

7-Day Carnivore Meal Plan (1700 Calories)

This 7-Day Carnivore Meal Plan is designed as a practical guide to help you reach your goals without overthinking every meal. Please note, this plan is meant to serve as a flexible framework. Feel free to swap out meals or ingredients to better fit your preferences, schedule, or availability. Each day is built around approximately 1700 calories with a strong emphasis on protein to support lean muscle, satiety, and metabolic health.

Carnivore Meal Plan - Day 1 (1700 Calories)

Breakfast

- 2 scrambled eggs
- 2 slices turkey bacon
- 1 link chicken sausage

250 cal | 22g protein | 1g carbs | 17g fat

Mid-Morning Snack

- 2 oz deli turkey (low sodium)

90 cal | 12g protein | 1g carbs | 4g fat

Lunch

- 5 oz grilled chicken breast
- 1 hard-boiled egg

310 cal | 48g protein | 1g carbs | 14g fat

Afternoon Snack

- ½ cup full-fat plain Greek yogurt
- 1 oz beef jerky

240 cal | 26g protein | 3g carbs | 10g fat

Dinner

- 6 oz lean steak
- steamed zucchini

390 cal | 52g protein | 3g carbs | 16g fat

Evening Snack

- ½ cup cottage cheese

90 cal | 12g protein | 3g carbs | 2g fat

Daily Total Macros:

Calories: ~1,470 | Protein: 172g | Carbs: 12g | Fat: 63g

Carnivore Meal Plan - Day 2 (1700 Calories)

Breakfast

- 2 egg omelet with shredded chicken

- ½ avocado

340 cal | 28g protein | 2g carbs | 24g fat

Mid-Morning Snack

- 2 oz beef jerky

140 cal | 20g protein | 2g carbs | 7g fat

Lunch

- 5 oz grilled salmon

- 1 boiled egg

360 cal | 40g protein | 1g carbs | 22g fat

Afternoon Snack

- 3 oz roast beef slices

150 cal | 25g protein | 1g carbs | 6g fat

Dinner

- 6 oz grilled pork chop

- steamed green beans

390 cal | 45g protein | 3g carbs | 21g fat

Evening Snack

- ½ cup cottage cheese

90 cal | 12g protein | 3g carbs | 2g fat

Daily Total Macros:

Calories: ~1,670 | Protein: 170g | Carbs: 12g | Fat: 82g

Carnivore Meal Plan - Day 3 (1700 Calories)

Breakfast

- 3 egg whites
- 2 oz ground beef

220 cal | 26g protein | 1g carbs | 12g fat

Mid-Morning Snack

- 1 turkey sausage link

80 cal | 8g protein | 1g carbs | 5g fat

Lunch

- 6 oz grilled chicken thigh
- side of sautéed spinach in olive oil

390 cal | 48g protein | 2g carbs | 22g fat

Afternoon Snack

- 1 oz beef sticks
- 1 boiled egg

180 cal | 18g protein | 1g carbs | 12g fat

Dinner

- 6 oz grilled sirloin steak
- steamed cauliflower

390 cal | 50g protein | 3g carbs | 18g fat

Evening Snack

- ½ cup Greek yogurt (plain, whole milk)

100 cal | 10g protein | 3g carbs | 6g fat

Daily Total Macros:

Calories: ~1,660 | Protein: 160g | Carbs: 11g | Fat: 75g

Carnivore Meal Plan - Day 4 (1700 Calories)

Breakfast

- 2 scrambled eggs

- 2 strips bacon

240 cal | 16g protein | 1g carbs | 18g fat

Mid-Morning Snack

- 2 oz grilled chicken breast

110 cal | 20g protein | 0g carbs | 3g fat

Lunch

- 5 oz turkey burger patty

- ½ avocado

380 cal | 35g protein | 4g carbs | 24g fat

Afternoon Snack

- 2 oz roast beef

- string cheese

200 cal | 20g protein | 1g carbs | 13g fat

Dinner

- 6 oz lamb chops

- sautéed mushrooms

460 cal | 48g protein | 3g carbs | 26g fat

Evening Snack

- ½ cup cottage cheese

90 cal | 12g protein | 3g carbs | 2g fat

Daily Total Macros:

Calories: ~1,670 | Protein: 151g | Carbs: 12g | Fat: 86g

Carnivore Meal Plan - Day 5 (1700 Calories)

Breakfast

- 2 eggs

- 1 link chicken sausage

- 1 slice cheddar cheese

290 cal | 22g protein | 1g carbs | 21g fat

Mid-Morning Snack

- 1.5 oz beef jerky

105 cal | 16g protein | 2g carbs | 3g fat

Lunch

- 6 oz grilled chicken breast

- 1 tbsp olive oil drizzle

360 cal | 48g protein | 1g carbs | 18g fat

Afternoon Snack

- 2 oz turkey breast

- 1 boiled egg

170 cal | 20g protein | 1g carbs | 10g fat

Dinner

- 5 oz pork tenderloin

- steamed asparagus

350 cal | 44g protein | 3g carbs | 17g fat

Evening Snack

- ½ cup Greek yogurt (plain)

90 cal | 10g protein | 3g carbs | 6g fat

Daily Total Macros:

Calories: ~1,665 | Protein: 160g | Carbs: 11g | Fat: 75g

Carnivore Meal Plan - Day 6 (1700 Calories)

Breakfast

- 3 egg whites

- 2 oz ground turkey

200 cal | 24g protein | 1g carbs | 10g fat

Mid-Morning Snack

- 2 oz smoked salmon

120 cal | 14g protein | 1g carbs | 7g fat

Lunch

- 5 oz grilled flank steak

- sautéed kale in ghee

380 cal | 45g protein | 3g carbs | 20g fat

Afternoon Snack

- 2 oz roast beef
- cheddar slice

190 cal | 20g protein | 1g carbs | 12g fat

Dinner

- 6 oz baked chicken thighs
- steamed zucchini

400 cal | 50g protein | 3g carbs | 20g fat

Evening Snack

- ½ cup cottage cheese

90 cal | 12g protein | 3g carbs | 2g fat

Daily Total Macros:

Calories: ~1,675 | Protein: 165g | Carbs: 12g | Fat: 71g

Carnivore Meal Plan - Day 7 (1700 Calories)

Breakfast

- 2 scrambled eggs
- 2 slices Canadian bacon

240 cal | 20g protein | 1g carbs | 16g fat

Mid-Morning Snack

- 2 oz grilled steak strips

140 cal | 22g protein | 0g carbs | 7g fat

Lunch

- 6 oz chicken thighs
- ½ avocado

390 cal | 42g protein | 2g carbs | 24g fat

Afternoon Snack

- 3 oz turkey breast

- string cheese

200 cal | 24g protein | 2g carbs | 10g fat

Dinner

- 6 oz grilled salmon
- steamed broccoli

390 cal | 48g protein | 3g carbs | 20g fat

Evening Snack

- ½ cup Greek yogurt

100 cal | 12g protein | 3g carbs | 6g fat

Daily Total Macros:

Calories: ~1,660 | Protein: 168g | Carbs: 11g | Fat: 73g