

ANIMAL BASED NUTRITION

Foundational Food Reference Chart

RUMINANT MEATS (PRIMARY)

- Beef (Ribeye, Ground)
- Lamb / Mutton
- Bison / Buffalo
- Venison / Elk
- Goat
- Veal

ORGAN MEATS

- Beef Liver
- Heart
- Kidney
- Suet / Tallow
- Bone Marrow
- Sweetbreads

POULTRY & EGGS

- Whole Eggs
- Chicken Thighs
- Duck / Goose
- Turkey
- Quail Eggs
- Chicken Liver

SEAFOOD

- Wild Caught Salmon
- Sardines
- Mackerel
- Oysters / Mussels
- Shrimp
- Roe / Fish Eggs

ANIMAL-BASED CARBOHYDRATES

- Raw Honey
- Maple Syrup
- Organic Berries
- Avocado
- Squash / Zucchini
- Seasonal Fruits

DAIRY (OPTIONAL)

- Raw Whole Milk
- A2 Grass-Fed Butter
- Ghee
- Heavy Cream
- Hard Cheeses
- Kefir / Yogurt

OPTIMAL HUMAN NUTRITION TEMPLATE & FOCUS ON BIOAVAILABILITY