowl</u>	<u>Keto Maple Glazed Salmon</u>
FRI	Coffee, Prepared From Grounds MCT Oil <u>Cinnamon Sugar Toast</u>	<u>Keto Walking Tacos</u>	Easy Chaffles

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PRINTABLE

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NUTRITION FACTS

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MONDAY Calories: 1526
Protein: 75.6% 20%
Net Carbs: 15.2g 6%
Fat: 129.4g 74%

TUESDAY Calories: 1483
Protein: 69.1g 19%
Net Carbs: 14.7g 8%
Fat: 125.9g 73%

WEDNESDAY Calories: 1789
Protein: 77.5g 18%
Net Carbs: 11.2g 4%
Fat: 158.4g 78%

THURSDAY Calories: 1514
Protein: 69.7g 19%
Net Carbs: 16.9g 9%
Fat: 127.8g 73%

FRIDAY Calories: 1789
Protein: 77.5g 18%
Net Carbs: 11.2g 5%
Fat: 158.4g 78%



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

