

CARNIVORE DIET FOOD CHART

Optimal Human Nutrition â€œ Zero Carb Reference

RUMINANT MEATS (PRIORITY)

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

ORGAN MEATS (SUPERFOODS)

- Beef Liver (Limit to 100g/week)
- Heart
- Kidney
- Sweetbreads / Thymus
- Bone Marrow / Suet

PORK & POULTRY

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

SEAFOOD

- Salmon / Mackerel (Fatty Fish)
- Sardines / Anchovies
- Shrimp / Lobster / Crab
- Oysters / Mussels / Scallops
- Roe / Caviar

ANIMAL FATS & DAIRY

- Butter / Ghee
- Tallow / Lard
- Heavy Cream (Minimal)
- Hard Cheeses (Parmesan/Cheddar)
- Eggs (Chicken, Duck, Quail)

LIQUIDS & SEASONING

- Bone Broth
- Mineral Water
- Sea Salt / Pink Himalayan Salt
- Black Coffee (Optional/Strictness)

Strict Protocol: Eliminate all plants, fibers, sugars, and seed oils.

Consult with a medical professional before starting any restrictive dietary protocol.