

7-Day 1700-Calorie Carnivore Meal Plan

Day 1

Meal	Food	Calories
Breakfast	3 eggs and 2 slices of bacon	300
Morning Snack	Beef jerky	200
Lunch	Grilled steak with butter	400
Afternoon Snack	Hard-boiled eggs	200
Dinner	Ribeye steak with butter	450
Evening Snack	Mini meatballs	150

Day 2

Meal	Food	Calories
Breakfast	Ground beef scramble with egg	300
Morning Snack	Boiled egg	200
Lunch	Ground turkey patties with cheddar	400
Afternoon Snack	Cheese slices	200
Dinner	Grilled salmon with sea salt	450
Evening Snack	Bone broth with collagen	150

Day 3

Meal	Food	Calories
Breakfast	Turkey sausage and 2 boiled eggs	300
Morning Snack	Turkey meat slices	200
Lunch	Roast beef with bone broth	400
Afternoon Snack	Pork rinds	200
Dinner	Roasted chicken drumsticks	450
Evening Snack	Boiled egg	150

Day 4

Meal	Food	Calories
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Breakfast	Pork belly and scrambled eggs	300
Morning Snack	Chicken drumstick	200
Lunch	Chicken thighs with skin	400
Afternoon Snack	Turkey meat sticks	200
Dinner	Pork chops with bacon	450
Evening Snack	Cheddar cheese cubes	150

Day 5

Meal	Food	Calories
Breakfast	Grilled chicken and 1 boiled egg	300
Morning Snack	Pork rinds	200
Lunch	Lamb chops with olive oil drizzle	400
Afternoon Snack	Leftover steak bites	200
Dinner	Beef brisket with bone broth	450
Evening Snack	Tuna and mayo roll-ups	150

Day 6

Meal	Food	Calories
Breakfast	Liver and onions with egg	300
Morning Snack	Tuna pouch	200
Lunch	Beef liver and 2 eggs	400
Afternoon Snack	Canned sardines	200
Dinner	Venison steak with egg yolk	450
Evening Snack	Turkey bacon strips	150

Day 7

Meal	Food	Calories
Breakfast	Salmon and scrambled eggs	300
Morning Snack	Sliced steak	200
Lunch	Turkey burgers with ghee	400
Afternoon Snack	Scrambled egg muffins	200
Dinner	Seared duck breast	450

Evening Snack	Chicken liver pâté	150
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