

Carnivore 1800-Calorie Meal Plan (7 Days, 6 Meals/Day)

Day 1

Breakfast: 4 eggs cooked in butter (P: 28g C: 0g F: 32g)

AM Snack: Beef jerky (sugar-free) (P: 15g C: 0g F: 6g)

Lunch: Ribeye steak (6 oz) (P: 42g C: 0g F: 38g)

PM Snack: Cheddar cheese slices (P: 10g C: 0g F: 10g)

Dinner: Ground beef patties (6 oz) + bone broth (P: 36g C: 0g F: 28g)

Evening Snack: Boiled eggs (2) (P: 12g C: 0g F: 10g)

Day 2

Breakfast: Bacon (3 slices) + 2 fried eggs (P: 18g C: 0g F: 22g)

AM Snack: Sliced roast beef (3 oz) (P: 21g C: 0g F: 8g)

Lunch: Chicken thighs (skin-on, 6 oz) (P: 35g C: 0g F: 28g)

PM Snack: Pork rinds (P: 8g C: 0g F: 10g)

Dinner: Lamb chops (5 oz) (P: 30g C: 0g F: 26g)

Evening Snack: 2 boiled eggs (P: 12g C: 0g F: 10g)

Day 3

Breakfast: Ground pork patties (4 oz) (P: 20g C: 0g F: 22g)

AM Snack: Turkey slices (4 oz) (P: 28g C: 0g F: 6g)

Lunch: Grilled salmon (5 oz) (P: 30g C: 0g F: 20g)

PM Snack: Cheddar cheese (1 oz) (P: 7g C: 0g F: 9g)

Dinner: Ground beef (6 oz) (P: 36g C: 0g F: 30g)

Evening Snack: Bone marrow broth (P: 10g C: 0g F: 4g)

Day 4

Breakfast: Omelet with cheddar (3 eggs + 1 oz cheese) (P: 25g C: 0g F: 25g)

AM Snack: Chicken liver (2 oz) (P: 15g C: 0g F: 6g)

Lunch: Beef roast (6 oz) (P: 38g C: 0g F: 28g)

PM Snack: Pork cracklings (P: 6g C: 0g F: 10g)

Dinner: Grilled turkey breast (6 oz) with butter (P: 40g C: 0g F: 20g)

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Evening Snack: Scrambled eggs (2) (P: 14g C: 0g F: 14g)

Day 5

Breakfast: Sausage patties + eggs (P: 24g C: 0g F: 25g)

AM Snack: Hard cheese slices (1.5 oz) (P: 10g C: 0g F: 12g)

Lunch: Pork chop (6 oz) (P: 38g C: 0g F: 24g)

PM Snack: Boiled egg + sardines (2 oz) (P: 15g C: 0g F: 12g)

Dinner: Baked chicken thighs with garlic butter (P: 30g C: 0g F: 22g)

Evening Snack: Bone broth + ghee (P: 8g C: 0g F: 8g)

Day 6

Breakfast: Eggs and ham scramble (3 eggs + 2 oz ham) (P: 25g C: 0g F: 28g)

AM Snack: Turkey jerky (low sugar) (P: 14g C: 0g F: 4g)

Lunch: Beef liver (4 oz) sautéed in ghee (P: 28g C: 0g F: 20g)

PM Snack: Chicken drumstick (skin-on) (P: 12g C: 0g F: 8g)

Dinner: Salmon patties (2) (P: 30g C: 0g F: 22g)

Evening Snack: Boiled eggs (2) (P: 12g C: 0g F: 10g)

Day 7

Breakfast: Beef bacon (3 slices) + fried eggs (2) (P: 20g C: 0g F: 24g)

AM Snack: Grilled sausage slices (2 oz) (P: 14g C: 0g F: 16g)

Lunch: Grilled bison burger patties (6 oz) (P: 38g C: 0g F: 24g)

PM Snack: Cheese cubes (1 oz) (P: 7g C: 0g F: 9g)

Dinner: Roast duck breast (5 oz) (P: 35g C: 0g F: 28g)

Evening Snack: Bone broth + scoop collagen (P: 15g C: 0g F: 2g)

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Carnivore Grocery List

Eggs & Dairy

- 1 oz cheese)
- 2 boiled eggs
- 2 fried eggs
- 4 eggs cooked in butter
- baked chicken thighs with garlic butter
- beef liver (4 oz) sautéed in ghee
- boiled egg
- boiled eggs (2)
- cheddar cheese (1 oz)
- cheddar cheese slices
- cheese cubes (1 oz)
- eggs
- fried eggs (2)
- ghee
- grilled turkey breast (6 oz) with butter
- ham scramble (3 eggs
- hard cheese slices (1.5 oz)
- omelet with cheddar (3 eggs
- scrambled eggs (2)

Proteins

- 2 oz ham)
- bacon (3 slices)
- beef bacon (3 slices)
- beef jerky (sugar-free)
- beef roast (6 oz)
- chicken drumstick (skin-on)
- chicken liver (2 oz)

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- chicken thighs (skin-on)
- grilled bison burger patties (6 oz)
- grilled salmon (5 oz)
- ground beef (6 oz)
- ground beef patties (6 oz)
- ground pork patties (4 oz)
- pork chop (6 oz)
- pork cracklings
- pork rinds
- ribeye steak (6 oz)
- roast duck breast (5 oz)
- salmon patties (2)
- sardines (2 oz)
- sliced roast beef (3 oz)
- turkey jerky (low sugar)
- turkey slices (4 oz)

Other

- 6 oz)
- bone broth
- bone marrow broth
- grilled sausage slices (2 oz)
- lamb chops (5 oz)
- sausage patties
- scoop collagen