

KETO MEAL PLAN

DAY01

- **Atlas Protein Bar**
- **GET HERE**

Use Code:
COUNTESS

for \$5 for three pack

DAY02

- Fond Bone Broth w/
Instant Pot
Shredded Chicken
- **Fond Bone Broth
HERE**
- **How to cook Instant
Pot Chicken Recipe
HERE**

DAY03

- NY Strip Steak or
Ribeye
- Need **weight loss
encouragement?**
Join Royal Court
Encouragement
Group.
- Or get a **private
encouragement call**

DAY04

- Buffalo Chicken
RECIPE HERE in
lettuce cups.

DAY05

- Organic Chicken
Wings
- I like my Cosori Air
Fryer **HERE**.
- I use Primal Ranch
to Dip. **HERE**
- Wing Recipe **HERE**.

DAY06

- Steamed Shrimp w/
melted butter.
RECIPE HERE
- Want Amazon keto
foods? **My BEST
Amazon shopping
list HERE**.

DAY07

- 1 cup of Fond Bone
Broth. **HERE**
- Frozen Taco Meat
used for Keto Taco
Salad. **RECIPE HERE**.

NOTES

- All meals come with
2 cups of spinach or
leafy greens to get
potassium in.
- **Keto Lunch Hack** -
Simply make double
portion for leftovers
for lunch.

ENCOURAGEMENT

Do you need
weight loss
encouragement?

Click [HERE](#)

STARTING KETO

Are you just
starting Keto?

**Click [HERE](#) for my
Keto Beginner
Course**

SALT & VINEGAR

My homemade salt
& Vinegar Almond
Recipe

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ALDI KETO

Want my FREE keto
Aldi shopping list?

Click [HERE](#)

KETO WEIGHT LOSS TOOLS