# Carnivore Diet Food List \& Dietary Comparison 

Patient Name: John Smith
Date of Assessment: 11 120 /2023

Dietary Plan: Carnivore Diet

## Carnivore Diet Food List

- Allowed Foods:

Beef, Pork, Poultry, Lamb, Game meats, Fish, Organ meats, Eggs, Dairy (if allowed)

- Foods to Avoid:

All plant-based foods, Grains, Legumes, Sugars, Processed foods, Dairy (if not allowed),
High-carb foods

## Current Diet

- Breakfast: Oatmeal with berries and almond milk
- Lunch: Grilled chicken salad with mixed vegetables
- Snacks: Banana and a granola bar
- Dinner: Spaghetti with tomato sauce and garlic bread
- Beverages: Water, coffee with cream, and soda


## Comparison

## Current Diet vs. Carnivore Diet

- Current Breakfast vs. Carnivore Diet Breakfast:

In the current diet, breakfast includes oatmeal, berries, and almond milk, which are not allowed on the Carnivore Diet. A shift to a Carnivore Diet breakfast focusing on eggs or dairy (if allowed) is needed.

- Current Lunch vs. Carnivore Diet Lunch:

The current lunch, consisting of a chicken salad with vegetables, aligns with some aspects of the Carnivore Diet, although adjustments may be needed to remove certain ingredients.

- Current Snacks vs. Carnivore Diet Snacks:

Snacks include a banana and a granola bar, which are not compliant with the Carnivore Diet. Transitioning to approved snacks like beef jerky or cheese may be required.

- Current Dinner vs. Carnivore Diet Dinner:

The current dinner includes pasta and garlic bread, both not allowed on the Carnivore Diet. Switching to a meat-focused dinner is essential.

- Current Beverages vs. Carnivore Diet Beverages:

The patient's beverage choices are diverse but may need to be adjusted to align with the Carnivore Diet guidelines.

## Recommendations

John's current diet is similar to the Carnivore Diet but requires significant adjustments.
Emphasize the importance of consulting with a healthcare professional or a registered dietitian to facilitate the transition to the Carnivore Diet and monitor nutritional needs.

