

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

<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>Bacon Poppers</b>  Heat oven to 350 degrees. Wrap bacon slice & cream cheese around sliced pepper. Cook for 10 minutes.
<b>Tuesday</b>	<b>Steamed Shrimp + melted butter</b>  <a href="#">Recipe: HERE</a>
<b>Wednesday</b>	<b>Buffalo Chicken on 2 cups of spinach</b>  <a href="#">Recipe: HERE</a>
<b>Thursday</b>	<b>Scallops + 1 cup of radish “potatoes”</b>  <a href="#">Recipe: HERE</a>
<b>Friday</b>	<b>Keto Pizza</b>  <a href="#">Recipe: HERE</a>
<b>Saturday</b>	<b>Spaghetti Squash + Keto Meatballs</b>  <a href="#">Recipe: HERE</a>
<b>Sunday</b>	<b>Keto Ribs</b>  <a href="#">Recipe: 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.

## New Fav Snack:

[Protein Cheese Balls: HERE](#)

Disclaimer – snacks spike insulin, eliminate them if you can. I like to have once and while treats to feel ‘normal’, but not every day.

## Let’s Connect:

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

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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](#)
  - 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>

## Intermittent Fasting Stair Step Method:

<b>Monday</b>	24 hour fast <b>After Fasting Soup - <a href="#">Recipe HERE</a></b>
<b>Tuesday</b>	24 hour fast <b>After Fasting Soup - <a href="#">Recipe HERE</a></b>
<b>Wednesday</b>	24 hour fast <b>After Fasting Soup - <a href="#">Recipe HERE</a></b>
<b>Thursday</b>	16 hour fast <b>After Fasting Soup - <a href="#">Recipe HERE</a></b>
<b>Friday</b>	24 hour fast <b>After Fasting Soup - <a href="#">Recipe HERE</a></b>
<b>Saturday</b>	[break]
<b>Sunday</b>	16 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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