

ANCESTRAL EATING

Carnivore Diet Guide

PRIMARY PROTEINS

- **Beef:** Ribeye, Ground Beef, Steak
 - **Ruminants:** Lamb, Bison, Venison
 - **Pork:** Bacon, Pork Belly, Chops
 - **Poultry:** Chicken Thighs, Duck, Goose
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FAT SOURCES

- Tallow (Beef Fat)
 - Suet
 - Ghee / Grass-fed Butter
 - Lard
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ORGAN MEATS

- Liver (Beef or Chicken)
 - Heart
 - Kidney
 - Bone Marrow
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SEAFOOD & EGGS

- Pasture-raised Eggs
 - Salmon & Fatty Fish
 - Shellfish / Oysters
 - Roe (Fish Eggs)
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BEVERAGES & SEASONING

- Filtered Water
 - Bone Broth
 - Mineral Salt
 - Sparkling Water
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Nose-to-Tail â€¢ High Fat â€¢ Zero Carb