

1600 Calorie Carnivore Meal Plan

Breakfasts (~350–400 cals)

1. Ribeye & Eggs - 3 oz ribeye steak, 2 eggs (~380 cals | 30P / 0C / 28F)
2. Bacon & Eggs - 2 eggs, 3 slices bacon (~360 cals | 24P / 0C / 28F)
3. Ground Beef Scramble - 4 oz ground beef (85/15), 1 egg (~390 cals | 32P / 0C / 28F)
4. Salmon & Eggs - 3 oz salmon, 2 eggs (~370 cals | 32P / 0C / 24F)

Snacks (~150–200 cals)

1. Beef Jerky (~180 cals | 20P / 3C / 10F)
2. Hard-Boiled Eggs - 2 eggs (~140 cals | 12P / 0C / 10F)
3. Pork Rinds (~160 cals | 17P / 0C / 9F)
4. Deli Turkey Slices - 3 oz (~150 cals | 25P / 1C / 3F)

Lunches (~350–400 cals)

1. Grilled Chicken Thighs - 5 oz chicken thighs, skin on (~370 cals | 33P / 0C / 24F)
2. Pork Chop - 5 oz pork chop (~360 cals | 32P / 0C / 22F)
3. Ground Beef Patties - 4 oz 85/15 ground beef patties (~380 cals | 30P / 0C / 28F)
4. Sardines in Olive Oil - 1 can sardines (~350 cals | 28P / 0C / 22F)

Dinners (~400–450 cals)

1. Ribeye Steak - 5 oz ribeye (~440 cals | 36P / 0C / 32F)
2. Salmon Fillet - 5 oz salmon (~420 cals | 36P / 0C / 28F)
3. Chicken Drumsticks - 2 drumsticks roasted (~430 cals | 34P / 0C / 28F)
4. Ground Beef Bowl - 6 oz 85/15 ground beef (~450 cals | 34P / 0C / 34F)