7-day beginner meal plan

A practical one-page outline, not a prescription and not medical advice.

A week built around mince, eggs, cheaper cuts and leftovers, written with New Zealand and Australian supermarket shopping in mind. Ordinary building blocks are beef or lamb mince, slower-cooking cuts, eggs if you include them, chicken on the bone, and a cooking fat you already use. Ranges and prices change by store and by week, so this page does not quote prices. Check the ticket at PAK'nSAVE, New World, Woolworths or Coles, or at your usual butcher, before you shop. Talk to a qualified health professional before you change how you eat.

The week

COOK ONCE, EAT LEFTOVERS

DAY 1
Eggs cooked in tallow or butter, if you include eggs. A simple pan of beef mince, salted, for a later meal. Start a pot of cheaper stewing beef or lamb so it is ready for tomorrow.

DAY 2
Leftover mince, reheated. Slow-cooked beef or lamb with some of its cooking juices. Salt to taste.

DAY 3
Eggs, if you include them, or leftover slow-cooked meat. A second pan of mince, or leftover mince if you still have some.

DAY 4
Leftover slow-cooked meat. If you include fish, tinned fish packed in its own fat, water or brine is an easy extra meal. Check the tin for plant oils or sauces.

DAY 5
A roast or pot of chicken, if you eat poultry, or another mince meal. Use the leftovers tomorrow. If you include organs, a small portion of liver can be pan-cooked this day — only if you already eat it and want to.

DAY 6
Leftover chicken or mince. Eggs or leftover stew. Keep the cooking simple: meat, fat, salt.

DAY 7
Finish leftovers. If you need one more meal, cook a fresh pan of mince or a couple of steaks or chops if that still fits your budget that week. Notice which meals were easiest to repeat, rather than treating the week as a test.

Shopping list

NO PRICES — CHECK THE TICKET

- Beef or lamb mince, enough for several meals
- A slow-cooking cut of beef or lamb (chuck, shin, gravy beef, lamb shoulder or brisket)
- Eggs, if you include them
- A cooking fat you already use (tallow, dripping, lard or butter)
- Salt
- Optional: a whole chicken or bone-in pieces, tinned fish, and a small amount of liver or other offal
- Optional, if they fit your approach: cheese or cream

Use the food list at carnivorefuel.com/food to decide whether you are eating strict (meat, fat and salt) or also including eggs and dairy. Salt food to taste, and drink water. We do not give an electrolyte dose. Breakfast and lunch can be swapped, and some days can be two meals if that is how you already eat. Cook a large batch once and eat leftovers to keep the week simpler and usually cheaper.

For general information only. This is not medical advice and it does not recommend a carnivore diet, or any meal, as a treatment, cure or prevention for any condition. Talk to a qualified health professional before changing how you eat, especially if you are pregnant, breastfeeding, have a medical condition or take medication. Eat more or less according to hunger, and skip or swap any meal that does not suit you. Full plan, food list and buying guides: carnivorefuel.com/guides/7-day-meal-plan