

ZERO CARB DIET REFERENCE GUIDE

Animal-Based Whole Foods Only

RUMINANT MEATS

- Beef (Ribeye, Ground, Chuck)
 - Lamb & Mutton
 - Bison & Venison
 - Goat
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POULTRY & OTHER

- Chicken (Skin-on)
 - Turkey
 - Duck & Goose
 - Pork (Bacon, Shoulders, Belly)
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ORGAN MEATS

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

- Salmon & Mackerel
 - Sardines (in water/brine)
 - Shrimp & Lobster
 - Scallops & Oysters
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DAIRY & FATS

- Large Eggs
 - Butter (Salted/Unsalted)
 - Ghee (Clarified Butter)
 - Tallow & Lard
 - Hard Cheeses (Aged)
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BEVERAGES

- Water (Still/Sparkling)
- Black Coffee (Optional)

- Plain Tea (Optional)
 - Bone Broth
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Note: Avoid all sugars, grains, vegetable oils, and plant-based fibers. Season with salt to taste.