

Meal plans for Carnivore and Animal Based Diets



Dr. Jen Pflieghaar, DO, ABOIM

Version 3

(Always check with your personal doctor before starting any
new nutrition plans)

Why?

I love carnivore for resetting the gut, getting the body in fat burning ketosis AND reducing cravings.

You might then want to transition into an animal based diet (will go into detail) for me this is more sustainable.

Use a CGM, take measurements or go by how your pants fit, and you can step on the scale. Most important- how's your mood? Your bowel movements? Your cycles?

This is just the tip of the iceberg to get started!

Work with me or my team at my office/online. Follow me on social and subscribe to my YouTube. YOU are in charge of your health!

In Health,

Dr. Jen



5 days of my carnivore reset

What is a carnivore diet?

The carnivore diet is an all-animal-based diet, eliminating all plant foods. It focuses primarily on animal products, particularly meat, fat, and organ meats. Here's a list of foods allowed on the carnivore diet:

Allowed on the Carnivore Diet:

Beef

Steaks, ground beef, roasts, ribs, etc.

Lamb

Lamb chops, leg of lamb, ground lamb.

Pork

Bacon, pork chops, ham, pork belly, sausages (without fillers).

Chicken

Chicken thighs, wings, breasts, whole chicken, etc.

Turkey

Ground turkey, turkey breast, whole turkey.

Fish and Seafood

Salmon, sardines, tuna, shrimp, crab, lobster, oysters, etc.

Eggs

Chicken, duck, quail eggs (cooked in butter or fat).

Organ Meats

Liver, kidneys, heart, brain, and other organ meats.

Animal Fats

Beef tallow, pork lard, duck fat, butter, and ghee.

Bone Broth

Homemade from beef, chicken, or other bones.

Dairy (optional)

Full-fat cheese, heavy cream, butter (depends on tolerance; some carnivore diets exclude dairy).

Other Meats

Game meats like venison, bison, elk.

Avoided on the Carnivore Diet:

Fruits

Vegetables

Grains

Legumes

Sugars

Processed foods

Nuts and seeds

The carnivore diet is high in protein and fat and eliminates all carbohydrates, making it a stricter version of a low-carb or ketogenic diet. Some variations allow small amounts of animal-based foods like butter, cheese, or cream, but strict versions focus solely on meat and animal fat.

What about an animal based diet?

In a strict animal-based diet, fruit is generally limited, but some people following an animal-based or carnivore-style diet include small amounts of low-sugar fruits. These fruits are often chosen because they contain fewer carbs and sugars compared to others. Here are a few fruits that are sometimes allowed in moderation:

1. Berries (e.g., raspberries, blackberries, blueberries) – These are low in sugar and carbs, making them a common option for those looking to incorporate small amounts of fruit while still adhering to an animal-based diet.
2. Avocados – Although technically a fruit, avocados are often included because they are high in healthy fats and very low in sugar.
3. Olives – Another fruit that is high in healthy fats and low in carbohydrates, olives can be included in an animal-based diet.
4. Coconut – Some variations of animal-based diets allow coconut products like coconut oil or coconut cream due to their high-fat content, although coconut flesh is sometimes avoided due to its carb content.

Some individuals on an animal-based diet may include these fruits for variety, but others may stick to a stricter form and avoid all plant foods, including fruits. It's best to experiment with what works for your body while maintaining the core focus of the diet on animal products.

Other Diets:

Lion Diet:

The Lion Diet is an extreme version of the carnivore diet. It involves eating only ruminant meat (animals that have multiple stomachs, like cows), salt, and water. This diet is promoted for individuals with severe autoimmune conditions, inflammation, and digestive issues who want to eliminate potential triggers.



Allowed:

Ruminant meat (beef, lamb, goat, bison)

Salt

Water

Avoided:

All other meats (poultry, pork, fish, etc.)

All plant foods

Dairy

Coffee and tea

Supplements and medications (unless essential)

Ketovore:

The Ketovore Diet is a combination of the ketogenic diet and carnivore diet principles. It emphasizes meat while keeping carbohydrates extremely low (typically under 10-20 grams per day) to maintain a state of ketosis.

Allowed:

Meat (especially fatty cuts like ribeye)

Animal fats

Eggs

Small amounts of low-carb vegetables (e.g., spinach, lettuce)

Some full-fat dairy (butter, cheese)

Avoided:

High-carb vegetables (potatoes, carrots, etc.)

Grains, legumes

Sugars, starches



Other Diets:

Paleo Diet:

The Paleo Diet focuses on foods presumed to be available to our Paleolithic ancestors. This means avoiding processed foods, grains, and dairy, and focusing on whole, unprocessed animal and plant foods.

Allowed:

Meat, poultry, fish

Eggs

Vegetables

Fruits

Nuts and seeds

Healthy fats (avocado, olive oil)

Avoided:

Grains

Dairy

Legumes

Processed foods, refined sugars



Primal Diet:

The Primal Diet is similar to Paleo but allows for more flexibility. It incorporates full-fat dairy products and some fermented foods.

Allowed:

Meat, poultry, fish

Eggs

Vegetables, fruits

Dairy (full-fat, preferably raw)

Healthy fats (animal fats, olive oil, coconut oil)

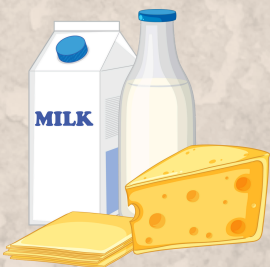
Nuts and seeds in moderation

Avoided:

Grains

Legumes

Processed foods and refined sugars



Carnivore 5 day menu ideas

Day 1:

Breakfast: Scrambled eggs cooked in butter with crispy bacon.

Lunch: Grilled chicken breast topped with melted cheese.

Dinner: Pan-seared salmon fillet.

Day 2:

Breakfast: Butter coffee made with coffee and grass-fed butter.

Lunch: Beef burger patties topped with cheddar cheese.

Dinner: Baked pork chops seasoned with salt and pepper.

Day 3:

Breakfast: Greek yogurt with a side of whey protein powder.

Lunch: Grilled ribeye steak with a dollop of butter.

Dinner: Sardines in olive oil.

Day 4:

Breakfast: Butter coffee alongside scrambled eggs cooked in butter.

Lunch: Turkey slices with cream cheese.

Dinner: Baked cod fillet.

Day 5:

Breakfast: Whey protein shake made with local milk

Lunch: Sliced roast beef with a pat of butter.

Dinner: Grilled lamb chops seasoned with salt.



Carnivore 5 day menu ideas

Day 1:

Breakfast: Scrambled eggs cooked in butter with crispy bacon.

Lunch: Grilled ribeye steak with a side of eggs cooked in butter.

Dinner: Baked salmon fillet seasoned with salt.

Day 2:

Breakfast: Butter coffee made with coffee and grass-fed butter.

Lunch: Roast beef slices with a side of hard-boiled eggs.

Dinner: Grilled pork ribs seasoned with salt.

Day 3:

Breakfast: Beef liver cooked in butter.

Lunch: Ground beef burger patties topped with cheese.

Dinner: Pan-seared duck breast with crispy skin.

Day 4:

Breakfast: Sausages cooked in butter.

Lunch: Turkey breast cooked in the slow cooker.

Dinner: Grilled lamb chops seasoned with salt.

Day 5:

Breakfast: Bacon-wrapped scallops.

Lunch: Beef brisket slow-cooked in the oven.

Dinner: Pan-fried shrimp cooked in butter.



Animal based 5 day menu ideas

Day 1:

Breakfast: Scrambled eggs with bacon cooked in ghee

Lunch: Grilled salmon with avocado and bone broth

Dinner: Ribeye steak with butter and a side of roasted bone marrow

Day 2:

Breakfast: Omelet with goat cheese and butter

Lunch: Chicken thighs cooked in tallow with crispy skin and a side of liver pâté

Dinner: Lamb chops with rosemary and garlic butter, served with a side of egg yolks

Day 3:

Breakfast: Ground beef cooked in ghee with bone broth

Lunch: Pork belly with crispy crackling and sautéed beef heart

Dinner: Grilled venison with bone marrow butter and egg yolk sauce

Day 4:

Breakfast: Carnivore quiche made with eggs, cream, and bacon

Lunch: Beef liver and onions sautéed in ghee

Dinner: Duck breast cooked in duck fat, served with lamb liver

Day 5:

Breakfast: Steak and eggs cooked in butter with a side of bone broth

Lunch: Grilled sardines with lamb fat and liver pâté

Dinner: Roasted chicken with crispy skin, served with beef heart and liver



Animal based recipes

Carnivore Quiche recipe that incorporates cottage cheese for a creamy, protein-packed option.

Ingredients:

6 large eggs

1/2 cup full-fat cottage cheese

6 slices of bacon (cooked and crumbled)

Salt and pepper to taste

Optional: 1/2 cup shredded cheese (if you tolerate dairy)

Directions:

Preheat the oven to 350°F (175°C).

In a bowl, whisk together the eggs, cottage cheese, salt, and pepper until smooth.

Cook the bacon until crispy, then crumble it into small pieces.

Stir the bacon into the egg and cottage cheese mixture. If using, add shredded cheese at this point.

Pour the mixture into a greased pie dish or muffin tin for individual portions.

Bake for 20-25 minutes, or until the quiche is set and golden on top.

Let cool slightly before slicing and serving.

The addition of cottage cheese makes this quiche extra creamy and boosts the protein content, perfect for a carnivore meal!



Animal based diet: Dessert ideas



Because sometimes we want dessert!

Whipped Heavy Cream with Collagen

Ingredients:

1 cup heavy cream

1 scoop collagen peptides

1 tsp vanilla extract

Honey or stevia (optional, to taste)

Directions:

Pour the heavy cream into a mixing bowl.

Add the collagen peptides and vanilla extract.

Whisk or use an electric mixer to whip the cream until soft peaks form.

Add sweetener if desired.

Serve immediately or refrigerate until ready to enjoy.

Animal based diet: Dessert ideas

Creamy Vanilla Custard

Ingredients:

4 egg yolks

1 cup heavy cream

1 tsp vanilla extract

Stevia or honey (optional, to taste)



Directions:

Preheat your oven to 300°F (150°C).

In a bowl, whisk the egg yolks, vanilla, and sweetener until smooth.

Heat the heavy cream in a saucepan until it begins to simmer (do not boil).

Slowly pour the warm cream into the egg mixture, whisking constantly.

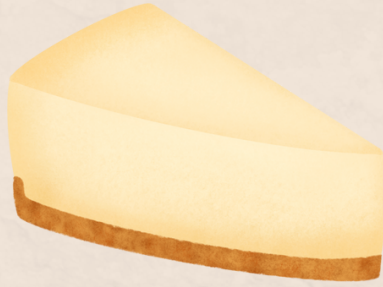
Strain the mixture through a sieve to remove any lumps.

Pour into ramekins and place them in a baking dish filled halfway with hot water.

Bake for about 30 minutes or until the custard is set but still slightly jiggly in the center.

Let cool and refrigerate before serving.

Animal based diet: Dessert ideas



Carnivore Cheesecake Bites

Ingredients:

8 oz cream cheese, softened

¼ cup heavy cream

1 egg

2 tbsp butter, melted

Stevia or monk fruit (optional, to taste)

Directions:

Preheat oven to 350°F (175°C).

In a bowl, mix the softened cream cheese and heavy cream until smooth.

Add the egg and melted butter, mixing until well combined.

Add sweetener if desired.

Pour the mixture into small muffin tins or silicone molds.

Bake for about 15 minutes, or until the cheesecakes are set.

Let cool, then refrigerate before serving.

Animal based diet: Dessert ideas

Butter Coffee Ice Cream

Ingredients:

1 cup heavy cream

2 tbsp grass-fed butter

3 egg yolks

$\frac{1}{4}$ cup brewed coffee (cooled)

Stevia or monk fruit (optional, to taste)

Directions:

Heat the heavy cream and butter in a saucepan until simmering.

In a bowl, whisk the egg yolks.

Slowly pour the warm cream mixture into the egg yolks while whisking.

Stir in the brewed coffee and sweetener if desired.

Pour the mixture into an ice cream maker and churn according to the manufacturer's instructions.

Freeze for an additional 2-4 hours before serving.

How to get started?

It can be scary to dive into a new diet lifestyle for your health.

Some starting points- weight yourself, take pictures and measurements. It will take time and you might not see the changes everyday but overtime you will! Having these metrics before you start is a great way to track progress.

Track your mood in a journal. This is important to also track if sometime else is contributing to your mood, like hormones so those can also get back on track. Also, track what you are eating!

Consider a fast to get you started (see last page)

Trying a 3 day fast can help reset your sugar cravings and jump start your carnivore/animal based/keto lifestyle.

Work with a provider who can take care of you and work with you!

I do have group coaching and private coaching available. Check out my [YouTube](#) and [website](#) for more resources and information.

Some resources for recipes and more information on this lifestyle.

Courtney Luna, Dr. Shawn Baker, Dr Ken Berry

Come join others living this lifestyle- [Hack your Health Event 2025](#)

November 14 – 16, 2025 | Tampa, FL

Use code DRJEN to save \$100 on registration!

(I will be speaking at this event!)

In health,

Dr. Jen



3 day sardine challenge

adapted from Dr. Boz

3 days- you only eat sardines!

Goals:

Lower blood glucose and boost ketones

Get into a deeper ketosis and state of fat burning

Improve your metabolic flexibility

Combat food cravings

Break through a weight loss stall

Allowed:

- Sardines in olive oil, mustard
- Coffee (with mct oil and butter only)
- Electrolytes (redmond relyte)
- Tea
- Cook in: olive oil, butter, spices, ACV
- No eating window
- No limit of cans of sardines
- Helpful tools: Keto Mojo CGM

Redmond Relyte (code drjen)

Facebook group

Can't wait to hear how it goes!

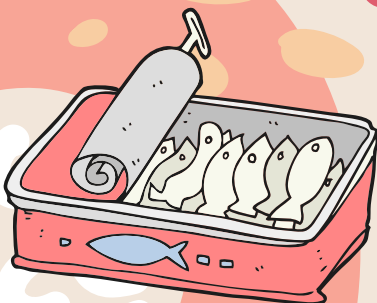
In health,

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please check with your doctor before starting any new diet plan.

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www.healthybydrjen.com



3 day carnivore bar challenge

3 days- you only eat carnivore bars!

Goals:

Lower blood glucose and boost ketones

Get into a deeper ketosis and state of fat burning

Improve your metabolic flexibility

Combat food cravings

Break through a weight loss stall

Allowed:

- **Coffee (with mct oil and butter only)**
- **Electrolytes (redmond relyte, LMNT)**
- **Tea**
- **No eating window**
- **Eat 3-4 bars daily, any flavor**
- **Helpful tools: Carnivore bar (code drjen)**

Keto Mojo CGM

Redmond Relyte (code drjen)

Facebook group

In health,

Dr. Jen

please check with your doctor before starting any new diet plan.

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3 day reset challenge

Flex- Carnivore bars and Sardines

Goals:

- Lower blood glucose and boost ketones
- Get into a deeper ketosis and state of fat burning
- Improve your metabolic flexibility
- Combat food cravings
- Break through a weight loss stall

Allowed:

- Carnivore Bars, Sardines
- Coffee (with mct oil and butter only)
- Electrolytes (redmond relyte, LMNT)
- Tea
- No eating window
- Helpful tools: Carnivore bar (code drjen) Keto Mojo
CGM

Redmond Relyte (code drjen)

Facebook group

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