

# ■ 1700 Calorie Carnivore High-Protein Meal Plan

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

Approx. 1700 cal | 165g Protein | <10g Carbs | 100g Fat

## Breakfast Options (350–400 cal)

**Beef & Eggs:** 3 oz ground beef, 2 whole eggs, 1 tsp butter — 380 cal | 33g P | 1g C | 26g F

**Eggs & Bacon:** 2 whole eggs, 2 slices bacon — 370 cal | 30g P | 1g C | 28g F

**Collagen Coffee:** 8 oz coffee blended with 1 tbsp butter + 1 scoop collagen — 370 cal | 32g P | 2g C | 27g F

**Steak & Egg Start:** 3 oz sirloin + 1 egg — 390 cal | 35g P | 2g C | 26g F

**Egg & Liver Scramble:** 1 egg + 2 oz beef liver + 1 tsp ghee — 400 cal | 36g P | 2g C | 28g F

## Lunch Options (400–425 cal)

**Grilled Chicken Thighs:** 4 oz chicken thighs cooked in butter — 420 cal | 38g P | 1g C | 27g F

**Ground Beef Bowl:** 4 oz 90% lean ground beef, 1 oz cheese — 410 cal | 36g P | 1g C | 25g F

**Egg Salad (Carnivore Style):** 2 whole eggs + 2 whites + 1 tbsp mayo — 400 cal | 34g P | 1g C | 26g F

**Sardine Plate:** 1 small can sardines in olive oil — 410 cal | 35g P | 2g C | 27g F

**Pork Belly Slices:** 3 oz pork belly, lightly salted — 420 cal | 30g P | 1g C | 33g F

## Dinner Options (425–450 cal)

**Ribeye Steak:** 4 oz ribeye grilled in butter — 450 cal | 38g P | 1g C | 32g F

**Salmon Fillet:** 4 oz salmon cooked in ghee — 440 cal | 36g P | 2g C | 30g F

**Ground Turkey Patties:** 4 oz turkey patties cooked in butter — 435 cal | 37g P | 1g C | 29g F

**Chicken Drumsticks:** 2 small drumsticks (roasted with skin) — 430 cal | 36g P | 1g C | 28g F

**Beef Short Ribs:** 3 oz slow-cooked short ribs — 440 cal | 35g P | 2g C | 31g F

## Snack Options (125–175 cal)

**Beef Jerky:** ¾ oz beef jerky — 140 cal | 15g P | 2g C | 6g F

**Hard-Boiled Egg:** 1 egg — 80 cal | 6g P | 0g C | 5g F

**Cheese Cubes:** ¾ oz cheddar — 130 cal | 8g P | 0g C | 10g F

**Pork Rinds:** ¾ oz — 150 cal | 13g P | 0g C | 9g F

**Collagen Shake:** 1 small scoop collagen + water — 130 cal | 20g P | 0g C | 1g F

## **Approximate Daily Summary**

Calories: 1700

Protein: 160–170g

Carbs: <10g

Fat: 95–105g