**Meal Plan Example | Without Dairy**

**Breakfast**: 7am - 11am

Fruit | 1 portion (about 1 cup)

Ground Beef | no limit | Cooked in it’s own fat in skillet with salt.

Avocado | 1/2 to 1 whole | I normally eat together with beef to get more fat.

Iced Herbal Tea | 1-2 12oz cups

**Lunch**: 12pm - 3pm

Fish | no limit | I like fish with soy sauce and wasabi & sesame oil for flavor.

Seaweed | no limit | I eat this with fish normally like sushi.

Berries | 1 cup

Iced Coffee | 8oz | I sometimes add honey & cinnamon.

**Dinner: 5pm - 7pm**

**Steak | no limit | Normally grilled or sliced & cooked in skillet w/ coconut oil & salt.**

**Homemade Pickles | 1 cup**

**Zucchini | 1 cup | Grilled or cooked in skillet with coconut oil, salt & herbs.**

**Infused water | 8oz**

**Meal Plan Example | With Dairy**

**Breakfast**: 7am - 11am

**Cottage Cheese | 1 cup**

**Berries | 1/2 cup**

**Honey | 2 tsps | On cottage cheese and berries.**

Iced Herbal Tea | 1-2 12oz cups

**Lunch**: 12pm - 3pm

**Shrimp | no limit | Cooked in butter & salt.**

**Rice | 1 cup | With butter and soy sauce.**

**Cabbage | 1 cup | Sautéed in butter. I mix sometimes with the rice.**

**Tea | 12 oz | Black tea with 1 tsp of honey or maple syrup & cream.**

**Dinner: 5pm - 7pm**

**Baked Chicken | no limit | Baked with salt.**

**Radishes | no limit**

**Olives | no limit**

**Meal Plan Example | Carnivore | Relaxed & with Dairy**

**Breakfast**: 7am - 11am

**Eggs | 2 | Fried eggs in butter.**

**White Cheddar | A few slices.**

**Black Tea | 12oz | w/ heavy cream**

**Lunch**: 12pm - 3pm

**Burger Patties | no limit | Salt, cheddar & mustard.**

**Lemon Water | 12oz**

**Dinner: 5pm - 7pm**

Roast | no limit | Cooked in it’s own juice, herbs salt & butter.

Infused Water

**Meal Plan Example | Carnivore | Clean, Strict & No Diary**

**Breakfast**: 7am - 11am

Ground Beef | no limit | Cooked in skillet w/ salt & pepper.

Bone Broth | 12oz

Black Coffee | 12oz

**Lunch**: 12pm - 3pm

Grilled Chicken | no limit | Salt & olive oil.

Herbal Tea | 12oz

**Dinner: 5pm - 7pm**

**Steak | no limit | Grilled or seared in pan with salt & coconut oil.**

**Infused Water | 12oz**

**Bone Broth | 8oz**

**Fast Day Example**

**Breakfast**: 7am - 11am

**Bone Broth | no limit**

**Black Tea | 12oz | Two scoops collagen peptides & 1 tsp of heavy cream.**

**Lunch**: 12pm - 3pm

**Bone Broth | no limit**

**Coffee | 12oz | Two scoops collagen peptides & 1 tsp of heavy cream.**

**Dinner: 5pm - 7pm**

**Bone Broth | no limit**

**Herbal Tea | 12 oz**

**Snack: 10am - 4pm**

**Olives**

**Pickles**

**Cheese**

**Rice w/ milk, butter & honey | 1 cup or less**

**Nuts**

**Dark Chocolate**

**Seaweed**

**Cheese | A few slices | (only if eating dairy)**

**Milk | 8-12oz | (only if eating dairy)**

**Carrots**

**Celery**

**Fruit & Berries**

**Cottage Cheese | (only if eating dairy)**

**Apple Sauce | 1 cup**

**Lunch Meat**

**Rice Crackers or Cakes | 1 Serving**

Yogurt | 1 cup | (only if eating dairy)

Leftover Meat | I will sometimes eat a little of this as a snack.