

Countess Of Low Carb's Keto Meal Plan



[Interested in Magnet Keto Meal Plan System?](#)

Keto Veggies This Week:

- 2 cups of spinach = 2.2 carbs or 1 net carb
- + 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)

- 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 net 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:

This week's mission and meal plan is centered around simplicity. Sometimes, we have to scale back and keep is small. This week's plan is focused on K-I-S-S (keep is simple sister or brotha). What is working well for you? What do you need to adjust? I would LOVE to hear! xxoo

Days Of Week:	Dinner:
Monday:	Bacon Cheeseburger w/ Primal Mayo or Chipotle Mayo
Tuesday:	Keto Tacos Fixins! Ole!

www.countessoflowcarb.com // www.youtube.com/countessoflowcarb

Affiliate links are included. Please share with someone who needs keto meal plans. This is not medical advice & is only my experience.

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KISS (keep it simple sister or brotha each week)	<ul style="list-style-type: none"> - Taco Seasoning Recipe - Taco Cheese Shells Recipe - Romaine Lettuce = 2 cups = 1 carb - Spinach = 2 cups = 1 carb (and high in potassium, more than a banana!) - Taco Salad
Wednesday: KISS (keep it simple sister or brotha each week)	Keto Breakfast: <ul style="list-style-type: none"> - Keto Oatmeal - Chia Seeds - Unsweetened Almond Milk - Walnuts
Thursday:	Keto Slow Cooker: <ul style="list-style-type: none"> - Ribeye, Prime Rib or NY Strip - I get grass fed beef delivered to my house. Get 10% OFF order, use code: COUNTESS10 - https://www.farmfoodsmarket.com/discount/COUNTESS10
Friday:	Seafood: Steamed shrimp with melted grass fed butter OR Crab legs with grass fed butter
Saturday:	Fathead Pizza Video For Recipe Almond Flour Parchment Paper
Sunday:	Eating Out: Five Guys or Outback -

Fasting:

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:

What do you need to adjust? What is going well? Focus in on what is working. Slowly change what is not working as well. Love and compassion. Love and compassion. Love and compassion.

Keto Lunches:

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

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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](#)