

Free 7-Day Carnivore Diet Meal Plan for Beginners

Day 1

Breakfast: Scrambled eggs cooked in butter + bacon strips

Lunch: Grilled ribeye steak

Dinner: Pan-seared salmon with ghee

Snack: Hard-boiled eggs

Day 2

Breakfast: Omelette with ground beef

Lunch: Roasted chicken thighs

Dinner: Pan-fried lamb chops

Snack: Pork rinds

Day 3

Breakfast: Fried eggs and sausage links

Lunch: Beef burger patties without buns

Dinner: Grilled trout with butter

Snack: Smoked salmon slices

Day 4

Breakfast: Egg muffins with ground beef

Lunch: Roast pork belly

Dinner: Pan-seared cod with ghee

Snack: Beef jerky

Day 5

Breakfast: Scrambled eggs and steak slices

Lunch: Grilled chicken drumsticks

Dinner: Lamb shoulder roast

Snack: Canned mackerel

Day 6

Breakfast: Omelette with shrimp or crab meat

Lunch: Ribeye steak or sirloin

Dinner: Pan-fried chicken breast with butter

Snack: Smoked salmon

Day 7

Breakfast: Scrambled eggs and bacon

Lunch: Roasted turkey leg

Dinner: Grilled salmon with ghee

Snack: Canned sardines