

# ■ 1800 Calorie Carnivore High-Protein Meal Plan

Zero-carb, animal-based nutrition plan designed for strength, focus, and metabolic efficiency.

Approx. 1800 cal | 180g Protein | <10g Carbs | 110g Fat

## Breakfast Options (400–450 cal)

**Beef & Eggs:** 4 oz ground beef, 2 whole eggs, 1 tsp butter — 430 cal | 38g P | 1g C | 28g F

**Eggs & Bacon:** 3 eggs, 2 slices bacon — 410 cal | 36g P | 2g C | 30g F

**Scrambled Eggs with Liver:** 2 eggs + 2 oz beef liver, 1 tsp ghee — 440 cal | 39g P | 2g C | 31g F

**Carnivore Coffee:** 8 oz coffee blended with 1 tbsp butter + 1 scoop collagen — 420 cal | 36g P | 3g C | 30g F

**Steak & Egg Breakfast:** 3 oz sirloin steak, 2 eggs — 440 cal | 40g P | 2g C | 29g F

## Lunch Options (400–450 cal)

**Grilled Chicken Thighs:** 5 oz chicken thighs cooked in butter — 440 cal | 42g P | 1g C | 27g F

**Ground Beef Bowl:** 5 oz 90% lean ground beef, 1 oz cheese — 430 cal | 40g P | 1g C | 25g F

**Egg Salad (Carnivore Style):** 3 boiled eggs mixed with 1 tbsp mayo — 420 cal | 35g P | 1g C | 30g F

**Pork Belly Strips:** 4 oz pork belly slices, lightly salted — 450 cal | 34g P | 2g C | 36g F

**Sardine Plate:** 1 can sardines in olive oil — 400 cal | 38g P | 2g C | 26g F

## Dinner Options (450–500 cal)

**Ribeye Steak:** 5 oz ribeye grilled in butter — 490 cal | 42g P | 1g C | 33g F

**Salmon Fillet:** 5 oz salmon cooked in ghee — 470 cal | 40g P | 2g C | 31g F

**Beef Short Ribs:** 4 oz slow-cooked short ribs — 480 cal | 38g P | 2g C | 34g F

**Chicken Drumsticks:** 2 drumsticks roasted with skin — 460 cal | 42g P | 1g C | 28g F

**Ground Turkey Patties:** 5 oz turkey patties cooked in butter — 450 cal | 41g P | 1g C | 27g F

## Snack Options (150–200 cal)

**Beef Jerky:** 1 oz beef jerky — 180 cal | 18g P | 3g C | 9g F

**Hard-Boiled Eggs:** 2 eggs — 160 cal | 13g P | 2g C | 10g F

**Cheese Cubes:** 1 oz cheddar cheese — 170 cal | 10g P | 1g C | 14g F

**Pork Rinds:** 1 oz pork rinds — 190 cal | 17g P | 0g C | 12g F

**Collagen Shake:** 1 scoop collagen + water — 150 cal | 25g P | 0g C | 2g F

**Approximate Daily Summary**

Calories: 1800  
Protein: 175–185g  
Carbs: <10g  
Fat: 100–115g