

Countess Of Low Carb's Keto Meal Plan



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

[Video](#) for January 16, 2019 Meal Plan Week: <https://youtu.be/orUsk6pX6GQ>

Days Of Week:	Dinner:
Monday:	<p>Keto Fried Chicken:</p> <ul style="list-style-type: none"> -Use Pork Panko Breadcrumbs (Carbs/Net Carbs: 1) for 1 chicken breast fried or Let's Do Coconut Unsweetened Flakes (Carbs: 28 for 3, fried chicken breasts or 9 carbs for one, fried chicken breast// Net Carbs: 16 carbs for 3 fried chicken breasts or 6 net carbs for 1 fried chicken breast) <p>Recipe:</p> <ul style="list-style-type: none"> -Put bacon grease into frying skillet & heat up pan -Chop chicken into little pieces -Dip chicken in 1 egg (egg wash) -Then dip chicken into Pork Panko Breadcrumbs or Coconut Unsweetened Flakes -Put chicken into bacon grease, cook on side and flip to fry on other side -Garnish with ranch dressing (2 carbs) for dipping
<p>Tuesday: (Always the same for mindset & automation, but food varies. See linked video.)</p>	<p>Keto Tacos:</p> <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
<p>Wednesday: (Always the same for mindset & automation, but food varies. See linked video.)</p>	<p>Keto Breakfast:</p> <ul style="list-style-type: none"> - 3 slices of Bacon = 1 carb (watch ingredients in the brand you pick) - Eggs (1 carb per egg, don't go over protein for the day) - Sausage – 2 pork patties = 2 carbs (watch sugar in ingredients) - Egg Casserole Recipe - Chia Pudding Recipe – like keto oatmeal!
Thursday:	<p>Keto Slow Cooker:</p> <ul style="list-style-type: none"> - Chicken Noodle Soup (4 net carbs per serving)
Friday:	<p>Eating Out:</p> <ul style="list-style-type: none"> - Chipotle Chorizo Bowl –fajita veggies, guac, sour cream & cheese - 18 carbs or 10 net carbs - This means I really watch my carbs for the rest of the day.

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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Saturday:	Ribeye With Grassfed butter on top <ul style="list-style-type: none">- I get grass fed beef delivered to my house. Get 10% OFF order, use code: COUNTESS10- https://www.farmfoodsmarket.com/discount/COUNTESS10- 0 carbs/0 net carbs- ...I usually add some sort of keto vegetable.
Sunday:	Keto Chili <ul style="list-style-type: none">- Recipe for Keto Chili- Per Serving: 6 carbs or 4 net carbs- Garnish with 2 tablespoons of sour cream: 2 carbs/2 net carbs- Garnish with ¼ cup shredded cheese: 1 carb/1 net carb

Weight Loss Thought This Week:

Rest is best. In order to lose weight healthfully, you are required to get rest....in my 67 lb experience 😊

Keto Lunches:

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

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](#)

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