

1700 Calorie Carnivore Meal Plan

Breakfast Options

Steak & Eggs

Ingredients:

- 3 oz ribeye steak
- 2 eggs
- 1 tsp butter

Instructions:

- Pan-sear steak in butter.
- Fry eggs in same pan.

Macros: ~400 cal | 30g P | 1g C | 32g F

Cheese Omelet

Ingredients:

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

Instructions:

- Whisk eggs, cook in butter.
- Add cheese, fold into omelet.

Macros: ~340 cal | 28g P | 2g C | 24g F

Bacon & Scrambled Eggs

Ingredients:

- 3 slices bacon
- 2 eggs

Instructions:

- Cook bacon until crisp.
- Scramble eggs in bacon fat.

Macros: ~350 cal | 25g P | 1g C | 27g F

Lunch Options

Chicken Thighs (Skin-On)

Ingredients:

- 5 oz chicken thighs (skin-on)
- 1 tsp butter

Instructions:

- Pan-sear chicken thighs in butter until golden and fully cooked.

Macros: ~380 cal | 32g P | 0g C | 28g F

Beef Burger Patties with Cheese

Ingredients:

- 4 oz ground beef (80/20)
- 1 slice cheddar cheese

Instructions:

- Form beef into patty, grill or pan-fry.
- Top with cheese.

Macros: ~360 cal | 27g P | 1g C | 28g F

Tuna Salad (Carnivore Style)

Ingredients:

- 1 can tuna (~4 oz, drained)
- 1 tbsp mayo

Instructions:

- Mix tuna with mayo.
- Serve plain or with cheese slices.

Macros: ~250 cal | 28g P | 0g C | 14g F

Dinner Options

Pork Chops with Butter

Ingredients:

- 5 oz pork chop
- 1 tsp butter

Instructions:

- Pan-fry pork chop in butter until cooked through.

Macros: ~400 cal | 34g P | 0g C | 30g F

Salmon with Cream Cheese

Ingredients:

- 4 oz salmon fillet
- 1 tbsp cream cheese

Instructions:

- Bake salmon until flaky.
- Top with cream cheese.

Macros: ~380 cal | 32g P | 1g C | 26g F

Shrimp & Egg Skillet

Ingredients:

- 4 oz shrimp

- 2 eggs
- 1 tsp butter

Instructions:

- Cook shrimp in butter.
- Scramble eggs together with shrimp.

Macros: ~310 cal | 29g P | 1g C | 21g F

Snack Options

Hard-Boiled Eggs

Ingredients:

- 2 boiled eggs

Instructions:

- Boil eggs, peel, and eat.

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

Cheese Cubes

Ingredients:

- 1 oz cheddar cheese

Instructions:

- Cut cheese into cubes.

Macros: ~110 cal | 7g P | 1g C | 9g F

Beef Jerky (Sugar-Free)

Ingredients:

- 1 oz beef jerky

Instructions:

- Eat as is.

Macros: ~100 cal | 12g P | 1g C | 6g F