

## 30-Day Carnivore Diet Meal Plan

Day	Breakfast	Lunch	Dinner
Day 1	Ribeye steak, eggs	Grilled salmon	Pork chops
Day 2	Bacon and scrambled eggs	Beef liver	Lamb chops
Day 3	Ground beef and eggs	Chicken thighs	Ribeye steak
Day 4	Pork belly and eggs	Tuna steak	Grilled shrimp
Day 5	Beef sausage and eggs	Grilled beef heart	Roasted chicken thigh
Day 6	Beef steak, avocado (if allowed)	Pork ribs	Salmon with butter
Day 7	Scrambled eggs with bacon	Grilled pork belly	Lamb chops with bone marrow
Day 8	Steak and eggs	Beef brisket	Pan-seared salmon
Day 9	Sausages and eggs	Shrimp and eggs	Grilled steak
Day 10	Scrambled eggs with cheese	Roasted duck legs	Beef liver sautéed in butter
Day 11	Pork chops with butter	Ground beef and eggs	Ribeye steak
Day 12	Beef liver and eggs	Salmon fillets	Pork belly
Day 13	Bacon and fried eggs	Grilled chicken wings	Beef short ribs
Day 14	Beef heart and eggs	Pork belly	Pan-seared chicken thigh
Day 15	Ground beef and eggs	Grilled shrimp	Beef steak
Day 16	Sausages and eggs	Roasted lamb	Pork chops with bone marrow
Day 17	Scrambled eggs with bacon	Grilled beef heart	Ribeye steak with butter
Day 18	Chicken thighs with butter	Ground beef with bone marrow	Salmon fillets
Day 19	Beef steak and eggs	Pork belly	Grilled lamb chops
Day 20	Beef sausage and eggs	Grilled chicken	Pan-seared ribeye
Day 21	Scrambled eggs with pork belly	Beef liver and eggs	Grilled salmon
Day 22	Bacon and eggs	Grilled shrimp	Lamb chops with bone marrow
Day 23	Beef brisket and eggs	Roasted pork ribs	Chicken thighs

Day 24	Ground beef with butter	Pork belly	Ribeye steak with avoca
Day 25	Bacon and scrambled eggs	Beef liver	Grilled chicken wings
Day 26	Scrambled eggs with sausage	Tuna steak	Grilled beef heart
Day 27	Beef short ribs and eggs	Pork chops	Salmon fillets
Day 28	Chicken thighs with butter	Grilled lamb	Beef steak
Day 29	Scrambled eggs with bacon	Grilled shrimp	Pork belly
Day 30	Ground beef and eggs	Beef brisket	Ribeye steak with butte