

1600-Calorie Carnivore Meal Plan

Breakfast Options

Egg & Bacon Plate

Ingredients:

- 2 whole eggs
- 2 slices turkey bacon
- 1 tsp butter

Instructions:

- Fry eggs in butter.
- Cook turkey bacon and serve together.

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

Cottage Cheese & Hard-Boiled Eggs

Ingredients:

- ½ cup cottage cheese
- 2 hard-boiled eggs

Instructions:

- Boil eggs, peel, and chop.
- Serve with cottage cheese.

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

Cheddar Omelet

Ingredients:

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

Instructions:

- Whisk eggs, pour into skillet.
- Add cheddar cheese, fold, and serve.

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

Lunch Options

Grilled Chicken Breast

Ingredients:

- 5 oz chicken breast
- 1 tsp olive oil
- Sprinkle Parmesan cheese (optional)

Instructions:

- Grill chicken until fully cooked.
- Drizzle olive oil and sprinkle Parmesan.

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

Beef Burger Patties

Ingredients:

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

Instructions:

- Form ground beef into patty, cook until browned.
- Top with cheddar cheese.

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

Turkey & Egg Bowl

Ingredients:

- 4 oz ground turkey
- 1 fried egg

Instructions:

- Cook turkey until browned.
- Top with fried egg.

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

Dinner Options

Ribeye Steak

Ingredients:

- 6 oz ribeye steak
- 1 tsp butter

Instructions:

- Pan-sear or grill steak to doneness.
- Top with butter.

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

Salmon with Parmesan Crust

Ingredients:

- 4 oz salmon fillet
- 1 tbsp Parmesan cheese

Instructions:

- Bake salmon until flaky.
- Sprinkle Parmesan before serving.

Macros: 410 cal | 36g P | 1g C | 26g F

Pork Chop & Egg

Ingredients:

- 5 oz pork chop
- 1 fried egg

Instructions:

- Pan-sear pork chop until cooked.
- Fry egg and serve on top.

Macros: 450 cal | 42g P | 1g C | 28g F

Snack Options

String Cheese & Sliced Turkey

Ingredients:

- 1 mozzarella string cheese
- 2 oz sliced turkey breast

Instructions:

- Pair string cheese with turkey slices.

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

Cottage Cheese Bowl

Ingredients:

- ½ cup cottage cheese
- 1 tbsp shredded cheddar

Instructions:

- Mix cheddar into cottage cheese.

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

Hard-Boiled Egg Duo

Ingredients:

- 2 hard-boiled eggs
- Sprinkle of sea salt

Instructions:

- Boil eggs, peel, season with salt.

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