

1700-Calorie Carnivore Meal Plan (7 Days)

Day 1

Meal 1: Breakfast: 3 scrambled eggs cooked in butter with turkey bacon

Calories: 350 | Protein: 28g | Carbs: 2g | Fat: 24g

Meal 2: Morning Snack: Beef jerky (low-sodium, 2 oz)

Calories: 200 | Protein: 20g | Carbs: 3g | Fat: 12g

Meal 3: Lunch: Grilled chicken thighs with skin + hard-boiled egg

Calories: 400 | Protein: 36g | Carbs: 1g | Fat: 22g

Meal 4: Afternoon Snack: Pork rinds with sliced deli turkey

Calories: 220 | Protein: 20g | Carbs: 1g | Fat: 16g

Meal 5: Dinner: Pan-seared ribeye steak with bone broth

Calories: 400 | Protein: 38g | Carbs: 0g | Fat: 28g

Meal 6: Evening Snack: 2 boiled eggs with a slice of cheddar cheese

Calories: 130 | Protein: 12g | Carbs: 1g | Fat: 10g

Day 2

Meal 1: Breakfast: Omelette with 3 eggs, ground beef, and cheddar cheese

Calories: 370 | Protein: 30g | Carbs: 2g | Fat: 28g

Meal 2: Morning Snack: Hard-boiled eggs (2) with turkey sausage links

Calories: 210 | Protein: 18g | Carbs: 2g | Fat: 16g

Meal 3: Lunch: Grilled salmon with skin and a cup of bone broth

Calories: 400 | Protein: 35g | Carbs: 0g | Fat: 26g

Meal 4: Afternoon Snack: Pepperoni slices with mozzarella cheese

Calories: 200 | Protein: 18g | Carbs: 2g | Fat: 14g

Meal 5: Dinner: Lamb chops pan-fried in ghee

Calories: 400 | Protein: 34g | Carbs: 0g | Fat: 30g

Meal 6: Evening Snack: Sliced roast beef with a boiled egg

Calories: 120 | Protein: 12g | Carbs: 1g | Fat: 8g

Day 3

Meal 1: Breakfast: 2 eggs fried in butter with 3 slices of bacon

Calories: 320 | Protein: 25g | Carbs: 2g | Fat: 24g

Meal 2: Morning Snack: Grilled chicken strips with cheddar cheese cubes

Calories: 210 | Protein: 20g | Carbs: 1g | Fat: 16g

Meal 3: Lunch: Ground turkey patties with a side of beef liver (2 oz)

Calories: 400 | Protein: 38g | Carbs: 1g | Fat: 24g

Meal 4: Afternoon Snack: Turkey jerky and 1 hard-boiled egg

Calories: 190 | Protein: 18g | Carbs: 1g | Fat: 13g

Meal 5: Dinner: Seared pork chops with a spoonful of ghee

Calories: 420 | Protein: 36g | Carbs: 0g | Fat: 32g

Meal 6: Evening Snack: Sardines in olive oil with a boiled egg

Calories: 150 | Protein: 14g | Carbs: 0g | Fat: 10g

Day 4

Meal 1: Breakfast: 3 scrambled eggs with duck fat and sausage crumbles

Calories: 360 | Protein: 29g | Carbs: 1g | Fat: 26g

Meal 2: Morning Snack: Roast beef slices with cheddar cheese

Calories: 210 | Protein: 19g | Carbs: 1g | Fat: 16g

Meal 3: Lunch: Pan-fried cod fillets with shrimp and ghee

Calories: 390 | Protein: 36g | Carbs: 1g | Fat: 24g

Meal 4: Afternoon Snack: Hard-boiled eggs (2) with a slice of provolone

Calories: 190 | Protein: 18g | Carbs: 1g | Fat: 13g

Meal 5: Dinner: Beef short ribs slow cooked in tallow

Calories: 430 | Protein: 34g | Carbs: 0g | Fat: 34g

Meal 6: Evening Snack: Turkey meatballs with parmesan cheese

Calories: 120 | Protein: 12g | Carbs: 1g | Fat: 8g

Day 5

Meal 1: Breakfast: Omelette with duck eggs, ham, and Swiss cheese

Calories: 370 | Protein: 31g | Carbs: 1g | Fat: 28g

Meal 2: Morning Snack: Beef jerky with a hard-boiled egg

Calories: 200 | Protein: 18g | Carbs: 1g | Fat: 14g

Meal 3: Lunch: Roast chicken thighs with pan-drippings

Calories: 410 | Protein: 36g | Carbs: 0g | Fat: 27g

Meal 4: Afternoon Snack: Pork rinds with cream cheese

Calories: 190 | Protein: 15g | Carbs: 2g | Fat: 14g

Meal 5: Dinner: Grilled ribeye steak with ghee drizzle

Calories: 420 | Protein: 38g | Carbs: 0g | Fat: 32g

Meal 6: Evening Snack: Sardines in olive oil with turkey slices

Calories: 110 | Protein: 11g | Carbs: 0g | Fat: 8g

Day 6

Meal 1: Breakfast: 2 poached eggs over ground bison and butter

Calories: 360 | Protein: 30g | Carbs: 1g | Fat: 26g

Meal 2: Morning Snack: Chicken liver pâté with pork rinds

Calories: 210 | Protein: 18g | Carbs: 1g | Fat: 15g

Meal 3: Lunch: Grilled lamb chops with tallow

Calories: 400 | Protein: 35g | Carbs: 0g | Fat: 28g

Meal 4: Afternoon Snack: Hard cheese cubes and turkey slices

Calories: 180 | Protein: 17g | Carbs: 1g | Fat: 12g

Meal 5: Dinner: Beef brisket with bone marrow butter

Calories: 430 | Protein: 36g | Carbs: 0g | Fat: 34g

Meal 6: Evening Snack: Tuna in olive oil with a boiled egg

Calories: 120 | Protein: 14g | Carbs: 0g | Fat: 8g

Day 7

Meal 1: Breakfast: Scrambled eggs with bacon and cheddar cheese

Calories: 370 | Protein: 29g | Carbs: 1g | Fat: 28g

Meal 2: Morning Snack: Sliced deli turkey with goat cheese

Calories: 190 | Protein: 17g | Carbs: 1g | Fat: 13g

Meal 3: Lunch: Grilled salmon with crispy chicken skin

Calories: 400 | Protein: 34g | Carbs: 0g | Fat: 26g

Meal 4: Afternoon Snack: Beef sticks with a boiled egg

Calories: 180 | Protein: 16g | Carbs: 1g | Fat: 13g

Meal 5: Dinner: Pork belly with ghee

Calories: 430 | Protein: 35g | Carbs: 0g | Fat: 36g

Meal 6: Evening Snack: Lamb meatballs with mozzarella

Calories: 130 | Protein: 13g | Carbs: 1g | Fat: 9g