

Countess Of Low Carb – Weekly Weight Loss Keto Meal Plan

www.youtube.com/countessoflowcarb

Keto Day of Eating -Want to see what a day of keto eating looks like? See [HERE](#)

Cold - Are you chronically cold? Watch this interview [HERE](#)

	Keto Weight Loss Meals
Monday	<p>Keto Grilled Fish</p> <p>My RECIPE: HERE</p> <p>Secret Ingredient: HERE</p>
Tuesday	<p>Keto Spaghetti & Meatballs</p> <p>Keto Spaghetti Noodles: HERE</p> <p>Recipe Video: HERE</p> <p>Time Hack – Make extra meatballs & freeze for later</p>
Wednesday	<p>Keto Lasagna</p> <p>Recipe: HERE</p> <p>Time Hack – Make extra & freeze</p>
Thursday	<p>Steamed Shrimp + Grassfed Butter + Old Bay Seasoning</p> <p>Old Bay Seasoning: HERE</p>
Friday	<p>Bacon Poppers</p> <p>Preheat oven for 375 degrees Cut zucchini in 2 inch x 1 inch pieces that are 1/3 inch thick Smear cream cheese on the zucchini Wrap zucchini & cream cheese w/ a piece of bacon Cook in oven for 375 degrees for 6 minutes and flip them. Cook other side for 7 minutes. Check on them to ensure they don't burn.</p>
Saturday	<p>Fried Cheese Balls</p> <p>Heat frying pan in bacon grease. Cut goat cheese ½ inch thick. Dip in egg wash and dip into Pork Panko Crumbs Fry for 2 minutes on one side and 2 minutes on the other side. Try not to lick your fingers when you eat it on a bed of spinach w/ blue cheese or ranch dressing.</p>
Sunday	<p>Keto Pizza</p> <ul style="list-style-type: none"> • My Recipe

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

Let's Connect:

- ✓ [Instagram – Countess Of Low Carb](#)
- ✓ [Facebook - @CountessOfLowCarb](#)
- ✓ [Youtube - www.youtube.com/countessoflowcarb](http://www.youtube.com/countessoflowcarb)
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[Air Fryer: Cosori](#)
[Instant Pot I used](#)

Keto Veggies:

- 2 cups of spinach = 1 net carb or 2 carbs
- 1 cup of radishes = 2 net carbs or 4 carbs
- 1 cup of celery = 1 net carb or 3 carbs
- 1 cup of cucumber no peel = 2 net carbs or 3 carbs

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

I've been testing this and loving as of May 1 st	Intermittent Fasting Stair Step Method:
Monday	24 hour fast Fasting Soup - Recipe HERE
Tuesday	18 hour fast
Wednesday	24 hour fast Fasting Soup - Recipe HERE
Thursday	18 hour fast Fasting Soup - Recipe HERE
Friday	24 hour fast
Saturday	18 hour fast Fasting Soup - Recipe HERE
Sunday	18 hour fast

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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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