

7-Day 1600 Calorie Carnivore Meal Plan (High Protein / Zero Carb)

Day 1

Meal 1: Breakfast - 3 scrambled eggs + 2 turkey sausage links

Meal 2: Protein Shake - Protein shake (water base)

Meal 3: Lunch - Grilled chicken breast (5 oz) + 1 boiled egg

Meal 4: Afternoon Snack - Hard-boiled egg + 2 slices deli turkey

Meal 5: Dinner - Grilled pork chop (5 oz) + 2 eggs

Meal 6: Evening Snack - Cottage cheese (¼ cup) + turkey slice

Estimated Macros:

Protein: ~160g

Fat: ~89g

Carbs: ~0-5g

Day 2

Meal 1: Breakfast - Omelet with 3 eggs + cheddar + ground beef crumbles

Meal 2: Protein Shake - Protein shake (water base)

Meal 3: Lunch - Ground turkey patty (5 oz) + slice of cheese

Meal 4: Afternoon Snack - 2 deviled eggs + slice of cheese

Meal 5: Dinner - Roasted chicken leg quarter + slice cheddar

Meal 6: Evening Snack - 1 boiled egg + 2 oz turkey

Estimated Macros:

Protein: ~160g

Fat: ~89g

Carbs: ~0-5g

Day 3

Meal 1: Breakfast - 2 boiled eggs + 3 slices turkey bacon

Meal 2: Protein Shake - Protein shake (water base)

Meal 3: Lunch - Grilled steak (4 oz) + 1 fried egg

Meal 4: Afternoon Snack - Turkey jerky + cheddar cube

Meal 5: Dinner - Salmon filet (6 oz) + 1 egg

Meal 6: Evening Snack - Beef stick + 1 oz cheese

Estimated Macros:

Protein: ~160g

Fat: ~89g

Carbs: ~0-5g

Day 4

Meal 1: Breakfast - 3 fried eggs + 2 oz sirloin steak

Meal 2: Protein Shake - Protein shake (water base)

Meal 3: Lunch - Baked salmon (5 oz) + hard-boiled egg

Meal 4: Afternoon Snack - Sliced roast beef + 1 boiled egg

Meal 5: Dinner - Beef steak (5 oz) + melted mozzarella

Meal 6: Evening Snack - 2 boiled eggs

Estimated Macros:

Protein: ~160g

Fat: ~89g

Carbs: ~0-5g

Day 5

Meal 1: Breakfast - Ground beef patty + 1 poached egg

Meal 2: Protein Shake - Protein shake (water base)

Meal 3: Lunch - Chicken thighs (skin on, 5 oz) + cheddar cube

Meal 4: Afternoon Snack - Chicken breast strip + 1 string cheese

Meal 5: Dinner - Grilled turkey burger (no bun) + fried egg

Meal 6: Evening Snack - 1 slice turkey + 1 slice cheddar

Estimated Macros:

Protein: ~160g

Fat: ~89g

Carbs: ~0-5g

Day 6

Meal 1: Breakfast - Scrambled eggs + smoked salmon (2 oz)

Meal 2: Protein Shake - Protein shake (water base)

Meal 3: Lunch - Roast beef (5 oz) + 1 slice mozzarella

Meal 4: Afternoon Snack - Beef jerky + slice of cheddar

Meal 5: Dinner - Baked cod (5 oz) + 1 boiled egg

Meal 6: Evening Snack - 1 egg + small piece grilled chicken

Estimated Macros:

Protein: ~160g

Fat: ~89g

Carbs: ~0-5g

Day 7

Meal 1: Breakfast - Baked egg cups with bacon + cheddar

Meal 2: Protein Shake - Protein shake (water base)

Meal 3: Lunch - Turkey meatballs + hard cheese

Meal 4: Afternoon Snack - 1 egg + 2 turkey bacon slices

Meal 5: Dinner - Ground beef bowl with egg and cheese topping

Meal 6: Evening Snack - 1 mozzarella stick + 1 hard-boiled egg

Estimated Macros:

Protein: ~160g

Fat: ~89g

Carbs: ~0-5g