

1700 Calorie Carnivore Meal Plan

High-protein, moderate-fat, zero-carb approach for strength, focus, and metabolic health.

Approx. 1700 cal | 180–190g Protein | <10g Carbs | 100–110g Fat

Breakfast Options (400–450 cal)

Ribeye & Eggs

3 oz ribeye steak, 2 eggs cooked in butter. 430 cal | 36g P | 0g C | 32g F

Bacon & Egg Scramble

3 eggs, 2 slices bacon, 1 tsp butter. 420 cal | 30g P | 0g C | 33g F

Ground Beef Bowl

4 oz 80/20 ground beef, 1 fried egg. 410 cal | 35g P | 0g C | 28g F

Sausage Omelet

2 eggs, 2 oz breakfast sausage, 1 oz shredded cheese. 440 cal | 32g P | 1g C | 34g F

Bone Broth Protein Shake

1 scoop bone broth protein, 1 tbsp heavy cream, ½ tsp butter blended in hot water. 400 cal | 40g P | 0g C | 25g F

Lunch Options (400–450 cal)

Chicken Thighs & Butter

5 oz baked chicken thighs, 1 tbsp butter. 440 cal | 38g P | 0g C | 30g F

Ground Beef Patties

5 oz 85/15 ground beef formed into patties, sea salt, 1 oz cheddar. 450 cal | 38g P | 1g C | 32g F

Salmon Filet

4 oz salmon cooked in 1 tsp ghee. 420 cal | 36g P | 0g C | 28g F

Pork Belly Plate

3 oz pork belly, 1 egg fried in bacon grease. 450 cal | 34g P | 0g C | 36g F

Sardine Bowl

1 can sardines (in olive oil), 1 boiled egg. 430 cal | 38g P | 0g C | 28g F

Dinner Options (450–500 cal)

New York Strip

5 oz NY strip cooked in butter. 480 cal | 40g P | 0g C | 35g F

Chicken Drumsticks

2 drumsticks roasted with skin, 1 tsp olive oil. 460 cal | 38g P | 1g C | 33g F

Ground Beef Bowl

5 oz 80/20 ground beef topped with 1 fried egg. 470 cal | 40g P | 0g C | 34g F

Grilled Salmon & Butter

5 oz salmon with 1 tbsp butter. 490 cal | 38g P | 0g C | 36g F

Lamb Chops

4 oz lamb chops seared in butter. 480 cal | 37g P | 0g C | 35g F

Snack Options (150–200 cal)**Hard-Boiled Eggs**

2 eggs with sea salt. 160 cal | 12g P | 1g C | 11g F

Beef Jerky

2 oz beef jerky. 190 cal | 28g P | 2g C | 7g F

Cheese Cubes

1 oz cheddar or gouda. 170 cal | 11g P | 0g C | 14g F

Pork Rinds

1 oz pork rinds. 180 cal | 18g P | 0g C | 12g F

Sardine Snack

½ can sardines. 160 cal | 17g P | 0g C | 10g F

Approximate Daily Summary

Calories: 1700 | Protein: 180–190g | Carbs: <10g | Fat: 100–110g