

CARNIVORE DIET FATS & OILS

Essential Animal-Based Lipid Sources

SOLID RENDERED FATS

- Beef Tallow High Smoke Point
- Suet (Raw Fat) High Energy
- Lard (Pork Fat) Pastured Only
- Lamb/Mutton Tallow Nutrient Dense
- Duck Fat Flavorful

DAIRY-BASED FATS

- Ghee (Clarified) Lactose Free
- Grass-fed Butter Vitamin K2
- Heavy Cream Minimal Carbs
- Goat Butter Easy Digestion

MARINE OILS

- Cod Liver Oil Vit A & D
- Salmon Oil Omega-3
- Sardine Oil DHA/EPA

WHOLE FOOD FATS

- Egg Yolks Choline
- Bone Marrow Collagen
- Bacon Grease Nitrate Free
- Ribeye Fat Cap Natural Ratio

**Avoid all seed oils, vegetable oils, and margarines. Focus on ruminant animal fats for optimal health.*