

CARNIVORE DIET: MEAT ONLY

Strict Elimination Phase Reference

Ruminant Meats

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

Pork & Poultry

- Pork Belly / Bacon (Sugar-free)
- Pork Chops
- Chicken Thighs (with skin)
- Duck / Goose
- Turkey

Seafood

- Salmon / Fatty Fish
- Sardines / Mackerel
- Shrimp / Prawns
- Lobster / Crab
- Scallops / Oysters

Organ Meats

- Beef Liver
- Heart
- Kidney
- Sweetbreads
- Bone Marrow

Fats & Seasoning

- Tallow
- Lard
- Suet
- Duck Fat
- Sea Salt
- Water

Prioritize fatty cuts of meat. Drink water to thirst. Use salt liberally to maintain electrolyte balance.