

# WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST	LUNCH	DINNER
MON	Coffee, Prepared From Grounds MCT Oil Omelet (Eggs, Spinach, Cheese & Bacon)	<u>Keto Lasagna</u>	The Best Keto Chili On The Internet! Sour Cream Cheese
TUE	Coffee, Prepared From Grounds <u>Vanilla Keto Coffee Creamer</u> Eggs Bacon	<u>Keto Cucumber Salad</u> <u>Macadamia Nut Fat Bombs</u>	The Best Keto Chili On The Internet! Sour Cream Cheese
WED	Coffee, Prepared From Grounds <u>Vanilla Keto Coffee Creamer</u> Omelet Eggs(Eggs, Spinach, Cheese & Bacon)	Keto French Toast with Real Food Food Buns	<u>Keto Lasagna</u>
THU	Coffee, Prepared From Grounds Omelet Eggs(Eggs, Spinach, Cheese & Bacon)	The Best Keto Chili On The Internet! Sour Cream Cheese	<u>Keto Cucumber Salad</u> <u>Macadamia Nut Fat Bombs</u>
FRI	Coffee, Prepared From Grounds <u>Vanilla Keto Coffee Creamer</u> Omelet Eggs(Eggs, Spinach, Cheese & Bacon)	Keto French Toast with Real Food Food Buns	<u>Keto Lasagna</u> <u>Macadamia Nut Fat Bombs</u>

# WEEKLY MEAL PLAN

## PRINTABLE

	BREAKFAST	LUNCH	DINNER
MON	Coffee, Prepared From Grounds  MCT Oil  Omelet (Eggs, Spinach, Cheese & Bacon)	<u>Keto Lasagna</u>	The Best Keto Chili On The Internet!  Sour Cream  Cheese
TUE	Coffee, Prepared From Grounds  <u>Vanilla Keto Coffee Creamer</u>  Eggs  Bacon	<u>Keto Cucumber Salad</u>  <u>Macadamia Nut Fat Bombs</u>	The Best Keto Chili On The Internet!  Sour Cream  Cheese
WED	Coffee, Prepared From Grounds  <u>Vanilla Keto Coffee Creamer</u>  Omelet Eggs(Eggs, Spinach, Cheese & Bacon)	<u>Keto French Toast with Real Food Food Buns</u>	<u>Keto Lasagna</u>
THU	Coffee, Prepared From Grounds  Omelet Eggs(Eggs, Spinach, Cheese & Bacon)	The Best Keto Chili On The Internet!  Sour Cream  Cheese	<u>Keto Cucumber Salad</u>  <u>Macadamia Nut Fat Bombs</u>
FRI	Coffee, Prepared From Grounds  <u>Vanilla Keto Coffee Creamer</u>  Omelet Eggs(Eggs, Spinach, Cheese & Bacon)	<u>Keto French Toast with Real Food Food Buns</u>	<u>Keto Lasagna</u>  <u>Macadamia Nut Fat Bombs</u>

# NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

**MONDAY**    Calories: 1757  
Protein: 91.3g                      21%  
Net Carbs: 26.1g                    7%  
Fat: 143.6g                            72%

**TUESDAY**    Calories: 1466  
Protein: 78g                            21%  
Net Carbs: 17.7g                    6%  
Fat: 120g                                73%

**WEDNESDAY**    Calories: 1816  
Protein: 83.6g                        19%  
Net Carbs: 17.3g                    6%  
Fat: 154g                                76%

**THURSDAY**    Calories: 1466  
Protein: 78g                            21%  
Net Carbs: 17.7g                    6%  
Fat: 120g                                73%

**FRIDAY**        Calories: 1816  
Protein: 83.6g                        19%  
Net Carbs: 17.3g                    6%  
Fat: 154g                                76%



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

