

HIGH FAT CARNIVORE GUIDE

Target Ratio: 2:1 to 3:1 (Fat to Protein in Grams)

FAT: 75-80% PROTEIN: 20-25% CARBS: 0%

FOOD CATEGORY	RECOMMENDED SELECTIONS
Primary Fats	Beef Tallow, Suet, Grass-fed Butter, Ghee, Duck Fat
Fatty Meats	Ribeye Steak, 70/30 Ground Beef, Beef Short Ribs, Pork Belly
Organ Meats	Bone Marrow, Brains, Liver (Limited), Cod Liver
Dairy (Optional)	Heavy Cream, Hard Cheeses, Egg Yolks
Daily Salts	Redmond Real Salt, Celtic Sea Salt, Electrolyte Drops

Template Reference Only – Consult Medical Professional Before Dietary Changes