

Carnivore Meal Plan - Day 1

Breakfast: Scrambled eggs (2 whole + 4 whites) cooked in butter

Calories: 320 | Protein: 30g

Mid-Morning Snack: Protein shake (whey isolate, 8 oz water)

Calories: 220 | Protein: 30g

Lunch: Grilled chicken breast (6 oz) + 1 slice bacon

Calories: 350 | Protein: 45g

Afternoon Snack: Boiled eggs (2)

Calories: 160 | Protein: 12g

Dinner: Ground beef (85/15, 6 oz) with beef bone broth

Calories: 400 | Protein: 40g

Evening Snack: Turkey slices (4 oz)

Calories: 250 | Protein: 28g

Carnivore Meal Plan - Day 2

Breakfast: Omelet with 2 eggs, 4 egg whites, and shredded beef

Calories: 330 | Protein: 32g

Mid-Morning Snack: Protein shake (whey isolate, 8 oz water)

Calories: 220 | Protein: 30g

Lunch: Grilled steak (6 oz) with a slice of bacon

Calories: 360 | Protein: 42g

Afternoon Snack: 2 hard-boiled eggs + turkey jerky (1 oz)

Calories: 190 | Protein: 18g

Dinner: Ground turkey (6 oz) cooked in ghee

Calories: 380 | Protein: 38g

Evening Snack: Rotisserie chicken (4 oz, no skin)

Calories: 250 | Protein: 30g

Carnivore Meal Plan - Day 3

Breakfast: Scrambled eggs (2 whole + 4 whites) with ground bison (2 oz)

Calories: 340 | Protein: 32g

Mid-Morning Snack: Protein shake (whey isolate, 8 oz water)

Calories: 220 | Protein: 30g

Lunch: Roast beef (6 oz) + boiled eggs (1)

Calories: 360 | Protein: 42g

Afternoon Snack: Turkey slices (3 oz) + 1 cheese stick

Calories: 190 | Protein: 20g

Dinner: Grilled pork chop (6 oz) cooked in animal fat

Calories: 380 | Protein: 38g

Evening Snack: Chicken thigh (skin-on, 4 oz)

Calories: 250 | Protein: 28g

Carnivore Meal Plan - Day 4

Breakfast: Omelet with 2 eggs, 4 egg whites, and shredded chicken

Calories: 330 | Protein: 32g

Mid-Morning Snack: Protein shake (whey isolate, 8 oz water)

Calories: 220 | Protein: 30g

Lunch: Grilled salmon (6 oz) with ghee drizzle

Calories: 370 | Protein: 40g

Afternoon Snack: 2 hard-boiled eggs + 1 oz beef jerky

Calories: 190 | Protein: 18g

Dinner: Ground beef (85/15, 6 oz) with bone broth

Calories: 380 | Protein: 38g

Evening Snack: Roasted turkey breast (4 oz)

Calories: 250 | Protein: 28g

Carnivore Meal Plan - Day 5

Breakfast: Scrambled eggs (2 whole + 4 whites) with turkey bacon (2 strips)

Calories: 330 | Protein: 30g

Mid-Morning Snack: Protein shake (whey isolate, 8 oz water)

Calories: 220 | Protein: 30g

Lunch: Grilled lamb (6 oz) + 1 boiled egg

Calories: 370 | Protein: 40g

Afternoon Snack: Chicken breast slices (3 oz) + cheese stick

Calories: 190 | Protein: 22g

Dinner: Ground turkey (6 oz) cooked in ghee

Calories: 380 | Protein: 38g

Evening Snack: Beef jerky (2 oz)

Calories: 250 | Protein: 28g

Carnivore Meal Plan - Day 6

Breakfast: Eggs (2 whole + 4 whites) scrambled with steak strips (2 oz)

Calories: 340 | Protein: 32g

Mid-Morning Snack: Protein shake (whey isolate, 8 oz water)

Calories: 220 | Protein: 30g

Lunch: Roast turkey (6 oz) + boiled egg (1)

Calories: 360 | Protein: 40g

Afternoon Snack: Beef jerky (1 oz) + cheddar cheese (1 oz)

Calories: 200 | Protein: 18g

Dinner: Pork tenderloin (6 oz) with butter

Calories: 380 | Protein: 38g

Evening Snack: Grilled chicken (4 oz)

Calories: 250 | Protein: 28g

Carnivore Meal Plan - Day 7

Breakfast: Omelet with 2 eggs, 4 egg whites, ground sausage (2 oz)

Calories: 340 | Protein: 32g

Mid-Morning Snack: Protein shake (whey isolate, 8 oz water)

Calories: 220 | Protein: 30g

Lunch: Grilled chicken breast (6 oz) + 1 slice bacon

Calories: 360 | Protein: 42g

Afternoon Snack: Boiled eggs (2) + turkey slices (2 oz)

Calories: 190 | Protein: 18g

Dinner: Ground beef (85/15, 6 oz) cooked in beef tallow

Calories: 380 | Protein: 38g

Evening Snack: Sliced roast beef (4 oz)

Calories: 250 | Protein: 28g