

Countess Of Low Carb's Keto Meal Plan



Keto Shopping Lists:

- [Printable](#) Aldi Keto Shopping List
- [Printable](#) Costco Keto Shopping List
- Latest [Amazon](#) Keto Shopping List
- Fasting Schedule [Printable](#)

Keto Meal Plan March 2019:

Days Of Week:	Dinner:
Monday:	Buffalo Chicken -1/3 cup cream cheese, 1/3 cup Primal Mayo , ¼ cup of hot sauce and 1 whole chicken. - Recipe HERE - How to cook chicken -I love it on romaine lettuce wraps or on 2 cups of spinach.
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 Breakfast For Dinner: -Egg and Sausage casserole. Recipe HERE .
Thursday:	Bone Broth Soup & Hard Boiled Eggs -Recipe HERE .
Friday:	Grass Fed Delivered NY Strip -Get 10% off delivered order w/ code: COUNTESS10 -Order HERE
Saturday:	Keto Pot Roast w/ potato radishes -Recipe HERE .
Sunday:	Long Horn Steak -Info HERE

- ✓ [Blog: www.countessoflowcarb.com](http://www.countessoflowcarb.com)
- ✓ [Instagram – Countess Of Low Carb](#)
- ✓ [Facebook - @CountessOfLowCarb](#)
- ✓ Youtube - 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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Keto Food & Add'l Choices:

- [Keto Mint Bars](#) for occasional dessert treat
- [Keto Mojo For Blood Testing](#) – only blood is accurate for ketones (not pee strips!)
- [Delivered Sparkling Water](#) – no shlepping
- 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](#)
- [Perfect Square Parchment Paper](#)
- [Grass Fed Beef Delivered](#) – Use COUNTESS code for 10% OFF
- [Almond Flour](#)
- [Primal Mayo](#)

Keto Veggies This Week:

- 2 cups of spinach = 2.2 carbs or 1 net carb ******(I'm really trying to do spinach or romaine daily!)
- + 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)
 - Totally clean ingredients
- 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 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:

- 1) Continue to work on fasting (new fasting group – [HERE](#)).
- 2) Continue to destress and soak in tub with [magnesium bath soaks](#).

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Fasting:

Join new group [HERE](#).

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:

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

-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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