

# A 5 Day Carnivore Diet Meal Plan

<b>Day</b>	<b>Meal</b>	<b>Description</b>	<b>Macros</b>	<b>Kcal</b>
1	Breakfast	3 eggs scrambled with 2 slices of bacon	~28g protein, 30g fat, 1g carbs	~400
	Morning Snack	A handful of pork rinds	~15g protein, 9g fat, 0g carbs	~150
	Lunch	Grilled salmon fillet (200g)	~50g protein, 20g fat, 0g carbs	~400
	Afternoon Snack	2 hard-boiled eggs	~12g protein, 10g fat, 1g carbs	~155
	Dinner	Ribeye steak (250g) with butter	~58g protein, 47g fat, 0g carbs	~700
2	Breakfast	Pork sausages (2 medium)	~30g protein, 35g fat, 0g carbs	~400
	Morning Snack	Beef jerky (30g)	~21g protein, 3g fat, 3g carbs	~110
	Lunch	Tuna salad (200g of tuna, mayonnaise)	~48g protein, 20g fat, 0g carbs	~380
	Afternoon Snack	A slice of Gouda cheese (30g)	~8g protein, 8g fat, 1g carbs	~100
	Dinner	Lamb chops (200g) with a side of bone marrow	~60g protein, 50g fat, 0g carbs	~700
3	Breakfast	Beef liver (150g) pan-fried in butter	~36g protein, 15g fat, 5g carbs	~300
	Morning Snack	A small can of tuna (100g), drained	~24g protein, 1g fat, 0g carbs	~110
	Lunch	Chicken thighs (200g), skin on, roasted	~48g protein, 30g fat, 0g carbs	~460
	Afternoon Snack	A few slices of salami (30g)	~10g protein, 9g fat, 1g carbs	~120
	Dinner	Duck breast (200g) with rendered fat	~52g protein, 28g fat, 0g carbs	~460
4	Breakfast	Omelette made with 3 eggs and 50g shredded cheese	~30g protein, 33g fat, 2g carbs	~420
	Morning Snack	A few slices of smoked salmon (50g)	~11g protein, 5g fat, 0g carbs	~90
	Lunch	Sardines (200g) canned in olive oil	~48g protein, 25g fat, 0g carbs	~400
	Afternoon Snack	Mozzarella sticks (2 medium)	~14g protein, 16g fat, 2g carbs	~200
	Dinner	Bison steak (250g) grilled	~60g protein, 30g fat, 0g carbs	~540
5	Breakfast	Cod liver (100g) with a side of scrambled eggs (2)	~28g protein, 25g fat, 1g carbs	~350
	Morning Snack	Chicken drumsticks (2 small)	~24g protein, 10g fat, 0g carbs	~190
	Lunch	Turkey breast (200g) roasted	~58g protein, 2g fat, 0g carbs	~250
	Afternoon Snack	A few slices of cheddar cheese (30g)	~7g protein, 9g fat, 1g carbs	~110
	Dinner	Pork ribs (250g) slow-cooked	~60g protein, 50g fat, 0g carbs	~700