

CARNIVORE DIET MEAL PLAN

WEEK CHART
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~	BREAKFAST	LUNCH	SNACK	DINNER
DAY-1	SCRAMBLED EGGS WITH BACON	GRILLED RIBEYE STEAK	BEEF JERKY	BAKED SALMON WITH A SIDE OF SHRIMP
DAY-2	OMELETTE WITH CHEESE AND SAUSAGE	CHICKEN THIGHS ROASTED WITH BUTTER	PORK CHOPS WITH A SIDE OF LIVER PÂTÉ	HARD BOILED EGGS
DAY-3	STEAK AND EGGS	LAMB CHOPS	SLICES OF SALAMI	GRILLED SWORDFISH
DAY-4	FRIED EGGS WITH HAM	BEEF BRISKET	PORK RINDS	SEARED SCALLOPS WITH BACON
DAY-5	POACHED EGGS WITH SMOKED SALMON	TURKEY LEGS	CHEDDAR CHEESE CUBES	VEAL CUTLETS
DAY-6	EGGS BENEDICT (WITHOUT THE ENGLISH MUFFIN)	BISON BURGER PATTIES	PROSCIUTTO SLICES	ROASTED DUCK BREAST
DAY-7	SCRAMBLED EGGS WITH STEAK STRIPS	BBQ PORK RIBS	GOUDA CHEESE SLICES	GRILLED TUNA STEAKS