

Countess Of Low Carb – Weekly Weight Loss Keto Meal Plan

www.youtube.com/countessoflowcarb

	Keto Weight Loss Meals
Monday	<p>Carne Asada + Keto Coleslaw -Recipe HERE</p> <p>Dessert: Pellegrino with lime wedge on thin lip wine glass (you mock, but it's delicious!)</p>
<p>Tuesday</p> <p>(If you spot what's different about this meal plan vs older meal plans, you will win a prize if you are first 3 people email me the difference.)</p>	<p>Keto Air Fryer Meatballs RECIPE HERE</p> <p>Almond Butter + Celery Sticks -BEST keto almond butter HERE (2 table = 4 net carbs) -Video Idea HERE</p> <p>Dessert: Passion Fruit Iced Tea on thin lip wine glass w/ extra ice HERE</p>
Wednesday	<p>Sausage & Cabbage INSTANT POT RECIPE -Recipe HERE</p>
Thursday	<p>6 ounces of Roast Beef + Horseradish sauce -Video idea HERE</p>
Friday	<p>Eating out...Long Horn NY Strip + 1000 dressing (b/c I'm wild...does have soybean oil = inflammatory) salad + asparagus</p>
Saturday	<p>Bacon Cheeseburgers + Primal Mayo HERE</p>
Sunday	<p>Leftovers of whatever I have from Trader Joes haul</p>

[Air Fryer: Cosori I used](#)

[Instant Pot I used](#)

Keto Lunches: Simply make double the portion so you have lunch made for the next day.

Keto Veggies:

- 2 cups of spinach = 1 net carb or 2 carbs
- 1 cup of radishes = 2 net carbs or 4 carbs
- 1 cup of celery = 1 net carb or 3 carbs
- 1 cup of cucumber no peel = 2 net carbs or 3 carbs

Let's Connect:

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

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Keto Snacks:

- [Flying J Jerky](#)
- [Epic Pork Rinds Pack](#)
- 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

	Intermittent Fasting Stair Step Method:
Monday	24 hour fast Fasting Soup - Recipe HERE
Tuesday	16 hour fast
Wednesday	24 hour fast Fasting Soup - Recipe HERE
Thursday	16 hour fast Fasting Soup - Recipe HERE
Friday	24 hour fast
Saturday	16 hour fast Fasting Soup - Recipe HERE
Sunday	[BREAK]

Fasting Resources:

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

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