

Carnivore Diet Plan

Patient information	
Name:	
Age:	Gender:
Starting weight:	Height:
Target goals (e.g., weight loss, muscle gain):	
Activity level (sedentary, moderate, active):	
Date of plan start:	
Medical considerations:	
Meal options	
Breakfast	Lunch
<input type="checkbox"/> 3-4 Eggs (cooked to preference) <input type="checkbox"/> 4 slices of Bacon <input type="checkbox"/> 2 Pork Sausages (no additives) <input type="checkbox"/> 1 Beef Patty (4 oz) <input type="checkbox"/> 4 oz Chicken Liver <input type="checkbox"/> 4 oz Smoked Salmon	<input type="checkbox"/> 8 oz Ribeye Steak <input type="checkbox"/> 6 oz Ground Beef (80% lean) <input type="checkbox"/> 6 oz Lamb Chops <input type="checkbox"/> 6 oz Turkey Breast <input type="checkbox"/> 6 oz Tuna Steak <input type="checkbox"/> 8 oz Bison Burger
Dinner	Snack options
<input type="checkbox"/> 8 oz Roast Beef <input type="checkbox"/> 6 Pork Ribs (with fat) <input type="checkbox"/> 6 oz Chicken Thighs (with skin) <input type="checkbox"/> 6 oz Duck Breast <input type="checkbox"/> 6 oz Venison Steak <input type="checkbox"/> 8 oz Seafood (Shrimp, Lobster)	<input type="checkbox"/> 2 oz Beef Jerky (unsweetened, no additives) <input type="checkbox"/> 4 slices Cold Cuts (sugar-free, no additives) <input type="checkbox"/> 1 cup Pork Rinds (unsalted) <input type="checkbox"/> 2 oz Bone Marrow <input type="checkbox"/> 1-2 oz Hard Cheese (if including dairy) <input type="checkbox"/> 2 Hard-Boiled Eggs

Weekly meal plan

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

Nutrient supplementation

To ensure you maintain essential nutrient balance while following the Carnivore Diet, consider the following supplements:

Vitamin D3: IU/day (if not getting adequate sunlight)

Omega-3 (Fish Oil): mg/day

Electrolytes: Sodium, Potassium, and Magnesium (consult your healthcare provider)

Other Recommended Supplements:

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Hydration and electrolytes

Hydration and electrolyte balance are critical in a Carnivore Diet due to the reduction of carbohydrates. Drink plenty of water throughout the day, and consider adding electrolytes to avoid imbalances. Sodium, potassium, and magnesium are particularly important to avoid fatigue, muscle cramps, and headaches.

Portion guidance

Portion sizes can vary based on your goals and activity level. Use the following guidelines to help structure your meals:

- **Weight loss:**
Focus on leaner cuts of meat and moderate fat intake. Aim for 4-6 oz portions per meal.
 - **Muscle gain:**
Increase portions of fatty meats and add organ meats. Aim for 6-8 oz portions per meal.
 - **Maintenance:**
Stick with moderate fat and protein, keeping portions at 5-7 oz per meal.
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Managing digestive health

Some people experience digestive discomfort when transitioning to the Carnivore Diet. Here are a few tips:

- Include **bone broth** or **collagen** to support gut health.
 - Opt for **organ meats** like liver and kidney to diversify nutrient intake.
 - Drink plenty of water to help with digestion and reduce constipation risk.
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Dealing with cravings

Cravings for carbohydrates or sugar are common during the initial phase of this diet. Consider the following strategies:

- Eat **more fat** during meals to stay satiated longer.
- Use **beef jerky** or **pork rinds** as a quick, filling snack.
- Focus on your goals and remember that cravings typically subside after the first few weeks.

Weekly review & tracking

Parameter	Week 1	Week 2	Week 3	Week 4
Weight				
Energy levels				
Sleep quality				
Mood				
Cravings				
Digestive health				

Additional notes**Healthcare provider information****Name:****Contact:****Signature:**