
BY GLENDA THOMPSON

30 DAY "HEALTH RESET" CARNIVORE DIET MEAL PLAN

Discover how the Carnivore Diet can give you a "health reset" in 30 days. Enjoy lower blood sugar, lose weight, and transform your health!



Disclaimer

The carnivore diet is a very low-carbohydrate, high-protein diet that consists of eating only animal foods and products, such as meat, fish, eggs, and cheese. Some people claim that this diet can help with weight loss, inflammation, and chronic diseases, but it is also very controversial and may have some risks and drawbacks.

The information and recipes in this cookbook are based on the personal experiences and opinions of the author, and are not intended as medical advice or diagnosis. The author is not a licensed nutritionist, dietitian, or medical professional, and does not guarantee the accuracy, completeness, or suitability of the information and recipes for any individual or purpose.

The carnivore diet may not be suitable or safe for everyone, especially for people with certain medical conditions, allergies, or dietary restrictions. It may also cause some side effects, such as nutrient deficiencies, digestive issues, high cholesterol, and kidney problems. Therefore, it is highly recommended that you consult your doctor before starting the carnivore diet, and monitor your health and blood tests regularly while following it.

The author and publisher of this cookbook are not responsible or liable for any adverse effects, injuries, or damages that may result from following the carnivore diet or using the recipes in this cookbook. The readers are advised to use their own judgment and discretion when following the carnivore diet or using the recipes in this cookbook, and to seek professional medical advice if they have any concerns or questions. Use or viewing of any recipe, article or other product or service signifies your understanding and agreement to the disclaimer and acceptance of these terms of use.

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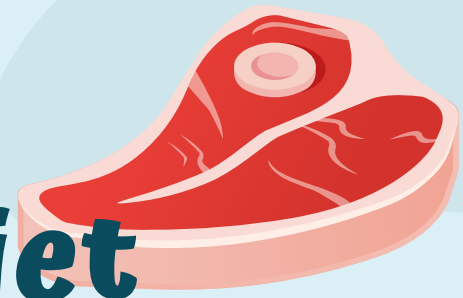
30 Day “Health Reset” Carnivore Diet Meal Plan

Embracing a new diet can feel daunting, especially one as unique as the Carnivore Diet. What should you eat and when?

To help guide you, this ‘30-Day “Health Reset” Carnivore Diet Meal Plan’ provides you with a variety of handpicked recipes that are easy and relatively quick to prepare. They’ve also been selected for your convenience, when it comes to shopping for ingredients and staggering meals over multiple days.

More than a simple meal plan, this ‘30-Day “Health Reset” Carnivore Diet Meal Plan’ is designed to help you make a rewarding lifestyle change. And to experience all the health benefits the Carnivore Diet provides, including weight loss, reduced inflammation, lower blood sugar and the reversal of all sorts of health problems.

Feel free to mix and change the recipes as much as you wish. And see this meal plan as a stepping stone towards feeling your best through the health transforming power of the Carnivore Diet.



Carnivore Diet Meal Plan - Week 1

Monday

Breakfast: Bacon-Wrapped Eggs

Lunch: Spiced Ground Beef Skillet

Dinner: German Pork Knuckle (Schweinshaxe)

Tuesday

Breakfast: Sausage and Egg Skillet

Lunch: Filet Mignon with Bone Marrow Sauce

Dinner: Korean BBQ Short Ribs

Wednesday

Breakfast: Pork Belly Benedict (No Bread)

Lunch: Chicken Liver with Bacon

Dinner: Brazilian Picanha Steak

Thursday

Breakfast: Steak and Eggs with Herb Butter

Lunch: Duck Breast with Coffee Rub

Dinner: Japanese Yakitori (Chicken Skewers)

Friday

Breakfast: Animal Fat-Fried Omelets

Lunch: Venison Loins with Juniper Berries

Dinner: Italian Osso Buco

Saturday

Breakfast: Bacon-Wrapped Eggs

Lunch: Fish Head Soup

Dinner: Beef Wellington

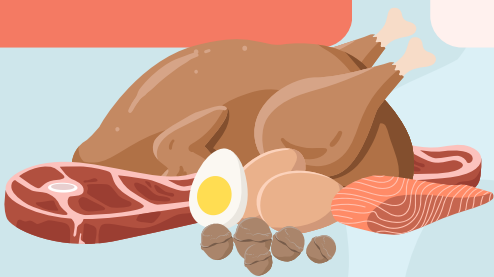
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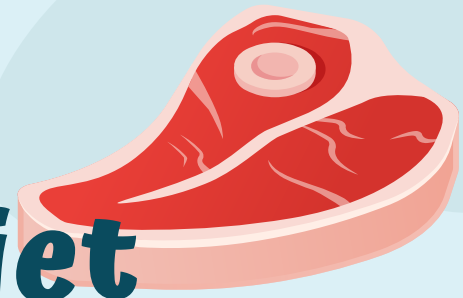
Breakfast: Sausage and Egg Skillet

Lunch: Beef Minute Steaks

Dinner: Venison Steak

Notes





Carnivore Diet

Meal Plan - Week 2

Monday

Breakfast: Animal Fat-Fried Omelets

Lunch: Tuna Steaks with Animal Fat

Dinner: Pan-Seared Chicken Breast

Tuesday

Breakfast: Pork Belly Benedict (No Bread)

Lunch: Quick Lamb Liver Fry-Up

Dinner: Duck Confit

Wednesday

Breakfast: Steak and Eggs with Herb Butter

Lunch: Beef Minute Steaks

Dinner: Smoked Turkey Legs

Thursday

Breakfast: Sausage and Egg Skillet

Lunch: Turkey and Chicken Bone Broth

Dinner: Brazilian Picanha Steak

Friday

Breakfast: Bacon-Wrapped Eggs

Lunch: Venison Loins with Juniper Berries

Dinner: Japanese Yakitori (Chicken Skewers)

Saturday

Breakfast: Animal Fat-Fried Omelets

Lunch: Fish Head Soup

Dinner: Venison Steak

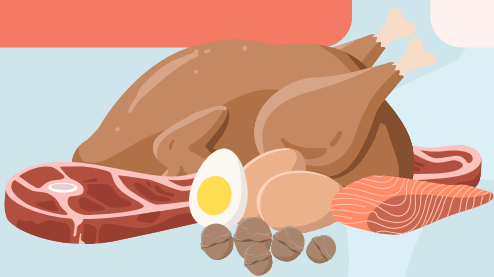
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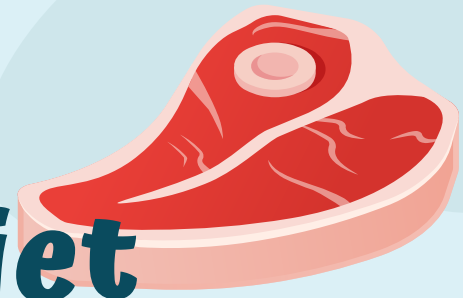
Breakfast: Pork Belly Benedict (No Bread)

Lunch: Chicken Liver with Bacon

Dinner: Italian Osso Buco

Notes





Carnivore Diet

Meal Plan - Week 3

Monday

Breakfast: Bacon-Wrapped Eggs

Lunch: Duck Breast with Coffee Rub

Dinner: German Pork Knuckle (Schweinshaxe)

Tuesday

Breakfast: Sausage and Egg Skillet

Lunch: Quick Lamb Liver Fry-Up

Dinner: Korean BBQ Short Ribs

Wednesday

Breakfast: Animal Fat-Fried Omelets

Lunch: Fish Head Soup

Dinner: Brazilian Picanha Steak (repeat)

Thursday

Breakfast: Steak and Eggs with Herb Butter

Lunch: Beef Minute Steaks (repeat)

Dinner: Duck Confit (repeat)

Friday

Breakfast: Pork Belly Benedict (No Bread)

Lunch: Turkey and Chicken Bone Broth (repeat)

Dinner: Italian Osso Buco (repeat)

Saturday

Breakfast: Bacon-Wrapped Eggs

Lunch: Tuna Steaks with Animal Fat (repeat)

Dinner: Pan-Seared Chicken Breast (repeat)

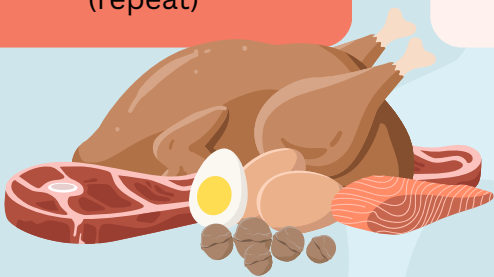
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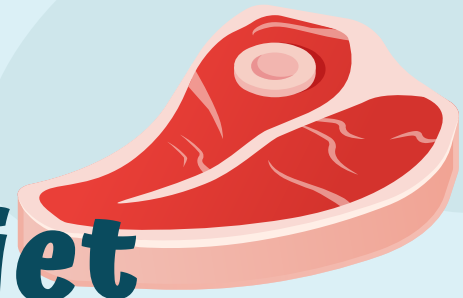
Breakfast: Sausage and Egg Skillet

Lunch: Chicken Liver with Bacon (repeat)

Dinner: Venison Steak (repeat)

Notes





Carnivore Diet

Meal Plan - Week 4

Monday

Breakfast: Animal Fat-Fried Omelets

Lunch: Filet Mignon with Bone Marrow Sauce

Dinner: Smoked Turkey Legs

Tuesday

Breakfast: Steak and Eggs with Herb Butter

Lunch: Turkey and Chicken Bone Broth

Dinner: Beef Wellington

Wednesday

Breakfast: Sausage and Egg Skillet

Lunch: Venison Loins with Juniper Berries

Dinner: Japanese Yakitori (Chicken Skewers)

Thursday

Breakfast: Bacon-Wrapped Eggs

Lunch: Spiced Ground Beef Skillet

Dinner: Italian Osso Buco

Friday

Breakfast: Pork Belly Benedict (No Bread)

Lunch: Duck Breast with Coffee Rub

Dinner: Pan-Seared Chicken Breast

Saturday

Breakfast: Animal Fat-Fried Omelets

Lunch: Fish Head Soup

Dinner: Brazilian Picanha Steak

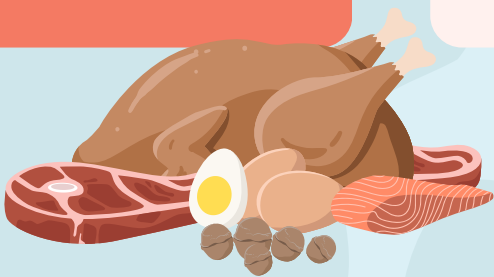
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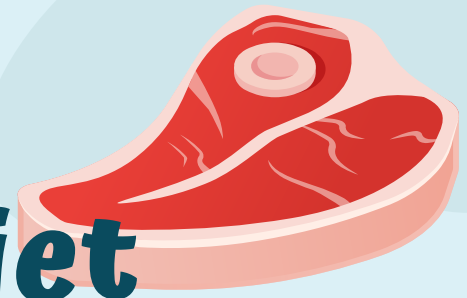
Breakfast: Steak and Eggs with Herb Butter

Lunch: Chicken Liver with Bacon

Dinner: Venison Steak

Notes





Carnivore Diet Meal Plan - Week 5

Monday

Breakfast: Bacon-Wrapped Eggs

Lunch: Beef Minute Steaks

Dinner: German Pork Knuckle (Schweinshaxe)

Tuesday

Breakfast: Animal Fat-Fried Omelets

Lunch: Filet Mignon with Bone Marrow Sauce

Dinner: Korean BBQ Short Ribs

