

# 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**