

# 1700 Calorie Carnivore Meal Plan

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

## Breakfast Options (400–420 cal)

### **Steak & Eggs Plus**

3 oz ribeye steak, 2 eggs, 1 tsp butter, ½ oz cheddar.

*415 cal | 32g P | 2g C | 31g F*

### **Cheese Omelet Upgrade**

2 eggs + 1 egg white, 3 tbsp cheddar, 1 tsp butter, 1 oz turkey sausage.

*405 cal | 34g P | 2g C | 29g F*

### **Bacon & Scrambled Eggs**

3 slices bacon, 2 eggs.

*400 cal | 27g P | 1g C | 30g F*

## Lunch Options (370–400 cal)

### **Chicken Thighs (Skin-On)**

4.5 oz chicken thigh, 1 tsp butter.

*375 cal | 32g P | 0g C | 27g F*

### **Beef Burger Patty Deluxe**

4 oz ground beef (80/20), 1 slice cheddar, ½ oz mayo or avocado.

*395 cal | 30g P | 1g C | 29g F*

### **Tuna Salad (Carnivore Style)**

4 oz tuna, 1½ tbsp mayo.

*360 cal | 31g P | 0g C | 23g F*

## Dinner Options (400–430 cal)

### **Pork Chop with Butter**

4 oz pork chop, 1 tbsp butter.

*410 cal | 31g P | 0g C | 30g F*

### **Salmon with Cream Cheese**

4 oz salmon, 1 tbsp cream cheese.

*405 cal | 32g P | 1g C | 27g F*

### **Shrimp & Egg Skillet**

4 oz shrimp, 2 eggs, 1 tsp butter.

*390 cal | 33g P | 1g C | 25g F*

## Snack Options (120–150 cal)

**Hard-Boiled Eggs (2)**

*140 cal | 12g P | 1g C | 9g F*

**Cheese Cubes (1 oz)**

*110 cal | 7g P | 1g C | 9g F*

**Beef Jerky (1 oz)**

*100 cal | 12g P | 1g C | 6g F*

**Pork Rinds (½ oz)**

*70 cal | 7g P | 0g C | 4g F*

**Approximate Daily Summary**

Calories: 1700 | Protein: 140–150g | Carbs: 6–8g | Fat: 105–115g