

# KETO MEAL PLAN

COUNTESSEOFFLOWCARB.COM

Meal Prep Hack -

I simply make extra keto dinners to have as leftovers for my keto lunches. I always have 2 cups of spinach with each meal for low carb veggies & potassium.

## KETO LUNCH

## KETO DINNER

MON

Leftover Keto Cobb Salad

Keto Meatballs w/  
Palmini Noodles

TUE

Leftover Keto Meatballs

Keto Slow Cooker  
Sausage & Peppers

WED

Leftover Keto Slow  
Cooker Sausage &  
Peppers

Chicken Bites

THU

Leftover chicken bites

Frozen Hamburger from  
previous meal prep

FRI

Leftover Hamburgere w/  
bacon, egg & mayo

Keto Chinese Food

COUNTESSE OF LOW CARB