

1800 Calorie High-Protein Carnivore Meal Plan

(Animal-Based | Simple | Batch-Cook Friendly)

■ Target Macros (approximate):

- Protein: 180–190g
- Carbs: ~0–10g
- Fat: 100–110g

Breakfast Options (pick 1 per day)

Steak & Eggs

4 oz ribeye steak, 3 eggs cooked in butter

Macros: 48g protein | 2g carbs | 34g fat | ~520 cals

Bacon & Egg Scramble

3 eggs, 3 strips bacon, cooked in bacon fat

Macros: 39g protein | 2g carbs | 29g fat | ~430 cals

Sausage Patties & Eggs

2 turkey sausage patties, 2 eggs

Macros: 42g protein | 1g carbs | 27g fat | ~400 cals

Lunch Options (pick 1 per day)

Grilled Chicken Thighs

5 oz chicken thighs, seasoned with salt and pepper

Macros: 44g protein | 0g carbs | 19g fat | ~360 cals

Beef Burger Patties

2 lean beef patties (no bun), 1 slice cheddar cheese

Macros: 46g protein | 1g carbs | 23g fat | ~420 cals

Pork Chop Plate

5 oz pork chop, grilled or pan-seared

Macros: 43g protein | 0g carbs | 18g fat | ~350 cals

Dinner Options (pick 1 per day)

Salmon Filet

6 oz baked salmon with lemon butter

Macros: 47g protein | 0g carbs | 22g fat | ~420 cals

Roast Beef Slices

5 oz roast beef, 1 slice Swiss cheese

Macros: 42g protein | 1g carbs | 18g fat | ~350 cals

Lamb Chops

5 oz lamb chops, grilled, seasoned simply

Macros: 45g protein | 0g carbs | 25g fat | ~420 cal

Snack Options (pick 2 per day)

Hard-Boiled Eggs

2 hard-boiled eggs, pinch of salt

Macros: 12g protein | 1g carbs | 10g fat | ~150 cal

Beef Jerky

2 oz sugar-free beef jerky

Macros: 20g protein | 4g carbs | 7g fat | ~180 cal

Turkey & Cheese Roll-Ups

3 slices deli turkey, 2 slices cheddar cheese

Macros: 27g protein | 2g carbs | 12g fat | ~230 cal

■ **Coach's Note:** Carnivore eating is about simplicity. Focus on rotating animal proteins for variety, and don't be afraid to batch cook—grill a tray of chicken, steak, or pork and mix it up throughout the week.