

# WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST	LUNCH	DINNER
MON	MCT Oil Coffee, Prepared From Grounds <u>Keto Matcha Energy Bites</u> Almonds, Raw	<u>Keto Stuffed Mushrooms</u> Cottage Cheese	Broccoli, Cooked From Fresh Chicken Thigh, Skin Eaten Green Giant, Riced Cauliflower, 2016 Label
TUE	MCT Oil Coffee, Prepared From Grounds <u>Keto Matcha Energy Bites</u> Almonds, Raw	Broccoli, Cooked From Fresh Chicken Thigh, Skin Eaten Green Giant, Riced Cauliflower, 2016 Label	<u>Keto Tex Mex Casserole</u> <u>Mashed Cauliflower</u>
WED	MCT Oil Coffee, Prepared From Grounds <u>Keto Matcha Energy Bites</u> Almonds, Raw	<u>Keto Cheesy Broccoli Casserole</u> Cottage Cheese, 4% Fat	<u>Instant Pot Keto Spinach Artichoke Chicken Bowl</u>
THU	MCT Oil Coffee, Prepared From Grounds <u>Keto Matcha Energy Bites</u> Almonds, Raw	<u>Keto Cheesy Broccoli Casserole</u>	Broccoli, Cooked From Fresh Chicken Thigh, Skin Eaten Green Giant, Riced Cauliflower, 2016 Label
FRI	MCT Oil Coffee, Prepared From Grounds <u>Keto Matcha Energy Bites</u> Almonds, Raw	<u>Keto Stuffed Mushrooms</u>	<u>Instant Pot Keto Spinach Artichoke Chicken Bowl</u> Cottage Cheese, 4% Fat

# WEEKLY MEAL PLAN

## PRINTABLE

### BREAKFAST

### LUNCH

### DINNER

MON

MCT Oil  
Coffee, Prepared From Grounds  
Keto Matcha Energy Bites  
Almonds, Raw

Keto Stuffed Mushrooms  
Cottage Cheese

Broccoli, Cooked From Fresh  
Chicken Thigh, Skin Eaten  
Green Giant, Riced Cauliflower, 2016 Label

TUE

MCT Oil  
Coffee, Prepared From Grounds  
Keto Matcha Energy Bites  
Almonds, Raw

Broccoli, Cooked From Fresh  
Chicken Thigh, Skin Eaten  
Green Giant, Riced Cauliflower, 2016 Label

Keto Tex Mex Casserole  
Mashed Cauliflower

WED

MCT Oil  
Coffee, Prepared From Grounds  
Keto Matcha Energy Bites  
Almonds, Raw

Keto Cheesy Broccoli Casserole  
Cottage Cheese, 4% Fat

Instant Pot Keto Spinach Artichoke Chicken Bowl

THU

MCT Oil  
Coffee, Prepared From Grounds  
Keto Matcha Energy Bites  
Almonds, Raw

Keto Cheesy Broccoli Casserole

Broccoli, Cooked From Fresh  
Chicken Thigh, Skin Eaten  
Green Giant, Riced Cauliflower, 2016 Label

FRI

MCT Oil  
Coffee, Prepared From Grounds  
Keto Matcha Energy Bites  
Almonds, Raw

Keto Stuffed Mushrooms

Instant Pot Keto Spinach Artichoke Chicken Bowl  
Cottage Cheese, 4% Fat

# NUTRITION FACTS

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**MONDAY**    Calories: 1340  
Protein: 95.3%            29%  
Net Carbs: 21.4g           10%  
Fat: 92.2g                   60%

**TUESDAY**    Calories: 1441  
Protein: 96.2g            28%  
Net Carbs: 24.9g           10%  
Fat: 102.8g                62%

**WEDNESDAY**    Calories: 1448  
Protein: 69.6g            19%  
Net Carbs: 25.1g           11%  
Fat: 117.3g                70%

**THURSDAY**    Calories: 1226  
Protein: 71.2g            24%  
Net Carbs: 18.1g           11%  
Fat: 92.3g                   66%

**FRIDAY**        Calories: 1356  
Protein: 70.4g            21%  
Net Carbs: 21.3g           10%  
Fat: 108.2g                69%



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

