

7-DAY CARNIVORE STARTER MEAL PLAN

A Beginner's Guide to Animal-Based Eating



Welcome to the carnivore lifestyle — a way of eating that returns to the roots of human nutrition. This plan focuses exclusively on **animal products**: meat, fish, eggs, animal fats, and (optionally) some dairy. All plant foods — vegetables, fruits, grains, legumes, nuts, and seeds — are eliminated. Many adopt this approach for simplicity, satiety, mental clarity, and to investigate sensitivities to plant compounds.

CARNIVORE BASICS

What to eat freely ❖ *What to avoid completely*

EAT FREELY

- **Beef:** ribeye, ground beef, steaks, brisket
- **Pork:** bacon, pork chops, pork belly
- **Lamb & Game:** chops, ground lamb, venison
- **Poultry:** chicken, turkey, duck (skin-on)
- **Organ meats:** liver, heart, kidney
- **Fish & seafood:** salmon, sardines, shrimp, mackerel
- **Eggs:** any preparation
- **Bone broth** (homemade preferred)
- **Animal fats:** tallow, lard, butter, ghee, duck fat
- **Salt & water**

Tier 2 (optional): Hard aged cheeses and heavy cream — include only if you

AVOID COMPLETELY

- All **vegetables** (leafy greens, root veg, nightshades)
- All **fruits** (including berries & avocado)
- **Grains** (wheat, rice, oats, corn)
- **Legumes** (beans, lentils, peanuts, soy)
- **Nuts & seeds** of all kinds
- **Sugar** and all sweeteners (incl. honey)
- **Plant & seed oils** (canola, vegetable, soybean)
- **Processed foods** & packaged products
- **Alcohol**
- All beverages *except* water, black coffee, plain tea

tolerate dairy well.

THE 7-DAY MEAL PLAN

Seven days of nose-to-tail, animal-based meals to launch your carnivore journey.

MONDAY		▲ ▲ ▲
BREAKFAST	3 eggs scrambled in butter + 4 slices crispy bacon	
LUNCH	Ribeye steak (10 oz) cooked in tallow, generously salted	
DINNER	Ground beef patties (2) with melted butter, side of warm bone broth	
SNACK	Hard-boiled eggs (2) + beef jerky	

TUESDAY		▲ ▲ ▲
BREAKFAST	Bacon (5 slices) + 3 fried eggs cooked in bacon fat	
LUNCH	Roasted chicken thighs (3) with crispy skin	
DINNER	Pork chops (2) cooked in lard, side of pork rinds	
SNACK	Pemmican or beef sticks	

WEDNESDAY		▲ ▲ ▲
BREAKFAST	Steak & eggs — 6 oz sirloin + 3 eggs	
LUNCH	Leftover roasted chicken thighs + warm chicken broth	
DINNER	Lamb chops (3) grilled, brushed with melted butter	
SNACK	Cheese cubes (if tolerated) or hard-boiled eggs	

THURSDAY ▲ ▲ ▲	
BREAKFAST	Ground beef scramble — ½ lb beef + 2 eggs
LUNCH	Salmon fillet (8 oz) pan-seared in butter
DINNER	NY strip steak (12 oz) with roasted bone marrow
SNACK	Bone broth (warm mug) + beef jerky

FRIDAY ▲ ▲ ▲	
BREAKFAST	4-egg omelet cooked in ghee with crumbled bacon
LUNCH	Beef liver (4 oz) sautéed in butter
DINNER	Pork belly (slow-roasted) with crispy crackling skin
SNACK	Sardines in olive oil (1 tin)

SATURDAY ▲ ▲ ▲	
BREAKFAST	Bacon (6 slices) + 4 scrambled eggs + bone broth
LUNCH	Shrimp (½ lb) sautéed in butter with garlic salt
DINNER	Ribeye steak (14 oz) with butter pat + side of marrow bones
SNACK	Cheddar cheese (if tolerated) or pork rinds

SUNDAY ▲ ▲ ▲	
BREAKFAST	Steak & eggs — 8 oz beef + 3 eggs cooked in tallow
LUNCH	Roasted whole chicken (¼ portion) with skin
DINNER	Beef brisket (slow-cooked) with rendered fat
SNACK	Hard-boiled eggs (3) with sea salt

STARTER GROCERY LIST

Everything you need for one week of nose-to-tail eating.

BEEF

Ribeye • NY strip • Sirloin • Ground beef (~5 lbs) • Brisket • Beef liver

PORK

Bacon (~2 lbs) • Pork chops • Pork belly • Pork rinds

POULTRY

Chicken thighs • 1 whole chicken • Turkey (optional)

LAMB & GAME

Lamb chops

SEAFOOD

Salmon fillets • Shrimp • Sardines (tinned, in olive oil or water)

EGGS & DAIRY

3 dozen eggs • Butter • Ghee • Heavy cream • Hard aged cheese (optional)

ANIMAL FATS

Tallow • Lard • Duck fat

PANTRY & EXTRAS

Quality sea salt • Bone broth (or marrow bones to make your own) • Beef jerky / pemmican

BEGINNER TIPS FOR SUCCESS

Seven principles to set you up for a strong start.

1

Start with "beef & butter." A 2–4 week elimination phase of just beef, butter, salt, and water helps you assess tolerance and reset your palate.

2

Salt liberally. Electrolytes are critical on carnivore. Don't be shy with quality sea salt, and consider supplemental sodium and potassium during transition.

3

Eat fatty cuts. Aim for roughly 70–80% of calories from fat for sustained satiety and energy. Lean meat alone will leave you depleted.

4

Expect an adaptation period. The first 1–4 weeks may bring "carnivore flu" — fatigue, headaches, or digestive shifts as your body adjusts to fat-fueled metabolism.

5

Hydrate intentionally. Drink plenty of water and warm bone broth. Hydration matters more without plant fiber holding water in the gut.

6

Don't fear organ meats. A small serving of liver once a week provides vital micronutrients – vitamin A, B12, copper, and iron – that muscle meat alone can't match.

7

Listen to your body. Eat to satiety, not to a schedule. Many carnivore eaters naturally settle into 1–2 meals per day (OMAD or 2MAD).

▲ CARNIVORE STARTER PLAN ▲

***Disclaimer:** This meal plan is provided for educational and informational purposes only and is not intended as medical advice. Always consult a qualified healthcare provider before beginning any restrictive diet, particularly if you have an existing medical condition, take medication, are pregnant or nursing, or have a history of disordered eating. Individual nutritional needs vary.*