

WEEKLY MEAL PLAN

BY HEALTH COACH TARA WRIGHT

	BREAKFAST	LUNCH	DINNER
MON	MCT Oil Coffee, Prepared From Grounds Eggs, Cooked	<u>Low Carb Creamy Chicken Chili</u>	Spinach Salad <u>Keto Parmesan Garlic Vinaigrette</u>
TUE	MCT Oil Coffee, Prepared From Grounds	Easy Chaffles	Spinach, Mushroom, Bacon and Cheese Omelet
WED	MCT Oil Coffee, Prepared From Grounds Almonds	Eggs, Cooked Avocado Cottage Cheese	<u>Low Carb Creamy Chicken Chili</u>
THU	MCT Oil Coffee, Prepared From Grounds	Spinach Salad <u>Keto Parmesan Garlic Vinaigrette</u> <u>Garlic Cheddar Biscuits</u>	Easy Chaffles
FRI	MCT Oil Coffee, Prepared From Grounds Eggs, Cooked	<u>Low Carb Creamy Chicken Chili</u>	Spinach, Mushroom, Bacon and Cheese Omelet

WEEKLY MEAL PLAN

PRINTABLE

BREAKFAST

LUNCH

DINNER

MON

MCT Oil
Coffee, Prepared From
Grounds
Eggs, Cooked

Low Carb Creamy
Chicken Chili

Spinach Salad
Keto Parmesan Garlic
Vinaigrette

TUE

MCT Oil
Coffee, Prepared From
Grounds

Easy Chaffles

Spinach,
Mushroom, Bacon
and Cheese
Omelet

WED

MCT Oil
Coffee, Prepared From
Grounds
Almonds

Eggs, Cooked
Avocado
Cottage Cheese

Low Carb Creamy
Chicken Chili

THU

MCT Oil
Coffee, Prepared From
Grounds

Spinach Salad
Keto Parmesan Garlic
Vinaigrette
Garlic Cheddar Biscuits

Easy Chaffles

FRI

MCT Oil
Coffee, Prepared From
Grounds
Eggs, Cooked

Low Carb Creamy
Chicken Chili

Spinach,
Mushroom, Bacon
and Cheese
Omelet

NUTRITION FACTS

BY HEALTH COACH TARA WRIGHT

MONDAY Calories: 1701
Protein: 74.9g 18%
Net Carbs: 18.8g 8%
Fat: 145.7g 74%

TUESDAY Calories: 1757
Protein: 89.1g 21%
Net Carbs: 11g 6%
Fat: 148.1g 74%

WEDNESDAY Calories: 1657
Protein: 93.6g 23%
Net Carbs: 11g 10%
Fat: 148.1g 67%

THURSDAY Calories: 1711
Protein: 71.2g 17%
Net Carbs: 15.3g 8%
Fat: 148.7g 75%

FRIDAY Calories: 1621
Protein: 96.8g 25%
Net Carbs: 13.5g 5%
Fat: 128.9g 70%



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

