

# Carnivore Diet Plan

## Participant Information

- Name: \_\_\_\_\_
- Age: \_\_\_\_\_
- Gender: \_\_\_\_\_
- Starting Weight: \_\_\_\_\_
- Height: \_\_\_\_\_
- Target Goals: \_\_\_\_\_
- Activity Level: \_\_\_\_\_
- Date of Plan Start: \_\_\_\_\_
- Notes or Medical Considerations:  
\_\_\_\_\_

## Meal Options

### Breakfast

- Eggs (cooked to preference)
- Bacon
- Pork Sausage
- Beef Patty
- Chicken Liver
- Smoked Salmon

### Lunch

- Ribeye Steak
- Ground Beef
- Lamb Chops
- Turkey Breast
- Tuna Steaks
- Bison Burger

### Dinner

- Roast Beef

- Pork Ribs
- Chicken Thighs (with skin)
- Duck Breast
- Venison
- Seafood (e.g., Shrimp, Lobster)

**Snacks (optional)**

- Beef Jerky
- Cold Cuts (no additives)
- Pork Rinds
- Bone Marrow
- Cheese (if including dairy)

**Daily Meal Plan**

Day	Breakfast (Options)	Lunch (Options)	Dinner (Options)	Snacks (Options)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

**Weekly Review**

Parameter	Week 1	Week 2	Week 3	Week 4
Weight				
Energy Levels				
Sleep Quality				
Mood				

Cravings				
Digestive Health				

### Supplements (if any)

- Vitamin D3
- Omega-3s (fish oil)
- Electrolytes
- Others: \_\_\_\_\_

### Healthcare Provider Follow-Up

- Name: \_\_\_\_\_
- Contact: \_\_\_\_\_
- Next Appointment: \_\_\_\_\_
- Notes: \_\_\_\_\_

### Participant Acknowledgment

- I have discussed this diet plan with a healthcare provider and understand the importance of regular check-ups to monitor my health while following this diet.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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### Instructions

- Check the boxes next to the preferred options for each meal.
- Write in specific quantities or notes next to each item if needed.
- Use the Weekly Review table to track changes and observations.
- Consult with a healthcare provider before starting and while following this diet plan.

Remember, the Carnivore Diet is an elimination diet that is not suitable for everyone, and it should be followed under medical supervision, especially if there are underlying health conditions.