

Carnivore Diet Food List

Name: _____ Date: _____

Practitioner: _____

Notes:

Food category	Examples	Notes
Animal proteins	Beef (ground beef), pork, lamb, fish, poultry (chicken thighs, chicken wings), game meats	Prioritize ruminant animals for nutrient density.
Organ meats	Liver, heart, kidneys, sweetbreads	Nutrient-dense; consume regularly.
Animal fats	Tallow, lard, duck fat, suet, butter	Supports fat intake and energy needs.
Dairy (if tolerated)	Butter, cheese, heavy cream	Optional; some may need to limit due to sensitivity.
Eggs	Chicken, duck, quail eggs	High in animal protein and healthy fats.
Bone broth	Beef, chicken, fish bone broth	Rich in collagen and minerals.
Salt & hydration	Sea salt, Himalayan salt, water	Essential for electrolyte balance.
Restricted food		
Category	Examples	
Plant-based foods	Fruits, vegetables, grains, legumes	
Processed foods	Anything with additives, preservatives, seed oils	
Sugars & sweeteners	Refined sugar, honey, artificial sweeteners (sugar-free recommended)	
High-carb dairy	Milk, flavored yogurts	

Additional notes: