Countess Of Low Carb – Weekly Weight Loss Keto Meal Plan

	Keto Weight Loss Meals
Monday	**Keto Spaghetti Pasta** -Palmini Noodles **ORDER HERE** -Make with meat + alfredo sauce
Tuesday	**Keto Tacos Fixins! Ole!** - **Taco Seasoning Recipe HERE** - **Taco Cheese Shells Recipe HERE** - Romaine Lettuce = 2 cups = 1 carb - Spinach = 2 cups = 1 carb (and high in potassium, more than a banana!) Taco Salad
Wednesday	**Keto Breakfast For Dinner:** -Always, every week for autopilot system! This week is no sugar bacon & fried eggs in bacon grease
Thursday	**Pesto Pork Panko** -Pork Panko Crumbs **ORDER HERE** -Use pork loins and egg wash. Dip into Pork Panko Crumbs. Fry in bacon grease on both sides. Put 1 tablespoon of pesto & 1 teaspoon of cream cheese on each piece on meat. Sprinkle w/ Pork Panko Crumbs. Heat on 350 for 10 minutes for top to get gooey & crispy.
Friday	**Keto Pot Roast w/ potato radishes** **-Recipe HERE.**
Saturday	**Scallops w/ Countess Alfredo Sauce** -How to cook Scallops. **SEE HERE**
Sunday	**Goat Cheese Hamburgers** -I've been LOVING the Costco premade patties. **SEE HERE**

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
  - 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

Let's Connect:

- ✓ Instagram – Countess Of Low Carb
- ✓ Facebook - @CountessOfLowCarb
- ✓ Youtube - www.youtube.com/countessoflowcarb

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

	Intermittent Fasting Stair Step Method:
Monday	24 hour fast
Tuesday	16 hour fast
Wednesday	30 hour fast
Thursday	[BREAK]
Friday	16 hour fast
Saturday	[BREAK]
Sunday	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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