

# Countess Of Low Carb – Weekly Weight Loss Keto Meal Plan

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## Easy Keto Meals – Low Carb Fish Recipe

### Keto Ingredients:

- [Maldon's smoked salt](#) - My secret ingredient - shhhhhh! 1 tablespoon of [Maldon's smoked salt](#)
- 2.5 lbs of tuna - you could use any fish, but I got my tuna from my [Costco keto haul](#)
- 3/4 cup [Avocado Oil](#)
- 2/3 cup Lime juice
- 2 tablespoons of basil
- 1 tablespoon of garlic

### Directions:

1. Put tuna in a ziplock bag or glass bowl. Add [Avocado Oil](#), lime juice, basil, garlic & BEST ingredient [Maldon's smoked salt](#).
2. Put in the fridge. Let the ingredients marinate together for a fridge party for 3-4 hours.
3. Heat up grill to medium heat so it's at a hot temperature when putting the fish on the grill.
4. My tuna was an inch thick, so your grilling time may vary. I grilled the tuna for 6 minutes one side. Flipped the tuna to cook for 7 minutes on the other side. Your cooking time may vary depending on how thick your fish is.

### Serve Your Easy Keto Meal:

Serve this less than 30 minutes to cook your easy-keto-meal with 2 cups of spinach (1 net carb) or 2 cups of romaine lettuce (1 net carb). To ensure I get my keto high fats in for my easy keto meal, I added to my salad:

- 2 ounces of goat cheese
- 1/2 cup of guacamole
- 1/4 cup of shelled pumpkin seeds (I love Trader Joe's kind)
- 2 tablespoons of [Avocado Oil](#) and a splash of apple cider vinegar

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

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- 1 cup of cucumber no peel = 2 net carbs or 3 carbs

## 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

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