

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

[www.youtube.com/countessoflowcarb](http://www.youtube.com/countessoflowcarb)

	<b>Keto Weight Loss Meals</b>
<b>Monday</b>	<p><a href="#">Keto Meatballs RECIPE</a> -Recipe <a href="#">HERE</a></p> <p>Dessert: 3 raspberries + 3 tablespoons of chilled whipped cream</p>
<b>Tuesday</b>	<p><b>Grilled Mahi Mahi w/ grass fed butter</b></p> <p>Dessert: <a href="#">Pickle Popsicles for Dessert: Order HERE</a></p>
<b>Wednesday</b>	<p><b>Keto Breakfast For Dinner:</b> -Always, every week for autopilot system! -This week is just guac + bacon. DONE!</p>
<b>Thursday</b>	<p><b>Keto Tacos Fixins! Ole!</b></p> <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> <p>Taco Salad</p>
<b>Friday</b>	<p><b>2 cups of spinach +</b> Homemade Salad Dressing: <a href="#">RECIPE HERE</a> <b>+ leftover cooked hamburger in freezer from</b> <a href="#">Keto Meal Prep (VIDEO HERE)</a></p>
<b>Saturday</b>	<p><b>Eating out...Outback Ribeye + salad + asparagus</b></p>
<b>Sunday</b>	<p><a href="#">Pepperoni Chips</a> -Recipe <a href="#">HERE</a></p>

Keto Lunches: Simply make double the portion so you have lunch made for the next day.

## 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

### Let's Connect:

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

	<b>Intermittent Fasting Stair Step Method:</b>
<b>Monday</b>	36 hour fast <b>Fasting Soup</b> - <a href="#">Recipe HERE</a>
<b>Tuesday</b>	[BREAK]
<b>Wednesday</b>	16 hour fast <b>Fasting Soup</b> - <a href="#">Recipe HERE</a>
<b>Thursday</b>	16 hour fast. <b>Fasting Soup</b> - <a href="#">Recipe HERE</a>
<b>Friday</b>	[BREAK]
<b>Saturday</b>	24 hour fast, but start fasting window in evening <b>Fasting Soup</b> - <a href="#">Recipe HERE</a>
<b>Sunday</b>	Wrapping up 24 hour fast...

## Fasting Resources:

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

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