

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST		LUNCH		DINNER
MON	MCT Oil Coffee, Prepared From Grounds Keto Coconut Flour Pancakes Keto Maple syrup		Eggs, Cooked Butter, Salted Mushrooms, Raw Bacon, Pork		Keto Coleslaw Pork Chops, Loin, Fresh, Visible Fat Eaten
TUE	MCT Oil Coffee, Prepared From Grounds Keto Coconut Flour Pancakes Keto Maple syrup		Easy Chaffles Cottage Cheese, 4% Fat		Keto Mushroom Soup
WED	MCT Oil Coffee, Prepared From Grounds Keto Coconut Flour Pancakes Keto Maple syrup		Eggs, Cooked Butter, Salted Mushrooms, Raw Bacon, Pork		Keto Coleslaw Pork Chops, Loin, Fresh, Visible Fat Eaten
THU	MCT Oil Coffee, Prepared From Grounds Keto Coconut Flour Pancakes Keto Maple syrup		Easy Chaffles Cottage Cheese, 4% Fat		Keto Mushroom Soup
FRI	MCT Oil Coffee, Prepared From Grounds Keto Coconut Flour Pancakes Keto Maple syrup		Eggs, Cooked Butter, Salted Mushrooms, Raw Bacon, Pork		Keto Coleslaw Pork Chops, Loin, Fresh, Visible Fat Eaten

WEEKLY MEAL PLAN

PRINTABLE

BREAKFAST

LUNCH

DINNER

MON

MCT Oil
Coffee, Prepared From
Grounds
[Keto Coconut Flour
Pancakes](#)
[Keto Maple syrup](#)

Eggs, Cooked
Butter, Salted
Mushrooms, Raw
Bacon, Pork

[Keto Coleslaw](#)
Pork Chops, Loin, Fresh,
Visible Fat Eaten

TUE

MCT Oil
Coffee, Prepared From
Grounds
[Keto Coconut Flour
Pancakes](#)
[Keto Maple syrup](#)

Easy Chaffles
Cottage Cheese, 4% Fat

[Keto Mushroom Soup](#)

WED

MCT Oil
Coffee, Prepared From
Grounds
[Keto Coconut Flour
Pancakes](#)
[Keto Maple syrup](#)

Eggs, Cooked
Butter, Salted
Mushrooms, Raw
Bacon, Pork

[Keto Coleslaw](#)
Pork Chops, Loin, Fresh,
Visible Fat Eaten

THU

MCT Oil
Coffee, Prepared From
Grounds
[Keto Coconut Flour
Pancakes](#)
[Keto Maple syrup](#)

Easy Chaffles
Cottage Cheese, 4% Fat

[Keto Mushroom Soup](#)

FRI

MCT Oil
Coffee, Prepared From
Grounds
[Keto Coconut Flour
Pancakes](#)
[Keto Maple syrup](#)

Eggs, Cooked
Butter, Salted
Mushrooms, Raw
Bacon, Pork

[Keto Coleslaw](#)
Pork Chops, Loin, Fresh,
Visible Fat Eaten

NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

MONDAY Calories: 1843
Protein: 105.4g 24%
Net Carbs: 10.2g 5%
Fat: 147.1g 71%

TUESDAY Calories: 1674
Protein: 80.8g 20%
Net Carbs: 18.8g 8%
Fat: 136.8g 72%

WEDNESDAY Calories: 1843
Protein: 105.4g 24%
Net Carbs: 10.2g 5%
Fat: 147.1g 71%

THURSDAY Calories: 1674
Protein: 80.8g 20%
Net Carbs: 18.8g 8%
Fat: 136.8g 72%

FRIDAY Calories: 1843
Protein: 105.4g 24%
Net Carbs: 10.2g 5%
Fat: 147.1g 71%



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

