

# WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST	LUNCH	DINNER
MON	MCT Oil Eggs, Cooked Avocado, Black Skin	<u>Keto Cheesy Broccoli Casserole</u> Pecans, Raw	<u>Keto Eggplant Parmesan</u>
TUE	MCT Oil <u>Low Carb Oatmeal</u> Pecans, Raw	<u>Keto Lasagna</u> Cottage Cheese	<u>Keto Creamy Mushroom Soup</u>
WED	<u>Keto Dalgona Coffee</u> <u>Keto Cinnamon Swirls</u>	Easy Chaffles	Avocado, Black Skin Almonds, Raw Cottage Cheese
THU	<u>Perfect Keto Waffles</u> <u>Keto Maple Syrup</u> MCT Oil Coffee, Prepared From Grounds	Egg, Whole, Cooked, Hard-Boiled Cheddar Cheese, Natural MCT Oil	<u>Keto Tortilla Chips</u> <u>Easy Low Carb Guacamole</u>
FRI	Coffee, Prepared From Grounds <u>Keto Cinnamon Swirls</u>	<u>Keto Creamy Mushroom Soup</u>	<u>Keto Lasagna</u> Cottage Cheese

# WEEKLY MEAL PLAN

## PRINTABLE

### BREAKFAST

### LUNCH

### DINNER

MON

MCT Oil  
Eggs, Cooked  
Avocado, Black Skin

Keto Cheesy Broccoli  
Casserole  
Pecans, Raw

Keto Eggplant Parmesan

TUE

MCT Oil  
Low Carb Oatmeal  
Pecans, Raw

Keto Lasagna  
Cottage Cheese

Keto Creamy Mushroom  
Soup

WED

Keto Dalgona Coffee  
Keto Cinnamon Swirls

Easy Chaffles

Avocado, Black Skin  
Almonds, Raw  
Cottage Cheese

THU

Perfect Keto Waffles  
Keto Maple Syrup  
MCT Oil  
Coffee, Prepared From  
Grounds

Egg, Whole, Cooked, Hard-  
Boiled  
Cheddar Cheese, Natural  
MCT Oil

Keto Tortilla Chips  
Easy Low Carb Guacamole

FRI

Coffee, Prepared From  
Grounds  
Keto Cinnamon Swirls

Keto Creamy Mushroom  
Soup

Keto Lasagna  
Cottage Cheese

# NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

**MONDAY**    Calories: 1507  
Protein: 46.1g                    12%  
Net Carbs: 18.5g                9%  
Fat: 136.6g                        79%

**TUESDAY**    Calories: 1588  
Protein: 69.3g                    17%  
Net Carbs: 26.6g                10%  
Fat: 131.3g                        72%

**WEDNESDAY**    Calories: 1698  
Protein: 90.6g                    22%  
Net Carbs: 27g                    10%  
Fat: 131.7g                        69%

**THURSDAY**    Calories: 1564  
Protein: 58g                        15%  
Net Carbs: 18.3g                15%  
Fat: 139.4g                        78%

**FRIDAY**        Calories: 1220  
Protein: 66.1g                    22%  
Net Carbs: 25.7g                10%  
Fat: 93.9g                         69%



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

