

Countess Of Low Carb – Weekly Weight Loss Keto Meal Plan

www.youtube.com/countessoflowcarb

	Keto Weight Loss Meals
Monday	<p>Homemade Pimento Cheeseburger</p> <p>Homemade Pimento Cheese Recipe:</p> <ul style="list-style-type: none"> • 1 cup hand-shredded Cheddar cheese • 1 cup of hand-shredded Pepper Jack cheese • 8 ounces cream cheese, softened • 1/2 cup Primal Mayo • 1/2 teaspoon garlic powder • 1 (4 ounce) jar diced pimento, drained • ¼ teaspoon pink salt or Maldon's sea salt <p>...Please email me at countessoflowcarb@gmail.com if you like this recipe! My new fav 😊. I put over 2 cups of spinach or romaine for magnesium.</p>
Tuesday	<p>Jumbo Lump Crab</p> <ul style="list-style-type: none"> • Old Bay Seasoning • Mayo • Over romaine lettuce leaves • Squeeze lemon wedge over it. <p>Have you seen my thyroid Youtube video?</p>
Wednesday	<p>Leftover Pimento cheese over fried egg + avocado slices</p> <p>...optional 2 cups of spinach w/ 2 tablespoons olive oil + 1 tablespoon apple cider vinegar</p>
Thursday	Pepperoni Cups + ricotta cheese in broiler for 3 minutes
Friday	Eating out...Wings!
Saturday	<p>Keto Pizza</p> <ul style="list-style-type: none"> • My Recipe
Sunday	<p>Deviled Eggs</p> <ul style="list-style-type: none"> • My Recipe

[Air Fryer: Cosori I used](#)

[Instant Pot I used](#)

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

Keto Veggies:

- 2 cups of spinach = 1 net carb or 2 carbs
- 1 cup of radishes = 2 net carbs or 4 carbs

Let's Connect:

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

Countess Of Low Carb – Weekly Weight Loss Keto Meal Plan

www.youtube.com/countessoflowcarb

- 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	16 hour fast
Wednesday	24 hour fast Fasting Soup - Recipe HERE
Thursday	16 hour fast Fasting Soup - Recipe HERE
Friday	24 hour fast
Saturday	16 hour fast Fasting Soup - Recipe HERE
Sunday	[BREAK]

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](#)

Let's Connect:

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