

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST		LUNCH		DINNER	
MON	MCT Oil <u>Keto Quiche</u>		<u>Instant Pot Keto Spinach Artichoke Chicken Bowl</u>		<u>Keto Walking Tacos</u>	
TUE	MCT Oil <u>Keto Quiche</u>		<u>Easy Chaffles</u>		<u>Keto Beef Roll-Ups</u>	
WED	MCT Oil <u>Keto Quiche</u>		<u>Instant Pot Keto Spinach Artichoke Chicken Bowl</u>		<u>Keto Walking Tacos</u>	
THU	MCT Oil <u>Keto Quiche</u>		<u>Easy Chaffles</u>		<u>Keto Beef Roll-Ups</u>	
FRI	MCT Oil <u>Keto Quiche</u>		<u>Instant Pot Keto Spinach Artichoke Chicken Bowl</u>		<u>Keto Walking Tacos</u>	

WEEKLY MEAL PLAN

PRINTABLE

BREAKFAST

LUNCH

DINNER

MON

MCT Oil
Keto Quiche

Instant Pot Keto
Spinach Artichoke
Chicken Bowl

Keto Walking Tacos

TUE

MCT Oil
Keto Quiche

Easy Chaffles

Keto Beef Roll-Ups

WED

MCT Oil
Keto Quiche

Instant Pot Keto
Spinach Artichoke
Chicken Bowl

Keto Walking Tacos

THU

MCT Oil
Keto Quiche

Easy Chaffles

Keto Beef Roll-Ups

FRI

MCT Oil
Keto Quiche

Instant Pot Keto
Spinach Artichoke
Chicken Bowl

Keto Walking Tacos

NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

MONDAY Calories: 1261
Protein: 76.4g 25%
Net Carbs: 10.2g 4%
Fat: 102.6g 71%

TUESDAY Calories: 1133
Protein: 65.2g 24%
Net Carbs: 6.7g 3%
Fat: 94g 73%

WEDNESDAY Calories: 1261
Protein: 76.4g 25%
Net Carbs: 10.2g 4%
Fat: 102.6g 71%

THURSDAY Calories: 1133
Protein: 65.2g 24%
Net Carbs: 6.7g 3%
Fat: 94g 73%

FRIDAY Calories: 1261
Protein: 76.4g 25%
Net Carbs: 10.2g 4%
Fat: 102.6g 71%



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

