

Countess Of Low Carb – Weekly Weight Loss Keto Meal Plan

<http://www.youtube.com/countessoflowcarb>

Keto Day of Eating -Want to see what a day of keto eating looks like? See [HERE](#)

Cold - Are you chronically cold? Watch this interview [HERE](#)

	Keto Weight Loss Meals
Monday	Sausage Bites Recipe: HERE My new FAV SNACK & treat with dinner: Protein Cheese Balls
Tuesday	Keto Ribs Recipe: HERE
Wednesday	Keto Chicken Kabobs Recipe: HERE
Thursday	Simple life – eggs & bacon
Friday	Carne Asada Info on Trader Joe's Video HERE
Saturday	Keto Bagel w/ Strawberry Jam My Strawberry Low Carb Jam Recipe: HERE My Keto Bagel Recipe: HERE
Sunday	Avocado Eggs Recipe: HERE

My Keto Salad Dressing:

-2/3 cup [Avocado Oil](#)

-1/3 cup [Braggs Apple Cider Vinegar](#)

-Pinch of [Maldon's salt](#)

Keto Lunches Time Hack:

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

New Fav Snack:

[Protein Cheese Balls: HERE](#)

Disclaimer – snacks spike insulin, eliminate them if you can. I like to have once and while treats to feel 'normal', but not every day.

Let's Connect:

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

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

I've been testing this and loving as of May 1st

Intermittent Fasting Stair Step Method:

Monday	36 hour fast After Fasting Soup - Recipe HERE
Tuesday	[break]
Wednesday	24 hour fast After Fasting Soup - Recipe HERE
Thursday	16 hour fast After Fasting Soup - Recipe HERE
Friday	[break]
Saturday	36 hour fast After Fasting Soup - Recipe HERE
Sunday	16 hour fast

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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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