

CARNIVORE DIET FOOD CHART

Optimal Nutrition & Animal-Based & Zero Carb

RUMINANT MEATS

- Beef (Ribeye, Ground, Chuck)
 - Lamb & Mutton
 - Bison / Buffalo
 - Venison / Elk
 - Goat
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PORK & POULTRY

- Bacon (Sugar-Free)
 - Pork Belly & Chops
 - Chicken (Thighs/Skin-on)
 - Duck & Goose
 - Turkey
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SEAFOOD

- Salmon & Mackerel
 - Sardines
 - Shrimp & Lobster
 - Scallops
 - Oysters / Mussels
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ORGAN MEATS

- Beef Liver
 - Heart
 - Kidney
 - Sweetbreads
 - Bone Marrow
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ANIMAL FATS & DAIRY

- Tallow & Lard
 - Butter (Grass-fed)
 - Ghee
 - Heavy Cream (Optional)
 - Hard Cheeses (Optional)
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OTHER ESSENTIALS

- Whole Eggs
- Bone Broth

- Sea Salt / Pink Salt
 - Water (Still/Sparkling)
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Note: Focus on fatty cuts of meat. Eat when hungry, stop when full.