

Countess Of Low Carb's Keto Meal Plan



Interested in Magnet Keto Meal Plan System?

Keto Meal Plan Feb 2019:

-[Printable](#) Aldi Keto Shopping List

Days Of Week:	Dinner:
Monday:	Low Carb (not keto) Meatloaf Low Carb Ketchup , but not keto b/c it does have sugar added Recipe
Tuesday: KISS (keep it simple sister or brotha each week)	Keto Tacos Fixins! Ole! <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 Oatmeal Breakfast For Dinner: <ul style="list-style-type: none"> - Keto Oatmeal - Chia Seeds - Unsweetened Almond Milk - Walnuts
Thursday:	Steamed Shrimp With Kerrygold Butter <ul style="list-style-type: none"> - How to steam shrimp video
Friday:	Deviled Eggs Do you want to see my recipe? Email me back if so...
Saturday:	Bacon Cheeseburger w/ Primal Mayo or Chipotle Mayo
Sunday:	Eating Out: Red Lobster – what I ate

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

- [Almond Flour](#)
- [Primal Mayo](#)
- [Keto Mint Bars](#) for occasional dessert treat
- [Chia seeds](#) = Keto [Oatmeal Recipe Video](#)
- [Sparkling Water](#)
- [Keto Mojo For Blood Testing](#) – only blood is accurate for ketones (not pee strips!)
- 2 tablespoons of [Primal Ranch](#) = 2 carbs
- 1 tablespoon of [almond butter](#) = 3.5 carbs or 1.5 net carbs
- ¼ cup [walnuts](#) = 3 carbs or 1.5 net carbs
- ¼ cup [pecans](#) = 3.5 carbs or 1 net carb
- [Unsweetened Almond Milk](#)
- [Parchment Paper](#)
- [Grass Fed Beef Delivered](#) – Use COUNTESS code for 10% OFF

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

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.

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This Week's Focus:

- 1) Do my 10-10 Challenge (Released on Thursday on FB)
- 2) Body Movement 6 days this week w/ 3 days lifting.
- 3) Rest...really get back to go to bed at 10pm.

Encouragement:

- [Dairy Free Keto](#)
- [Walmart Keto Shopping](#)
- [Fasting Day – what does my food look like?](#)

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.

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

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-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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