



ANCESTRAL CARNIVORE MEAL PLAN



	Breakfast	Lunch	Dinner
Mon	Burger patty <i>Bone broth</i>	Panfry fatty fish in animal fat or butter Hard cheese	Slow cooked lamb shank Organ (liver)
Tue	Eggs & grated cheese pancake <i>Bone broth</i>	Pork roast	Ground meat Organ (bone marrow) Seasonal plant foods
Wed	Pork belly <i>Bone broth</i>	Chicken roast Small fish with bones in	Seared beef steak + eggs Organ (oxtail stew)
Thu	Bacon & sausages <i>Bone broth</i>	Meat loaf Hard cheese	Panfry fatty fish in animal fat or butter Organ (kidney)
Fri	Burger patty <i>Bone broth</i>	Butterflied lamb leg	Pork chop Organ (liver)
Sat	Eggs & grated cheese pancake <i>Bone broth</i>	Chuck roast	Beef & lamb stew Organ (heart) Seasonal plant foods
Sun	Meat loaf <i>Bone broth</i>	Pork belly Small fish with bones in	Seared beef steak + eggs Organ meat (pig trotter stew)

NOTES

- This sample meal plan is for someone who follows an [ancestral version](#) of the carnivore diet where one eats [all animal source foods](#) including: ruminants, pork, poultry, seafood, eggs, dairy, honey and a small amount of seasonal plant foods occasionally.
- This sample meal plan has breakfast, lunch and dinner options, however, when you are on the carnivore diet, it's likely that you will just need one to two meals a day.
- Tips to eat healthily on the carnivore diet:
 - Eat a variety of animal source foods
 - Eat nose-to-tail
 - Get grass-fed or pasture-raised if you can afford
 - Eat whole and unprocessed food
 - Eat cooked, lightly cooked and raw food because some nutrients can be easily destroyed by heat (e.g. vitamin C).