

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

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

	<b>Keto Weight Loss Meals</b>
<b>Monday</b>	<b>Keto Beef Stroganoff</b>  <a href="#">Keto Noodles: HERE</a> <a href="#">Recipe: Beef Stroganoff HERE</a>
<b>Tuesday</b>	<b>Keto Stuffed Mushrooms</b>  <a href="#">Recipe: HERE</a>
<b>Wednesday</b>	<b>Keto Tacos</b>  <a href="#">Recipe: Homemade Keto Taco Shells HERE</a> <a href="#">Recipe: Homemade Keto Taco Seasoning HERE</a>
<b>Thursday</b>	<b>Keto Buffalo Chicken</b>  <a href="#">Recipe: HERE</a>
<b>Friday</b>	<b>Keto Wings</b>  <a href="#">Recipe: HERE</a>
<b>Saturday</b>	<b>Keto Pesto Pizza</b> <a href="#">My Recipe</a>
<b>Sunday</b>	<b>Five Guys</b>  <a href="#">See What I Order: HERE</a>

#### My Keto Salad Dressing:

-2/3 cup [Avocado Oil](#)

-1/3 cup [Braggs Apple Cider Vinegar](#)

-Pinch of [Maldon's salt](#)

#### Keto Lunches Time Hack:

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

#### Let's Connect:

- ✓ [Instagram – Countess Of Low Carb](#)
- ✓ [Facebook - @CountessOfLowCarb](#)
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## 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 <sup>st</sup>	<b>Intermittent Fasting Stair Step Method:</b>
<b>Monday</b>	24 hour fast <b>Fasting Soup</b> - <a href="#">Recipe HERE</a>
<b>Tuesday</b>	18 hour fast
<b>Wednesday</b>	24 hour fast <b>Fasting Soup</b> - <a href="#">Recipe HERE</a>
<b>Thursday</b>	18 hour fast <b>Fasting Soup</b> - <a href="#">Recipe HERE</a>
<b>Friday</b>	24 hour fast
<b>Saturday</b>	18 hour fast <b>Fasting Soup</b> - <a href="#">Recipe HERE</a>
<b>Sunday</b>	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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