

CARNIVORE DIET BEVERAGE GUIDE

Optimal Hydration for Ancestral Eating

PRIMARY (TIER 1)

- Still Mineral Water
 - Sparkling Water
 - Distilled Water
 - Spring Water
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ANIMAL-BASED

- Beef Bone Broth
 - Chicken Bone Broth
 - Raw Whole Milk
 - Heavy Cream (small amounts)
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OCCASIONAL / TRANSITION

- Black Coffee
 - Unsweetened Black Tea
 - Electrolyte Water (Unsweetened)
 - Seltzer with Lemon Wedge
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AVOID (NON-CARNIVORE)

- Fruit Juices
 - Diet & Regular Sodas
 - Alcohol & Beer
 - Plant Milks (Soy/Almond)
 - Sweetened Energy Drinks
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Notes: Focus on high-quality salt intake with water. If strict, stick to water and bone broth only.