

1600 Calorie Carnivore Meal Plan

High-protein, low-carb, moderate-fat plan built for strength and energy.

Breakfast Options

- **Steak & Eggs (Classic Start)** 2.5 oz ribeye steak, 2 large eggs, 1 tsp butter. Cook steak in butter, fry eggs in same pan. Macros: ~370 cal | 28g P | 1g C | 29g F
- **Cheese Omelet** 2 whole eggs + 1 egg white, 3 tbsp shredded cheddar, 1 tsp butter. Whisk eggs and cheese, cook in butter until fluffy. Macros: ~310 cal | 26g P | 2g C | 22g F
- **Bacon & Scrambled Eggs** 2 slices bacon, 2 large eggs. Cook bacon, scramble eggs in bacon grease. Macros: ~320 cal | 24g P | 1g C | 25g F

Lunch Options

- **Chicken Thighs (Skin-On)** 4 oz chicken thigh, 1 tsp butter. Pan-sear in butter until golden. Macros: ~310 cal | 27g P | 0g C | 23g F
- **Beef Burger Patty with Cheese** 3.5 oz ground beef (80/20), 1 slice cheddar cheese. Grill or pan-fry, melt cheese on top. Macros: ~330 cal | 25g P | 1g C | 25g F
- **Tuna Salad (Carnivore Style)** 1 can tuna (4 oz drained), 1 tbsp mayo. Mix and season to taste. Macros: ~240 cal | 28g P | 0g C | 14g F

Dinner Options

- **Pork Chop with Butter** 4 oz pork chop, 1 tsp butter. Pan-fry until fully cooked. Macros: ~340 cal | 30g P | 0g C | 25g F
- **Salmon with Cream Cheese** 3.5 oz salmon, 1 tbsp cream cheese. Bake or air-fry salmon, top with cream cheese. Macros: ~340 cal | 30g P | 1g C | 23g F
- **Shrimp & Egg Skillet** 4 oz shrimp, 1 egg + 1 egg white, 1 tsp butter. Cook shrimp in butter, scramble with eggs. Macros: ~280 cal | 29g P | 1g C | 18g F

Snack Options

- **Hard-Boiled Eggs** 2 eggs. Boil for 9–10 minutes. Macros: ~140 cal | 12g P | 1g C | 9g F
- **Cheese Cubes** 1 oz cheddar cheese. Quick protein and fat boost. Macros: ~110 cal | 7g P | 1g C | 9g F
- **Beef Jerky (Sugar-Free)** 1 oz sugar-free beef jerky. Eat as is. Macros: ~100 cal | 12g P | 1g C | 6g F

Daily Macro Summary (Approximate)

Calories: 1600 | Protein: 130–145g | Carbs: 4–6g | Fat: 100–110g