

Carnivore Diet Food List

| Category | Foods Included |
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| 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) |