

Carnivore Diet : 14 Day Meal Plan

Find over 200 carnivore recipes on <http://ketoandeat.com> !

Day	The Meals
Day 1	<p><u>Breakfast</u> Omelette with Bacon or Hard Boiled Eggs + Bacon Strips</p> <p><u>Lunch</u> Oven Baked Pork Belly or Ribeye Steak</p> <p><u>Dinner</u> Beef Short Ribs or Salmon Fillet</p>
Day 2	<p><u>Breakfast</u> Omelette + Sardines or Hard Boiled Eggs + Cheese</p> <p><u>Lunch</u> Lamb Chops or Ribeye Steak</p> <p><u>Dinner</u> Chicken Drumsticks or Beef Liver Patte</p>
Day 3	<p><u>Breakfast</u> Scrambled Eggs or Steak Tartare</p> <p><u>Lunch</u> Chuck Steak or Duck Legs</p> <p><u>Dinner</u> Ground Beef Patties or Pork Belly</p>
Day 4	<p><u>Breakfast</u> Canned Salmon or Eggs + Smoked Salmon</p> <p><u>Lunch</u> Ground Beef Patties or Pork Chops</p> <p><u>Dinner</u> Chicken Wings or Lamb Steak</p>
Day 5	<p><u>Breakfast</u> Poached Eggs + Bacon or Smoked Salmon</p> <p><u>Lunch</u> Ribeye Steak or Grilled Shrimp</p> <p><u>Dinner</u> Chicken Wings or Pork Ribs</p>
Day 6	<p><u>Breakfast</u> Ground Beef Patties or Hard-Boiled Eggs + Bacon</p> <p><u>Lunch</u> Oven Baked Salmon or Chicken Thighs</p> <p><u>Dinner</u> Beef Jerky + Eggs or Pork Belly</p>
Day 7	<p><u>Breakfast</u> Tuna + Eggs or Hard-Boiled Eggs + Bacon</p> <p><u>Lunch</u> Ground Beef or Cod</p> <p><u>Dinner</u> Turkey Burgers or Pork Ribs</p>

Day	The Meals
Day 8	<p style="text-align: center;"><u>Breakfast</u> Eggs with Bacon or Fried Bacon Strips</p> <p style="text-align: center;"><u>Lunch</u> Turkey Burgers or Ribeye Steak</p> <p style="text-align: center;"><u>Dinner</u> Beef Short Ribs or Salmon Fillet</p>
Day 9	<p style="text-align: center;"><u>Breakfast</u> Omelette + Sardines or Hard Boiled Eggs + Cheese</p> <p style="text-align: center;"><u>Lunch</u> Ribeye Steak or NY Steak</p> <p style="text-align: center;"><u>Dinner</u> Chicken Drumsticks or Chicken Wings</p>
Day 10	<p style="text-align: center;"><u>Breakfast</u> Scrambled Eggs or Steak Tartare</p> <p style="text-align: center;"><u>Lunch</u> Chuck Steak or Duck Legs</p> <p style="text-align: center;"><u>Dinner</u> Ground Turkey Patties or Pork Belly</p>
Day 11	<p style="text-align: center;"><u>Breakfast</u> Canned Salmon or Eggs + Smoked Salmon</p> <p style="text-align: center;"><u>Lunch</u> Ground Beef Patties or Pork Chops</p> <p style="text-align: center;"><u>Dinner</u> Chicken Wings or Lamb Steak</p>
Day 12	<p style="text-align: center;"><u>Breakfast</u> Poached Eggs + Bacon or Smoked Salmon With Eggs</p> <p style="text-align: center;"><u>Lunch</u> Ribeye Steak or Grilled Shrimp</p> <p style="text-align: center;"><u>Dinner</u> Chicken Wings or Pork Ribs</p>
Day 13	<p style="text-align: center;"><u>Breakfast</u> Ground Beef Patties or Hard-Boiled Eggs + Bacon</p> <p style="text-align: center;"><u>Lunch</u> Oven Baked Salmon or Chicken Thighs</p> <p style="text-align: center;"><u>Dinner</u> Beef Jerky + Eggs or Pork Belly</p>
Day 14	<p style="text-align: center;"><u>Breakfast</u> Tuna + Eggs or Hard-Boiled Eggs + Bacon</p> <p style="text-align: center;"><u>Lunch</u> Ground Beef or Salmon</p> <p style="text-align: center;"><u>Dinner</u> Turkey Burgers or Pork Ribs</p>