

# RED MEAT CARNIVORE REFERENCE

Optimal Fatty Cuts & Essentials

## PRIMARY BEEF CUTS

- Ribeye Steak
  - Chuck Roast
  - Ground Beef (80/20)
  - New York Strip
  - Brisket
  - T-Bone / Porterhouse
  - Short Ribs
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## OTHER RED MEATS

- Lamb Chops
  - Lamb Shoulder
  - Goat Shank
  - Venison (add fat)
  - Bison Ribeye
  - Elk Medallions
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## FATS & NUTRIENT DENSITY

- Beef Tallow
  - Suet
  - Beef Liver (Weekly)
  - Beef Heart
  - Bone Marrow
  - Butter / Ghee
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## SEASONING & FLUID

- High-Quality Sea Salt
  - Electrolytes (Unsweetened)
  - Sparkling Water
  - Bone Broth
  - Black Coffee (Optional)
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*Focus on ruminant animals. Eat until comfortably stuffed. Prioritize fat-to-protein ratios.*