

Carnivore Diet Food List

Category	Foods Included
Red Meat	Beef (ribeye, brisket, ground beef), lamb, goat, venison
Poultry	Chicken thighs, wings, turkey, duck
Seafood	Salmon, tuna, sardines, mackerel, shrimp, scallops
Eggs	Whole eggs, egg yolks
Organ Meats	Liver, heart, kidney, bone marrow
Animal Fats	Beef tallow, lard, butter, ghee
Optional Dairy	Hard cheese, heavy cream, yogurt (if tolerated)
Beverages	Water, bone broth
Seasoning	Salt, pepper (optional)