

1700-Calorie Carnivore Meal Plan

Breakfast Options

Egg & Bacon Plate

- 2 whole eggs scrambled in butter
- 2 slices turkey bacon

Macros: 300 cal | 22g P | 2g C | 22g F

Cottage Cheese & Hard-Boiled Eggs

- ½ cup cottage cheese
- 2 hard-boiled eggs

Macros: 280 cal | 26g P | 4g C | 16g F

Cheddar Omelet

- 2 whole eggs + 2 egg whites
- ¼ cup cheddar cheese
- 1 tsp butter

Macros: 310 cal | 28g P | 3g C | 20g F

Lunch Options

Grilled Chicken Breast

- 5 oz chicken breast
- 1 tsp olive oil
- Optional: Parmesan cheese

Macros: 320 cal | 42g P | 2g C | 15g F

Beef Burger Patties

- 5 oz ground beef (90% lean)
- 1 slice cheddar cheese

Macros: 380 cal | 38g P | 2g C | 22g F

Turkey & Egg Bowl

- 4 oz ground turkey
- 1 fried egg

Macros: 330 cal | 34g P | 2g C | 18g F

Dinner Options

Ribeye Steak

- 6 oz ribeye steak
- 1 tsp butter

Macros: 520 cal | 42g P | 0g C | 38g F

Salmon Filet with Parmesan Crust

- 5 oz salmon
- 1 tbsp Parmesan cheese

Macros: 450 cal | 40g P | 1g C | 28g F

Pork Chop & Egg

- 5 oz pork chop
- 1 fried egg

Macros: 470 cal | 44g P | 1g C | 30g F

Snack Options

String Cheese & Sliced Turkey

- 1 mozzarella string cheese
- 2 oz turkey breast

Macros: 150 cal | 17g P | 2g C | 7g F

Cottage Cheese Bowl

- ½ cup cottage cheese
- 1 tbsp cheddar cheese

Macros: 160 cal | 18g P | 3g C | 8g F

Hard-Boiled Egg Duo

- 2 hard-boiled eggs
- Sprinkle of sea salt

Macros: 140 cal | 12g P | 1g C | 9g F