

Countess Of Low Carb – Weekly Weight Loss Keto Meal Plan

	Keto Weight Loss Meals
Monday	Instant Pot – Chicken + steamed asparagus in grassfed butter Recipe: HERE Instant Pot: I use THIS ONE .
Tuesday	Instant Pot – Buffalo Chicken + 2 cups of spinach w/ Primal Ranch Recipe: HERE Mix chicken with hot sauce, primal chipotle mayo & cream cheese Instant Pot: I use THIS ONE
Wednesday	Weekly Keto Breakfast -Bacon & Eggs w/ Primal Mayo for ease
Thursday	Weekly Taco Tuesday (MOVED to Thursday) -I wanted to use out instant pot chicken -Taco Seasoning Recipe: HERE
Friday	Ribeye Steak + 1 tablespoon of grassfed butter -Delivered HERE (discount 10%: COUNTESS10)
Saturday	Eating out at Five Guys -See HERE what I order
Sunday	Eating out at Mexican -See HERE what I order

Keto Snacks:

- Celery + Cream Cheese + [Everything Bagel Seasoning](#)
- [Keto Bars](#)
 - Weekend only treat & use only as a treat (not daily)
- [Almond Butter](#) – 1 tablespoon off the spoon
- [Coconut Manna](#) – 1 tablespoon off the spoon
- [Macadamia Nuts](#) – ¼ cup

**It's ideal to do intermittent fasting. If you find you need a snack in between meals, these are some of my favorites

Let's Connect:

- ✓ [Instagram – Countess Of Low Carb](#)
- ✓ [Facebook - @CountessOfLowCarb](#)
- ✓ [Youtube - www.youtube.com/countessoflowcarb](http://www.youtube.com/countessoflowcarb)

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	Intermittent Fasting Stair Step Method:
Monday	24 hour fast
Tuesday	18 hour fast
Wednesday	20 hour fast
Thursday	16 hour fast
Friday	[BREAK]
Saturday	16 hour fast
Sunday	20 hour fast, but start fasting window in evening

Fasting Resources:

- Dr. Fung's [Complete Guide to Fasting](#) book
- [Maldon's Sea Salt](#)
- Fasting Mistakes I've made [HERE](#)
- [Presale for my Fasting Printables HERE](#)

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