



STRICT CARNIVORE MEAL PLAN



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

NOTES

- This sample meal plan is for someone who follows a **strict version** of the carnivore diet where one eats **only animal-based foods**: ruminants, pork, poultry and seafood. No plants, eggs, dairy or honey.
- 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).