

1600-Calorie Carnivore Meal Plan

Goal: High-protein, low-carb, minimal inflammation, maximal satiety

Structure: 3 meals + optional snack

Macros: Approx. 65% protein / 35% fat (can shift based on client preference)

Meal 1 Breakfast (Approx. 450 Calories)

Steak & Eggs Power Plate

- 3 eggs cooked in 1 tbsp butter
- 4 oz ribeye or sirloin steak
- Salt + pepper

Calories: ~450

Protein: ~42g

Fat: ~30g

Meal 2 Lunch (Approx. 500 Calories)

Carnivore Smash Burger Bowl (No Bun)

- 6 oz ground beef patty (80/20 or 85/15)
- 1 oz cheddar cheese
- 1 egg (optional)
- Serve with salt — no veggies for strict carnivore
- Add 1 tbsp butter on top if needed for calories

Calories: ~500

Protein: ~45g

Fat: ~35g

Meal 3 Dinner (Approx. 525 Calories)

Salmon & Shrimp Omega Plate

- 5 oz salmon (pan-seared)

- 4 oz shrimp cooked in 1 tbsp ghee
- Sea salt + lemon (optional, allowed in most carnivore tiers)

Calories: ~520–540

Protein: ~55g

Fat: ~32g

Optional Snack (Approx. 125 Calories)

Choose one:

- 2 oz sliced deli turkey
- OR 1 beef stick (clean ingredients)
- OR 1 hard-boiled egg + 1 oz cheese

Calories: 100–150

Protein: 10–15g

Fat: 5–10g