

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST		LUNCH		DINNER	
MON	Coffee + MCT Oil <u>Strawberry Cream Fat Bombs</u> Macadamia Nuts, Raw		Chicken Thigh, Skin Eaten Green Giant, Riced Cauliflower		Brussels Sprouts, Raw Avocado Oil Bacon, Pork MCT Oil	
TUE	Coffee + MCT Oil <u>Strawberry Cream Fat Bombs</u> Macadamia Nuts, Raw		Eggs, Cooked MCT Oil Tomato Raw, Includes Cherry, Grape, Roma Avocado, Black Skin		<u>Meaty Keto Chili</u>	
WED	Coffee + MCT Oil <u>Strawberry Cream Fat Bombs</u> Macadamia Nuts, Raw		Brussels Sprouts, Raw Avocado Oil Bacon, Pork MCT Oil		Chicken Thigh, Skin Eaten Green Giant, Riced Cauliflower	
THU	Coffee + MCT Oil <u>Strawberry Cream Fat Bombs</u> Macadamia Nuts, Raw		<u>Meaty Keto Chili</u>		Eggs, Cooked MCT Oil Tomato Raw, Includes Cherry, Grape, Roma Avocado, Black Skin	
FRI	Coffee + MCT Oil <u>Strawberry Cream Fat Bombs</u> Macadamia Nuts, Raw		Chicken Thigh, Skin Eaten Green Giant, Riced Cauliflower		Brussels Sprouts, Raw Avocado Oil Bacon, Pork MCT Oil	

WEEKLY MEAL PLAN

PRINTABLE

BREAKFAST

LUNCH

DINNER

MON

Coffee + MCT Oil
Strawberry Cream Fat Bombs
Macadamia Nuts, Raw

Chicken Thigh, Skin Eaten

Green Giant, Riced Cauliflower

Brussels Sprouts, Raw
Avocado Oil

Bacon, Pork
MCT Oil

TUE

Coffee + MCT Oil
Strawberry Cream Fat Bombs
Macadamia Nuts, Raw

Eggs, Cooked
MCT Oil

Tomato Raw,
Includes Cherry,
Grape, Roma

Avocado, Black Skin

Meaty Keto Chili

WED

Coffee + MCT Oil
Strawberry Cream Fat Bombs
Macadamia Nuts, Raw

Brussels Sprouts, Raw
Avocado Oil

Bacon, Pork
MCT Oil

Chicken Thigh, Skin Eaten

Green Giant, Riced Cauliflower

THU

Coffee + MCT Oil
Strawberry Cream Fat Bombs
Macadamia Nuts, Raw

Meaty Keto Chili

Eggs, Cooked
MCT Oil

Tomato Raw,
Includes Cherry,
Grape, Roma

Avocado, Black Skin

FRI

Coffee + MCT Oil
Strawberry Cream Fat Bombs
Macadamia Nuts, Raw

Chicken Thigh, Skin Eaten

Green Giant, Riced Cauliflower

Brussels Sprouts, Raw
Avocado Oil

Bacon, Pork
MCT Oil

NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

MONDAY Calories: 1536
Protein: 63.9g 17%
Net Carbs: 9.6g 4%
Fat: 138.3g 79%

TUESDAY Calories: 1779
Protein: 63.7g 14%
Net Carbs: 21g 8%
Fat: 159.7g 78%

WEDNESDAY Calories: 1536
Protein: 63.9g 17%
Net Carbs: 9.6g 4%
Fat: 138.3g 79%

THURSDAY Calories: 1779
Protein: 63.7g 14%
Net Carbs: 21g 8%
Fat: 159.7g 78%

FRIDAY Calories: 1536
Protein: 63.9g 17%
Net Carbs: 9.6g 4%
Fat: 138.3g 79%



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