

Carnivore Diet Food List & Dietary Comparison

Patient Name: _____

Date of Assessment: ____/____/____

Dietary Plan: _____

Carnivore Diet Food List

- Allowed Foods:

- Foods to Avoid:

Current Diet

- Breakfast: _____

- Lunch: _____

- Snacks: _____

- Dinner: _____

- Beverages: _____

Comparison

Current Diet vs. Carnivore Diet

- Current Breakfast vs. Carnivore Diet Breakfast:

- Current Lunch vs. Carnivore Diet Lunch:

- Current Snacks vs. Carnivore Diet Snacks:

- Current Dinner vs. Carnivore Diet Dinner:

- Current Beverages vs. Carnivore Diet Beverages:

Recommendations