

7-Day High-Protein Carnivore Meal Plan

Standard 1800-Calorie Meal Plan - Use as a Guide, Substitute as Needed

Day 1

Breakfast - 3 eggs scrambled in butter + 2 slices turkey bacon - 400 cal | 30g protein | 30g fat | 1g carbs

Mid-Morning Snack - Cottage cheese (1/2 cup) - 200 cal | 24g protein | 10g fat | 3g carbs

Lunch - Grilled chicken thighs (6 oz) - 420 cal | 40g protein | 26g fat | 0g carbs

Snack - Beef jerky (2 oz) - 160 cal | 20g protein | 8g fat | 2g carbs

Dinner - Ribeye steak (6 oz) - 460 cal | 42g protein | 32g fat | 0g carbs

PM Snack - Boiled egg + cheddar slice - 160 cal | 12g protein | 10g fat | 1g carbs

Day 2

Breakfast - 3-egg omelet with shredded cheddar - 390 cal | 28g protein | 28g fat | 1g carbs

Mid-Morning Snack - Greek yogurt (plain, full-fat, 1/2 cup) - 200 cal | 18g protein | 10g fat | 3g carbs

Lunch - Ground beef patty (6 oz) - 420 cal | 42g protein | 28g fat | 0g carbs

Snack - Hard-boiled eggs (2) - 160 cal | 12g protein | 10g fat | 1g carbs

Dinner - Grilled salmon (5 oz) - 450 cal | 38g protein | 30g fat | 0g carbs

PM Snack - Cottage cheese (1/3 cup) - 160 cal | 15g protein | 8g fat | 2g carbs

Day 3

Breakfast - 2 fried eggs + 2 oz breakfast sausage - 380 cal | 26g protein | 28g fat | 1g carbs

Mid-Morning Snack - Cheddar cubes (1 oz) - 120 cal | 7g protein | 10g fat | 0g carbs

Lunch - Chicken breast (6 oz) + 1 oz parmesan - 430 cal | 45g protein | 20g fat | 1g carbs

Snack - Tuna in olive oil (3 oz) - 180 cal | 22g protein | 10g fat | 0g carbs

Dinner - Pork chops (6 oz) - 460 cal | 40g protein | 30g fat | 0g carbs

PM Snack - Greek yogurt + sprinkle of salt - 150 cal | 15g protein | 6g fat | 2g carbs

Day 4

Breakfast - 3 scrambled eggs + 1 oz mozzarella - 380 cal | 28g protein | 28g fat | 1g carbs

Mid-Morning Snack - Greek yogurt (1/2 cup) - 200 cal | 18g protein | 10g fat | 3g carbs

Lunch - Roast beef (6 oz) - 420 cal | 42g protein | 26g fat | 0g carbs

Snack - Boiled egg + turkey slice - 160 cal | 14g protein | 9g fat | 1g carbs

Dinner - Grilled lamb chops (5 oz) - 460 cal | 38g protein | 32g fat | 0g carbs

PM Snack - Cottage cheese (1/3 cup) - 160 cal | 15g protein | 8g fat | 2g carbs

Day 5

Breakfast - 2 fried eggs + 3 turkey sausage links - 390 cal | 28g protein | 26g fat | 1g carbs

Mid-Morning Snack - Cheddar slices (1 oz) - 120 cal | 7g protein | 10g fat | 0g carbs

Lunch - Chicken thighs (6 oz) - 420 cal | 40g protein | 28g fat | 0g carbs

Snack - Tuna pouch (in water, 3 oz) - 120 cal | 22g protein | 3g fat | 0g carbs

Dinner - Grilled steak tips (6 oz) - 450 cal | 40g protein | 30g fat | 0g carbs

PM Snack - Greek yogurt + 1 tsp sunflower seeds - 160 cal | 14g protein | 8g fat | 2g carbs

Day 6

Breakfast - Egg and cheese scramble (2 eggs + 1 oz cheddar) - 370 cal | 26g protein | 28g fat | 1g carbs

Mid-Morning Snack - Cottage cheese (1/2 cup) - 200 cal | 24g protein | 10g fat | 3g carbs

Lunch - Ground turkey patties (6 oz) - 420 cal | 42g protein | 26g fat | 0g carbs

Snack - Boiled egg + cheddar cube - 150 cal | 12g protein | 9g fat | 1g carbs

Dinner - Grilled pork tenderloin (6 oz) - 460 cal | 40g protein | 30g fat | 0g carbs

PM Snack - Greek yogurt (1/3 cup) - 150 cal | 15g protein | 6g fat | 2g carbs

Day 7

Breakfast - Omelet (2 eggs + mozzarella) + 1 slice bacon - 390 cal | 28g protein | 26g fat | 1g carbs

Mid-Morning Snack - Hard-boiled eggs (2) - 160 cal | 12g protein | 10g fat | 1g carbs

Lunch - Seared salmon (6 oz) - 440 cal | 38g protein | 30g fat | 0g carbs

Snack - Turkey slices (2 oz) - 100 cal | 14g protein | 4g fat | 0g carbs

Dinner - Grilled chicken thighs (6 oz) - 420 cal | 40g protein | 28g fat | 0g carbs

PM Snack - Cottage cheese + dash salt - 150 cal | 14g protein | 6g fat | 2g carbs