

30-Day Carnivore Diet Meal Plan

Day	Breakfast	Lunch	Dinner	Snack
1	Scrambled eggs cooked in bacon fat	Grilled chicken breast with bone broth	Pan-seared salmon with shrimp	Pemmican
2	Sausage patties cooked in lard	Roast beef slices with bone broth	Grilled lamb chops	Beef sticks
3	Quail eggs cooked in duck fat	Turkey slices with chicken bone broth	Pan-seared mackerel with shrimp	Beef jerky
4	Bacon cooked in bacon fat	Roast duck with bone broth	Grilled lobster tail	Meat sticks
5	Omelette with cheese cooked in tallow	Grilled chicken thighs with chicken bone broth	Pan-seared tuna	Pemmican
6	Smoked salmon	Beef steak with bone marrow	Grilled shrimp	Beef liver crisps
7	Scrambled eggs cooked in lard	Roast turkey with chicken bone broth	Baked crab legs	Pork rinds
8	Eggs cooked in butter and bacon	Grilled chicken thighs with bone broth	Ribeye steak with full-fat cheese	Beef jerky
9	Salmon fillet cooked in butter and boiled eggs	Pork chops with bone broth	Lamb chops with full-fat yogurt	Sliced turkey
10	Scrambled eggs cooked in ghee	Duck breast with bone broth	Ground beef with full-fat cheese	Beef sticks
11	Omelette with cheese cooked in butter	Beef liver with bone broth	T-bone steak with full-fat yogurt	Pemmican
12	Sausages cooked in lard	Turkey legs with bone broth	Chicken drumsticks with full-fat cheese	Beef liver crisps
13	Scrambled eggs with bacon cooked in butter	Beef ribs with bone broth	Sirloin steak with full-fat yogurt	Pork rinds
14	Duck eggs cooked in duck fat	Lamb shoulder chops with bone broth	Beef tenderloin with full-fat cheese	Beef sticks
15	Beef patties cooked in tallow	Pork belly with bone broth	Bison steak with full-fat yogurt	Beef jerky
16	Scrambled eggs with chorizo cooked in butter	Chicken wings with bone broth	Venison tenderloin with full-fat cheese	Pemmican
17	Smoked herring	Pork chops with bone broth	Ribeye roast with full-fat yogurt	Beef sticks
18	Duck eggs cooked in duck fat	Lamb shank with bone broth	Grilled elk steak with full-fat cheese	Beef liver crisps
19	Omelette with bacon and cheese cooked in butter	Beef brisket with bone broth	Swordfish steak with olive oil	Pork rinds
20	Chicken liver and eggs cooked in lard	Turkey drumsticks with bone broth	Lamb leg roast with full-fat yogurt	Pemmican
21	Beef tongue cooked in beef fat	Pork ribs with bone broth	Bison burger with full-fat cheese	Beef sticks
22	Scrambled eggs with sausage cooked in butter	Chicken thighs with bone broth	Venison backstrap with full-fat yogurt	Pemmican
23	Smoked mackerel	Pork ribs with bone broth	Prime ribeye with full-fat cheese	Beef liver crisps
24	Duck eggs cooked in duck fat	Lamb chops with bone broth	Elk ribeye with full-fat yogurt	Pork rinds
25	Omelette with ham and cheese cooked in butter	Beef chuck roast with bone broth	Swordfish steak with olive oil	Pemmican
26	Chicken hearts and eggs cooked in lard	Turkey breast with bone broth	Lamb ribs with full-fat cheese	Beef jerky
27	Beef liver and onions cooked in butter	Pork tenderloin with bone broth	Bison sirloin with full-fat yogurt	Beef sticks
28	Scrambled eggs with chorizo cooked in butter	Chicken drumettes with bone broth	Venison medallions with full-fat cheese	Pemmican
29	Smoked trout	Pork shoulder roast with bone broth	Elk ribeye with full-fat yogurt	Pork rinds
30	Scrambled eggs with bacon cooked in butter	Beef ribs with bone broth	Sirloin steak with full-fat yogurt	Pemmican