



1-Week Carnivore Diet Plan

	Breakfast	Lunch	Dinner
Mon	 Scrambled Eggs + Bacon	 Beef Burger	 Grilled Salmon + Butter
Tue	 Lamb Sausages	 Chicken Thighs	 Pork Chops + Garlic Butter
Wed	 Venison Steak and Eggs	 Duck Breast Salad	 Beef Ribs
Thu	 Scrambled Egg + Beef Liver	 Turkey Drumsticks	 Pork Belly Slices + Sausage
Fri	 Chicken Wings	 Lamb Chops + Mint Sauce	 Beef Brisket
Sat	 Bison Burger + Fried Egg	 Cod Fillets	 Salmon Patties
Sun	 Beef Liver Pâté	 Duck Confit	 Bison Steak + Garlic Butter