

CARNIVORE DIET: EGG & POULTRY GUIDE

Eggs (Per Large Unit)

Type	Fat (g)
Chicken Egg (Whole)	5.0
Chicken Egg (Yolk Only)	4.5
Duck Egg (Whole)	9.6
Quail Egg (Whole)	1.0
Goose Egg (Whole)	19.0

Poultry (Per 100g / Cooked)

Cut	Fat (g)
Chicken Thigh (with skin)	15.0
Chicken Wing (with skin)	17.0
Chicken Breast (skinless)	3.5
Duck Breast (with skin)	28.0
Turkey Leg (with skin)	7.0

Cooking Recommendations:

Prioritize dark meat and skin-on cuts to maintain high fat-to-protein ratios. Use animal fats (tallow, lard, or butter) for preparation. Pasture-raised sources are preferred for optimal Omega-3 profiles.