

Ultimate Animal Products Meal Plan

Introducing the Ultimate Animal Products Meal Plan! Embark on a delectable journey filled with nourishing animal-based foods, perfect for those following a carnivorous dietary lifestyle. Indulge in an array of tantalizing options such as succulent beef, tender pork, flavorful lamb, and rich, velvety eggs. Elevate your meals with the creamy goodness of butter, an assortment of cheeses, and the savory enhancement of salt.

Start your day with invigorating Breakfasts featuring sizzling bacon, hearty omelets, or delicate smoked salmon. For fulfilling Lunches, relish grilled chicken, sumptuous turkey, or seared sea-bass, paired with your favorite cheese. As the day winds down, treat yourself to mouthwatering Dinners starring juicy steak, buttery lobster, or perfectly seared scallops. Need a quick bite? Snack on cheese bites, hard-boiled eggs, or crispy turkey bacon for a satisfying pick-me-up throughout the day.

Discover the simplicity and indulgence of an exclusively animal products meal plan, designed to tantalize your taste buds while meeting your nutritional needs. Ditch the complexity and embrace the deliciousness of animal-based feasts!

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Day 1

Breakfast: Cheese and Bacon Omelette

Lunch: 5 Minute Steak with Optional Egg Yolk

Snack: Cottage Cheese or Pork Rinds or Boiled Eggs

Dinner: Ground Beef Patties

Day 2

Breakfast: Duck Eggs (or Chicken) Bacon and Sausage

Lunch: Surf 'n' Turf Sardines and Beef Burgers

Snack: Butter Bites or Pre-cooked Bacon or Cheese

Dinner: Free Range Roasted Chicken

Day 3

Breakfast: Bacon, Cheese Carnivore Bread

Lunch: Chicken Thighs with Bacon

Snack: Tuna (fresh or canned)

Dinner: 28-Day-Aged Steak

Day 4

Breakfast: Poached Eggs with Bacon and / or Sausage

Lunch: Tuna and Hard Boiled Eggs

Snack: Bone Broth with Chicken Dippers

Dinner: Roasted Leg of Lamb

Day 5

Breakfast: Chicken Livers and Scrambled Eggs

Lunch: Mixed Grill

Snack: Hard Boiled Eggs

Dinner: T-Bone Steak

Day 6

Breakfast: Chicken and Feta Omelette

Lunch: Lamb Roast (around 2pm...possibly start a fast)

Snack: If you can leave them today, then do!

Dinner: Try to skip Dinner: unless you are very hungry

Day 7

Breakfast: (Wait as long as you can before eating) Scrambled Eggs with Mozzarella

Lunch: Skipped

Snack: Steak Bites

Dinner: Sea-Bass and Steak

Day 8

Breakfast: Scrambled or Poached Eggs and Bacon

Lunch: Salmon or Pan-Fried Pork

Snack: Cottage Cheese or Pork Rinds or Boiled Eggs

Dinner: Beef Rib Joint