

1700-Calorie Carnivor

◆ BREAKFAST OPTIONS (375–425 calories)

1. Steak & Eggs Starter

- 3 oz ribeye or sirloin
 - 2 whole eggs
 - 1 tsp butter for cooking
- Approx:** 410 cal | 36g P | 0g C | 28g F
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2. Bacon & Eggs Plate

- 3 slices bacon
 - 3 whole eggs (fried in bacon fat)
- Approx:** 400 cal | 30g P | 0g C | 32g F
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3. Ground Beef Breakfast Bowl

- 4 oz 80–85% ground beef
 - 1 whole egg
- Approx:** 390 cal | 32g P | 0g C | 30g F
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4. Salmon & Eggs

- 3 oz salmon
 - 2 whole eggs
- Approx:** 380–400 cal | 34g P | 0g C | 26–28g F
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5. Carnivore Omelet

- 3 whole eggs
- 2 oz crumbled sausage or ground beef

- (Optional) ½ oz cheese if you're including dairy
Approx: 390–420 cal | 32–34g P | 0–1g C | 30g F
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◆ LUNCH OPTIONS (375–425 calories)

1. Chicken Thigh Plate

- 1 large bone-in, skin-on chicken thigh (~5 oz cooked)
 - 1 tsp butter or tallow on top
Approx: 400 cal | 38g P | 0g C | 26g F
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2. Burger Patties Stack

- Two 3-oz beef patties (no bun)
 - ½ oz cheese (optional)
 - 1 tsp butter or tallow
Approx: 410 cal | 36g P | 0g C | 30g F
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3. Pork Chop Lunch

- 4 oz pork chop
 - 1 tsp cooking fat (butter/tallow)
Approx: 390–410 cal | 35g P | 0g C | 26–28g F
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4. Turkey & Egg Bowl

- 4 oz ground turkey (85–93%)
 - 1 whole egg mixed in
Approx: 380 cal | 36g P | 0g C | 24g F
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5. Sardines & Eggs

- 1 can sardines in olive oil
- 2 hard-boiled eggs
Approx: 400 cal | 34g P | 0g C | 30g F

◆ DINNER OPTIONS (450–525 calories)

1. Ribeye Dinner

- 6 oz ribeye steak
Approx: 500–520 cal | 42g P | 0g C | 38–40g F

2. Salmon Steak & Bone Broth

- 5 oz salmon
- 1 cup bone broth
Approx: 470–490 cal | 40g P | 0g C | 32–34g F

3. Beef Short Ribs or Chuck Roast

- 5 oz slow-cooked short ribs or chuck roast (trimmed)
Approx: 480–500 cal | 38–40g P | 0g C | 36–38g F

4. Double Burger Plate

- Two 4-oz burger patties (no bun)
- 1 tsp butter or tallow on top
Approx: 500–520 cal | 44g P | 0g C | 36–38g F

5. Chicken Drumsticks Duo

- 2 medium drumsticks (skin on)
- 1 tsp butter or ghee
Approx: 460–480 cal | 40g P | 0g C | 30–32g F

◆ SNACK OPTIONS (100–200 calories)

Use **1–2 per day** to land near 1700 depending on your main meal choices.

1. **Hard-Boiled Eggs (2)**
 - ~140 cal | 12g P | 0g C | 9g F
 2. **Beef Jerky (no sugar, 1 oz)**
 - ~100–120 cal | 15–18g P | 0–3g C | 3–5g F
 3. **Cheese Stick or 1 oz Cheese** (if including dairy)
 - ~80–110 cal | 7–10g P | 0–1g C | 6–9g F
 4. **Bone Broth (1 cup)**
 - ~70–100 cal | 10–15g P | 0g C | 2–4g F
 5. **Small Can of Tuna in Water**
 - ~100 cal | 22g P | 0g C | 1g F
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2. Lentil & Chickpea Curry with Rice

~470 cal | 26g P | 60g C | 12g F

- ½ cup lentils
 - ¼ cup chickpeas
 - ½ cup rice
 - Curry spices, tomatoes, onion, garlic
 - 1 tsp coconut or olive oil
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3. High-Protein Veggie Pasta

~460 cal | 30g P | 55g C | 10g F

- 1 cup cooked chickpea or lentil pasta
 - ½ cup marinara or light cream sauce
 - 1 cup mushrooms + spinach
 - 1 tbsp parmesan
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4. Tofu & Quinoa Power Plate

~450 cal | 32g P | 48g C | 11g F

- 4 oz tofu
 - ½ cup quinoa
 - 1 cup veggies (zucchini, peppers, onion)
 - 1 tsp olive oil for sauté
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5. Veggie Frittata + Side Salad

~460 cal | 32g P | 22g C | 24g F

- 3 whole eggs + 2 egg whites
- 1 cup chopped veg (pepper, onion, spinach)
- ½ oz cheese (optional)
- Side salad with 1 tsp olive oil

◆ SNACK OPTIONS (100–175 cal)

Use **1–2 per day** depending on what your main meals add up to.

1. **Protein Shake (water/almond milk)**
 - ~120–150 cal | 24–30g P | 2–5g C | 1–3g F
2. **Greek Yogurt Mini Cup (½ cup)**
 - ~90–100 cal | 10g P | 6g C | 2g F
3. **Apple + 1 tbsp peanut/almond butter**
 - ~170 cal | 4g P | 22g C | 8g F
4. **Carrots + Hummus (2 tbsp)**
 - ~130 cal | 4g P | 14g C | 6g F
5. **Cottage Cheese (½ cup) + ¼ cup berries**
 - ~120 cal | 13g P | 8g C | 3g F