

1800 Calorie Carnivore Meal Plan

Day 1

- Meal 1: 3 scrambled eggs with 2 slices of bacon
- Meal 2: Grilled chicken thigh (4 oz)
- Meal 3: Ribeye steak (6 oz)
- Meal 4: Pork rinds (1 oz)
- Meal 5: Ground beef patties (5 oz)
- Meal 6: Hard-boiled eggs (2)

Protein: 160g | Carbs: 5g | Fat: 120g | Calories: 1800

Day 2

- Meal 1: 2 boiled eggs + 1 breakfast sausage link
- Meal 2: Tuna steak (4 oz)
- Meal 3: Lamb chops (5 oz)
- Meal 4: Beef jerky (1 oz)
- Meal 5: Chicken wings (5 oz)
- Meal 6: 2 fried eggs

Protein: 155g | Carbs: 4g | Fat: 125g | Calories: 1800

Day 3

- Meal 1: 3 egg omelet with turkey sausage
- Meal 2: Turkey burger patty (4 oz)
- Meal 3: New York strip steak (6 oz)
- Meal 4: Deli roast beef (2 oz)
- Meal 5: Chicken drumsticks (5 oz)
- Meal 6: Scrambled eggs (2)

Protein: 158g | Carbs: 6g | Fat: 122g | Calories: 1800

Day 4

- Meal 1: Fried eggs (3) + 2 breakfast sausage patties
- Meal 2: Grilled pork chops (4 oz)
- Meal 3: Duck breast (5 oz)
- Meal 4: Turkey jerky (1 oz)
- Meal 5: Ground bison (5 oz)
- Meal 6: 2 boiled eggs

Protein: 160g | Carbs: 3g | Fat: 123g | Calories: 1800

Day 5

- Meal 1: 2 eggs & leftover steak slices
- Meal 2: Chicken thighs (4 oz)
- Meal 3: BBQ pulled pork (5 oz)
- Meal 4: Jerky stick
- Meal 5: Lamb shoulder (5 oz)
- Meal 6: 2 scrambled eggs

Protein: 157g | Carbs: 4g | Fat: 124g | Calories: 1800

Day 6

- Meal 1: Sausage & egg muffin (carnivore version)
- Meal 2: Chicken breast (4 oz)
- Meal 3: Ribeye steak (6 oz)
- Meal 4: Pork belly (2 oz)
- Meal 5: Grilled turkey leg (5 oz)
- Meal 6: 2 hard-boiled eggs

Protein: 162g | Carbs: 3g | Fat: 121g | Calories: 1800

Day 7

- Meal 1: Bacon & eggs (3 eggs, 2 slices bacon)
- Meal 2: Grilled chicken liver (4 oz)
- Meal 3: Beef ribs (6 oz)
- Meal 4: Jerky bites (1 oz)
- Meal 5: Pork tenderloin (5 oz)
- Meal 6: Egg salad (2 eggs, mayo)

Protein: 159g | Carbs: 4g | Fat: 122g | Calories: 1800