

# Countess Of Low Carb's Keto Meal Plan



## Keto Shopping Lists:

- [Printable](#) Aldi Keto Shopping List
- [Printable](#) Costco Keto Shopping List
- Latest [Amazon](#) Keto Shopping List
- Fasting Schedule [Printable](#)

## Keto Meal Plan March 2019:

Days Of Week:	Dinner:
<b>Monday:</b>	<b>Buffalo Chicken</b> -1/3 cup cream cheese, 1/3 cup <a href="#">Primal Mayo</a> , ¼ cup of hot sauce and 1 whole chicken. - <a href="#">Recipe HERE</a> - How to cook chicken -I love it on romaine lettuce wraps or on 2 cups of spinach.
<b>Tuesday:</b> KISS (keep it simple sister or brotha each week)	<b>Keto Tacos Fixins! Ole!</b> - <a href="#">Taco Seasoning Recipe</a> - <a href="#">Taco Cheese Shells Recipe</a> - Romaine Lettuce = 2 cups = 1 carb - Spinach = 2 cups = 1 carb (and high in potassium, more than a banana!) - Taco Salad
<b>Wednesday:</b> KISS (keep it simple sister or brotha each week)	<b>Keto Breakfast For Dinner:</b> -Egg and Sausage casserole. <a href="#">Recipe HERE</a> .
<b>Thursday:</b>	<b>Bone Broth Soup &amp; Hard Boiled Eggs</b> <a href="#">-Recipe HERE</a> .
<b>Friday:</b>	<b>Grass Fed Delivered NY Strip</b> -Get 10% off delivered order w/ code: COUNTESS10 <a href="#">-Order HERE</a>
<b>Saturday:</b>	<b>Keto Pot Roast w/ potato radishes</b> <a href="#">-Recipe HERE</a> .
<b>Sunday:</b>	<b>Long Horn Steak</b> <a href="#">-Info HERE</a>

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- ✓ Youtube - [www.youtube.com/countessoflowcarb](http://www.youtube.com/countessoflowcarb)

Affiliate links are included. Please share with someone who needs keto meal plans.

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## Keto Food & Add'l Choices:

- [Keto Mint Bars](#) for occasional dessert treat
- [Keto Mojo For Blood Testing](#) – only blood is accurate for ketones (not pee strips!)
- [Delivered Sparkling Water](#) – no shlepping
- 2 tablespoons of [Primal Ranch](#) = 2 carbs
- 1 tablespoon of [almond butter](#) = 3.5 carbs or 1.5 net carbs
- ¼ cup [walnuts](#) = 3 carbs or 1.5 net carbs
- ¼ cup [pecans](#) = 3.5 carbs or 1 net carb
- [Unsweetened Almond Milk](#)
- [Perfect Square Parchment Paper](#)
- [Grass Fed Beef Delivered](#) – Use COUNTESS code for 10% OFF
- [Almond Flour](#)
- [Primal Mayo](#)

## Keto Veggies This Week:

- 2 cups of spinach = 2.2 carbs or 1 net carb **\*\***(I'm really trying to do spinach or romaine daily!)
- + 2 tablespoons of [Primal Ranch](#) = 2 carbs
- 1 cup zucchini = 3.5 carbs or 2.5 net carbs
- 1 cup celery = 3 carbs or 1.5 net carbs
- + 1 tablespoon of [almond butter](#) = 3.5 carbs or 1.5 net carbs

## Keto Snacks:

- [Keto Bars](#): Half the bar is 3-4 carb (I love these for something sweet once or twice per week)
  - Totally clean ingredients
- ¼ cup [walnuts](#) = 3 carbs or 1.5 net carbs
- ¼ cup [pecans](#) = 3.5 carbs or 1 net carb
- ¼ cup [macadamia nuts](#) = 4.75 carbs or 1.75 carbs

Note: I have to have these proportioned in ¼ baggies/cups or I will overeat them. I also limit to just 2-4 times per week.

## This Week's Focus:

- 1) Continue to work on fasting (new fasting group – [HERE](#)).
- 2) Continue to destress and soak in tub with [magnesium bath soaks](#).

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## Fasting:

Join new group [HERE](#).

I am really working on increasing my fasting times as it makes MAJOR differences for my body!

Considering a [16 hour fast video?](#)

Lose [100 pounds from fasting video!](#)

## Weight Loss Thought This Week:

Love and compassion. Love and compassion. Love and compassion.

## Keto Lunches:

-Make extra from dinner and use for your keto lunches.

## Beginners:

[-Calculate your macros](#)

If you need extra food or are hungry, try:

-Coffee/Tea + 1 tablespoon of fat (grassfed butter, butter, coconut oil or ghee)

-1 cup of Cucumbers + 1 teaspoon of olive oil

-2 ounces of cheese (try to not have more than 2-3 ounces of dairy a day for potential weight loss stalls)

## Advanced:

This week, stretch yourself by doing an hour further than what you have done before for fasting. Learn more with Dr. Fung [video](#) or [book](#).

Try to get to [24 hour fast – print out completion certificate!](#)

Try to get to 30 hour fast....stretch yourself this week if you can! Remember rest is so important.

## Printables For Tracking Fast:

[Tracking 24 hour fast](#)

[Tracking 48 hour fast](#)

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