

Carnivore Diet Meal Plan PDF Download



Day 1:

- Breakfast: Scrambled eggs with bacon
- Lunch: Grilled chicken thighs
- Dinner: Ribeye steak with butter

Day 2:

- Breakfast: Sausages and eggs
- Lunch: Salmon fillet
- Dinner: Lamb chops

Day 3:

- Breakfast: Omelette with cheese and ground beef

- Lunch: Turkey legs
- Dinner: Pork chops with garlic butter

Day 4:

- Breakfast: Steak and eggs
- Lunch: Chicken liver cooked in butter
- Dinner: Beef kebabs

Day 5:

- Breakfast: Bacon-wrapped sausages
- Lunch: Grilled shrimp
- Dinner: T-bone steak

Day 6:

- Breakfast: Scrambled eggs with chorizo
- Lunch: Duck breast
- Dinner: Pork ribs

Day 7:

- Breakfast: Ground beef with cheese
- Lunch: Tuna steak
- Dinner: Lamb shanks

Day 8:

- Breakfast: Sausages and eggs
- Lunch: Chicken wings
- Dinner: Sirloin steak with herb butter

Day 9:

- Breakfast: Omelette with bacon
- Lunch: Salmon patties
- Dinner: Pork belly strips

Day 10:

- Breakfast: Steak and eggs
- Lunch: Beef liver cooked in ghee
- Dinner: Grilled chicken thighs

Day 11:

- Breakfast: Bacon-wrapped sausages
- Lunch: Shrimp skewers
- Dinner: Ribeye steak with garlic butter

Day 12:

- Breakfast: Scrambled eggs with chorizo
- Lunch: Turkey burgers
- Dinner: Lamb chops

Day 13:

- Breakfast: Ground beef with cheese
- Lunch: Grilled salmon
- Dinner: Pork chops with rosemary

Day 14:

- Breakfast: Sausages and eggs
- Lunch: Chicken liver cooked in butter
- Dinner: T-bone steak

Continue with similar variations for the remaining days:

Day 15-30:

- Mix and match the mentioned meals or create new combinations with your favorite meats.
- Incorporate fish, poultry, and red meat to ensure variety.
- Consider organ meats for nutrient diversity.
- Drink plenty of water.

Remember to listen to your body and adjust portions based on your hunger and energy levels. Additionally, consider supplementing with essential nutrients like electrolytes if

needed. Always consult with a healthcare professional before making significant changes to your diet.