

1600-Calorie Carnivore Meal Plan

Breakfast Options

Steak & Eggs

Ingredients:

- 4 oz ribeye steak
- 2 whole eggs
- 1 tsp ghee or tallow

Instructions:

- Pan-sear steak in ghee or tallow.
- Fry eggs in the same pan.

Macros: 430 cal | 40g P | 0g C | 30g F

Scrambled Eggs with Ground Beef

Ingredients:

- 3 whole eggs
- 3 oz lean ground beef (90%)
- Sea salt to taste

Instructions:

- Brown beef, add eggs, and scramble together.

Macros: 370 cal | 38g P | 1g C | 25g F

Salmon & Eggs

Ingredients:

- 3 oz wild salmon
- 2 whole eggs
- 1 tsp butter

Instructions:

- Pan-sear salmon in butter, fry eggs alongside.

Macros: 360 cal | 35g P | 1g C | 22g F

Lunch Options

Beef Patties with Cheddar

Ingredients:

- 4 oz ground beef (85%)
- 1 oz cheddar cheese
- 1 tsp ghee

Instructions:

- Form beef into patties, pan-sear in ghee, melt cheese on top.

Macros: 410 cal | 36g P | 1g C | 29g F

Chicken Thighs (Crispy Skin-On)

Ingredients:

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

Instructions:

- Pan-sear or bake until crispy.

Macros: 360 cal | 38g P | 0g C | 24g F

Sardine & Egg Bowl

Ingredients:

- 3 oz sardines (in olive oil)
- 1 boiled egg
- Sprinkle of salt

Instructions:

- Combine and serve warm or cold.

Macros: 310 cal | 34g P | 0g C | 20g F

Dinner Options

Lamb Chops

Ingredients:

- 4 oz lamb chops
- 1 tsp butter or ghee
- Sprinkle sea salt

Instructions:

- Pan-sear lamb chops in butter until golden brown.

Macros: 420 cal | 38g P | 0g C | 28g F

Ground Beef & Liver Mix

Ingredients:

- 3 oz ground beef
- 1 oz beef liver
- 1 tsp butter

Instructions:

- Cook beef and liver together in butter; season lightly.

Macros: 350 cal | 40g P | 0g C | 22g F

Salmon Filet

Ingredients:

- 4 oz salmon
- 1 tsp tallow or ghee

Instructions:

- Pan-sear salmon until flaky and golden.

Macros: 360 cal | 34g P | 1g C | 24g F

Snack Options

Beef Jerky (No Sugar)

Ingredients:

- 1 oz beef jerky

Instructions:

- Enjoy as-is for portable protein.

Macros: 100 cal | 18g P | 1g C | 3g F

Hard-Boiled Eggs

Ingredients:

- 2 eggs

Instructions:

- Boil 8–10 minutes, cool, and peel.

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

Cheese Cubes

Ingredients:

- 1 oz cheddar or gouda

Instructions:

- Cut into cubes, serve chilled.

Macros: 120 cal | 9g P | 0g C | 9g F