

<https://www.carnivoreketohub.com/>

# CARNIVORE DIET FOOD LIST

## Your Printable Shopping & Reference Guide

*Focus on fatty, nutrient-dense animal foods. Eliminate all plant products. Salt generously and prioritize hydration!*

*Visit [carnivoreketohub.com](https://www.carnivoreketohub.com) for full guides and recipes.*

### CORE ANIMAL FOODS (Eat Freely!)

#### Meats (Prioritize Ruminants):

- ☐ Beef (Steak, Ground, Roasts, Ribs)
- ☐ Lamb / Mutton
- ☐ Bison
- ☐ Venison / Elk
- ☐ Other Game Meats

#### Pork:

- ☐ Pork Chops / Steaks
- ☐ Pork Belly
- ☐ Pork Shoulder / Butt
- ☐ Bacon (Check ingredients for sugar/additives!)
- ☐ Ribs

#### Poultry (Focus on Fattier Cuts):

- ☐ Chicken (Thighs, Wings, Drumsticks, Whole)
- ☐ Turkey (Dark Meat preferred)
- ☐ Duck / Goose

#### Fish & Seafood (Prioritize Fatty & Wild-Caught):

- ☐ Salmon
- ☐ Mackerel
- ☐ Sardines / Anchovies
- ☐ Herring
- ☐ Shrimp / Prawns
- ☐ Oysters / Mussels / Clams

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- ☐ Crab / Lobster

#### **Eggs:**

- ☐ Chicken Eggs
- ☐ Duck Eggs
- ☐ Quail / Goose Eggs (Pasture-raised recommended)

### **NUTRIENT POWERHOUSES (Include Regularly!)**

#### **Organ Meats:**

- ☐ Beef Liver (or Chicken Liver)
- ☐ Beef Heart / Chicken Hearts
- ☐ Kidney
- ☐ Tongue
- ☐ Brain (if accessible/desired)
- ☐ Bone Marrow
- ☐ Sweetbreads (Thymus/Pancreas)

#### **Animal Fats (Essential for Cooking & Energy):**

- ☐ Tallow (Beef Fat)
- ☐ Lard (Pork Fat)
- ☐ Butter (Grass-fed preferred)
- ☐ Ghee
- ☐ Suet (Raw Beef Fat)
- ☐ Duck Fat
- ☐ Bacon Grease (from clean bacon)

### **OPTIONAL & BASED ON TOLERANCE**

#### **Dairy (Often Excluded Initially):**

- ☐ Hard, Aged Cheeses (Parmesan, Cheddar, etc. - Minimal Lactose)
- ☐ Heavy Cream (Small amounts)
- ☐ Butter / Ghee (Usually well-tolerated)
- ☐ Raw Milk / Kefir / Yogurt (Use caution, check tolerance, not strict Carnivore for some)

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## BEVERAGES & SEASONINGS

### Beverages:

- ☐ Water (Still, Sparkling, Mineral)
- ☐ Bone Broth (Homemade or clean ingredients)
- ☐ Coffee / Black Tea (Optional - Some include, some exclude)

### Seasonings:

- ☐ Salt (Unrefined - REQUIRED!)
- ☐ Black Pepper (Generally tolerated)
- ☐ Other single-ingredient spices (Use minimally/experiment if not strict)

## FOODS TO AVOID COMPLETELY

### AVOID ALL:

- **ALL Plant Foods:** Vegetables, Fruits, Grains, Legumes, Nuts, Seeds
  - **Sugars & Sweeteners:** Honey, Maple Syrup, Artificial Sweeteners
  - **Processed Meats:** With fillers, sugars, nitrates (unless confirmed clean)
  - **Seed & Vegetable Oils:** Canola, Soy, Corn, Sunflower, etc.
  - **Most Beverages:** Soda, Juice, Plant Milks, Alcohol (generally)
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