

1800-Calorie Carnivore Meal Plan

Breakfast Options

Steak & Eggs

Ingredients:

- 5 oz ribeye steak
- 2 whole eggs
- 1 tsp butter

Instructions:

Cook steak to desired doneness.

Fry eggs in butter.

Serve together.

Macros: 520 cal | 40g P | 0g C | 40g F

Bacon & Egg Scramble

Ingredients:

- 3 whole eggs
- 3 slices bacon

Instructions:

Cook bacon until crisp.

Scramble eggs in bacon fat.

Macros: 480 cal | 32g P | 0g C | 38g F

Ground Beef Breakfast Bowl

Ingredients:

- 6 oz 80/20 ground beef
- 1 whole egg

Instructions:

Brown ground beef.

Top with cooked egg.

Macros: 500 cal | 38g P | 0g C | 42g F

Lunch Options

Grilled Chicken Thighs

Ingredients:

- 7 oz chicken thighs (skin-on)

Instructions:

Grill or bake chicken thighs until cooked through.

Macros: 460 cal | 42g P | 0g C | 34g F

Burger Patties

Ingredients:

- 2 beef burger patties (4 oz each, 80/20)

Instructions:

Grill or pan-sear patties.

Macros: 560 cal | 44g P | 0g C | 44g F

Pork Chops

Ingredients:

- 7 oz pork chops
- 1 tsp butter

Instructions:

Pan-sear pork chops in butter until cooked.

Macros: 480 cal | 45g P | 0g C | 32g F

Dinner Options

Salmon with Butter

Ingredients:

- 6 oz salmon
- 1 tbsp butter

Instructions:

Bake or pan-sear salmon.

Top with butter.

Macros: 520 cal | 42g P | 0g C | 38g F

Ribeye Steak

Ingredients:

- 8 oz ribeye steak

Instructions:

Cook steak to preferred doneness.

Macros: 600 cal | 48g P | 0g C | 48g F

Lamb Chops

Ingredients:

- 7 oz lamb chops

Instructions:

Grill or pan-sear lamb chops.

Macros: 560 cal | 45g P | 0g C | 44g F

Snack Options

Hard-Boiled Eggs

Ingredients:

- 3 hard-boiled eggs

Instructions:

Season with salt if desired.

Macros: 210 cal | 18g P | 0g C | 15g F

Beef Jerky

Ingredients:

- 2 oz beef jerky (no sugar)

Instructions:

Eat as-is.

Macros: 180 cal | 22g P | 0g C | 8g F

Cheese Slices

Ingredients:

- 2 oz cheddar cheese

Instructions:

Eat as-is.

Macros: 220 cal | 14g P | 0g C | 18g F