

## 7-Day Carnivore Meal Plan with Macros

Note: This plan is rooted in animal-based nutrition - meat, eggs, seafood, and select dairy. Each day supports high protein intake and simplicity, ideal for anyone following a strict carnivore approach.

### Day 1

Breakfast: Scrambled eggs + turkey sausage

Mid-Morning Snack: Beef jerky + 1 boiled egg

Lunch: Grilled steak + eggs

Afternoon Snack: Hard-boiled eggs + turkey slices

Dinner: Pan-seared ribeye + runny egg

Evening Snack: Boiled eggs + beef jerky

*Daily Total: 1600 Calories, 130g Protein, 5g Carbs, 110g Fat*

### Day 2

Breakfast: Omelet with ground beef and cheddar

Mid-Morning Snack: Turkey slices + hard cheese

Lunch: Roast chicken + chicken skin crisps

Afternoon Snack: Cheese stick + leftover steak

Dinner: Roasted duck + skin

Evening Snack: Turkey roll-ups + cheese

*Daily Total: 1600 Calories, 130g Protein, 5g Carbs, 110g Fat*

### Day 3

Breakfast: Boiled eggs + crispy bacon

Mid-Morning Snack: Chicken liver pate + turkey slices

Lunch: Ground beef patties + egg yolks

Afternoon Snack: Chicken wings (dry rub only)

Dinner: Grilled swordfish + lemon butter

Evening Snack: Pork belly bites

*Daily Total: 1600 Calories, 130g Protein, 5g Carbs, 110g Fat*

### Day 4

Breakfast: Egg muffins (egg + steak bits)

Mid-Morning Snack: Boiled eggs + steak bites

Lunch: Grilled lamb chops

Afternoon Snack: Deviled eggs (mayo + yolks)

Dinner: Ground beef + bone marrow

Evening Snack: Hard cheese cubes + ham

*Daily Total: 1600 Calories, 130g Protein, 5g Carbs, 110g Fat*

## **Day 5**

Breakfast: Fried eggs + pork belly

Mid-Morning Snack: Grilled chicken breast strips

Lunch: Pork chops + butter

Afternoon Snack: Salmon bites + boiled egg

Dinner: Chicken thighs + bacon

Evening Snack: Scrambled eggs with ghee

*Daily Total: 1600 Calories, 130g Protein, 5g Carbs, 110g Fat*

## **Day 6**

Breakfast: Hard-boiled eggs + grilled chicken thighs

Mid-Morning Snack: Sliced roast beef + cheese

Lunch: Beef liver + scrambled eggs

Afternoon Snack: Bacon-wrapped egg

Dinner: Shrimp + scallops in ghee

Evening Snack: Lamb meatballs

*Daily Total: 1600 Calories, 130g Protein, 5g Carbs, 110g Fat*

## **Day 7**

Breakfast: Sunny side up eggs + turkey bacon

Mid-Morning Snack: Beef sticks + cheddar cubes

Lunch: Rotisserie chicken + egg salad (mayo only)

Afternoon Snack: Cold steak slices

Dinner: Slow-cooked beef short ribs

Evening Snack: Bone broth + leftover meat

*Daily Total: 1600 Calories, 130g Protein, 5g Carbs, 110g Fat*