

# Countess Of Low Carb – Weekly Weight Loss Keto Meal Plan

	<b>Keto Weight Loss Meals</b>
<b>Monday</b>	<b>Cheesy Keto Mac &amp; Cheese with bacon</b> <a href="#">-Recipe HERE</a>
<b>Tuesday</b>	<b>Keto Tacos Fixins! Ole!</b> <ul style="list-style-type: none"><li>- <a href="#">Taco Seasoning Recipe HERE</a></li><li>- <a href="#">Taco Cheese Shells Recipe HERE</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></ul> Taco Salad
<b>Wednesday</b>	<b>Keto Breakfast For Dinner:</b> -Chorizos sausage and eggs = simple!
<b>Thursday</b>	<b>Homemade Rotisserie Chicken + 2 cups of spinach + olive oil</b> <a href="#">-Recipe HERE</a>
<b>Friday</b>	<b>Hamburgers</b> <a href="#">-Ideas HERE</a>
<b>Saturday</b>	<b>Keto Pot Roast w/ potato radishes</b> <a href="#">-Recipe HERE.</a>
<b>Sunday</b>	<b>Grass Fed Delivered Ribeye</b> -Get 10% off delivered order w/ code: COUNTESS10 <a href="#">-Order HERE</a>

## Keto Snacks:

- [Flying J Jerky](#)
- [Epic Pork Rinds Pack](#)
- Celery + Cream Cheese + [Everything Bagel Seasoning](#)
- [Keto Bars](#)
  - o Weekend only treat & use only as a treat (not daily)
- [Almond Butter](#) – 1 tablespoon off the spoon
- [Coconut Manna](#) – 1 tablespoon off the spoon
- [Macadamia Nuts](#) – ¼ cup

\*\*It's ideal to do intermittent fasting. If you find you need a snack in between meals, these are some of my favorites

Let's Connect:

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

# Countess Of Low Carb – Weekly Weight Loss Keto Meal Plan

	<b>Intermittent Fasting Stair Step Method:</b>
<b>Monday</b>	24 hour fast
<b>Tuesday</b>	16 hour fast
<b>Wednesday</b>	30 hour fast
<b>Thursday</b>	[BREAK]
<b>Friday</b>	16 hour fast
<b>Saturday</b>	[BREAK]
<b>Sunday</b>	24 hour fast, but start fasting window in evening

## **Fasting Resources:**

- Dr. Fung's [Complete Guide to Fasting](#) book
- [Maldon's Sea Salt](#)
- Fasting Mistakes I've made [HERE](#)
- [Presale for my Fasting Printables HERE](#)

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