

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

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

## 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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