

Countess Of Low Carb's Keto Meal Plan



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

Days Of Week:	Dinner:
Monday:	Keto Pizza: <ul style="list-style-type: none"> - Fathead Pizza Crust Recipe - Pepperoni Bites
Tuesday:	Keto Tacos: <ul style="list-style-type: none"> - Taco Seasoning Recipe - Taco Cheese Shells Recipe - Romaine Lettuce = 2 cups = 1 carb - Taco Salad
Wednesday:	Keto Breakfast: <ul style="list-style-type: none"> - Bacon - Eggs - Sausage - Egg Casserole Recipe - Chia Pudding Recipe
Thursday:	Keto Spaghetti: <ul style="list-style-type: none"> - Spaghetti Squash - Alfredo Sauce Recipe - Use leftover hamburger or make keto meatballs
Friday:	Ribeye: <ul style="list-style-type: none"> - Add 2 cups spinach or romaine lettuce salad = 1 carb + 1 tablespoon of olive oil/hempseed oil (0 carbs)
Saturday:	Eating Out <ul style="list-style-type: none"> - Items #1 - Items #2
Sunday:	Hamburgers: <ul style="list-style-type: none"> - Grassfed beef: Use code: COUNTESS10 for 10% OFF your order! - Bacon cheeseburger - Cheeseburger - Hamburger - Wrap in Iceburg lettuce leaf for 1 carb - Primal mayo = clean keto mayo

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Keto Lunches:

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

Beginners:

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)

[-Check your macros](#)

Advanced:

This week increase fasting time by 3-8 hours more!

Try to get to 18 hour fast

Try to get to 20 hour fast

Try to get to [24 hour fast – print out completion certificate!](#)

Try to get to 30 hour fast

Printables For Tracking Fast:

[Tracking 24 hour fast](#)

[Tracking 48 hour fast](#)