

1800 Calorie High-Protein Carnivore Meal Plan

This plan includes 3 breakfast, 3 lunch, 3 dinner, and 3 snack options. Each meal is fully animal-based with dairy included, prioritizing protein while keeping carbs nearly zero and fats moderate.

Breakfasts

Scrambled Eggs with Cheddar & Bacon

Ingredients: 3 eggs + 2 egg whites, 2 slices turkey bacon, 1 oz cheddar cheese

Instructions: Scramble eggs and egg whites. Cook bacon until crisp, chop, and fold into eggs with cheddar.

Macros: 390 kcal | Protein: 38g | Carbs: 2g | Fat: 24g

Greek Yogurt with Whey & Cinnamon

Ingredients: 1 cup Greek yogurt (2%), 1 scoop whey protein, Dash cinnamon

Instructions: Mix protein powder into yogurt and stir until smooth.

Macros: 400 kcal | Protein: 46g | Carbs: 5g | Fat: 10g

Ham & Egg Breakfast Roll-Ups

Ingredients: 3 eggs, 3 slices deli ham, 1 oz mozzarella cheese

Instructions: Cook thin omelet with eggs. Wrap ham and mozzarella inside and roll up.

Macros: 395 kcal | Protein: 42g | Carbs: 2g | Fat: 20g

Lunches

Grilled Chicken Thighs with Parmesan

Ingredients: 6 oz chicken thighs, 1 tbsp parmesan

Instructions: Grill chicken thighs and top with parmesan.

Macros: 440 kcal | Protein: 44g | Carbs: 1g | Fat: 20g

Tuna Salad with Hard-Boiled Eggs

Ingredients: 1 can tuna, 2 boiled eggs, 1 tbsp mayonnaise

Instructions: Mix tuna with mayo. Chop eggs and stir in.

Macros: 430 kcal | Protein: 45g | Carbs: 1g | Fat: 18g

Beef Burger Patties with Cheddar

Ingredients: 6 oz ground beef (90/10), 1 oz cheddar cheese

Instructions: Form beef into patties and grill. Top with cheddar.

Macros: 445 kcal | Protein: 42g | Carbs: 1g | Fat: 23g

Dinners

Ribeye Steak with Garlic Butter

Ingredients: 6 oz ribeye steak, 1 tsp garlic butter

Instructions: Grill ribeye to preference. Top with garlic butter.

Macros: 475 kcal | Protein: 46g | Carbs: 1g | Fat: 25g

Salmon with Cream Cheese

Ingredients: 6 oz salmon, 1 tbsp cream cheese

Instructions: Bake salmon at 375°F for 15 minutes. Top with cream cheese.

Macros: 455 kcal | Protein: 44g | Carbs: 1g | Fat: 22g

Pork Chops with Cheddar Topping

Ingredients: 6 oz pork chop, 1 oz cheddar cheese

Instructions: Grill pork chop. Sprinkle cheddar on top before serving.

Macros: 460 kcal | Protein: 45g | Carbs: 1g | Fat: 21g

Snacks

Cottage Cheese with Shredded Turkey

Ingredients: 1 cup cottage cheese, 2 oz sliced turkey breast

Instructions: Mix cottage cheese with chopped turkey slices.

Macros: 210 kcal | Protein: 32g | Carbs: 3g | Fat: 6g

Jerky & Cheese Sticks

Ingredients: 2 oz beef jerky, 1 mozzarella cheese stick

Instructions: Pair jerky with cheese stick.

Macros: 225 kcal | Protein: 30g | Carbs: 2g | Fat: 9g

Protein Shake with Whole Milk

Ingredients: 1 scoop whey protein, 1 cup whole milk

Instructions: Blend protein powder with milk.

Macros: 240 kcal | Protein: 36g | Carbs: 6g | Fat: 8g