

## CARNIVORE DIET FOOD LIST

The carnivore diet is a dietary approach that emphasizes the consumption of animal products while excluding plant-based foods. Before considering this diet, it's important to note that it is highly restrictive and lacks a variety of nutrients commonly found in fruits, vegetables, and other plant foods. It's recommended to consult with a healthcare professional before making any significant changes to your diet. Here is a list of foods that are commonly consumed on the carnivore diet:

### **Meats:**

1. Beef (including ground beef, steak, roasts)
2. Pork (including pork chops, bacon, pork ribs)
3. Lamb (including lamb chops, leg of lamb)
4. Chicken (including chicken breasts, thighs, wings)
5. Turkey (including turkey breast, ground turkey)
6. Organ meats (liver, heart, kidneys, etc.)
7. Game meats (venison, bison, elk, etc.)

### **Seafood:**

1. Salmon
2. Trout
3. Cod
4. Tuna
5. Shrimp
6. Crab
7. Lobster

### **Eggs:**

1. Chicken eggs
2. Duck eggs
3. Quail eggs

### **Dairy (if tolerated):**

1. Cheese (hard cheeses are typically lower in lactose)
2. Butter
3. Ghee (clarified butter)
4. Heavy cream

**Health Disclaimer:** The carnivore diet eliminates many food groups and may lead to potential nutritional deficiencies over time. Fiber, vitamins, minerals, and antioxidants found in plant-based foods are essential for overall health. Before starting any restrictive diet, consult a healthcare professional to ensure that your nutritional needs are being met and to address any potential health risks.

*Sources:*

1. Harvard T.H. Chan School of Public Health. (2020). "The Problem with the Paleo Diet Argument." [Source](#)
2. Mayo Clinic. (2020). "Carnivore Diet: Is Eating Only Meat Healthy?" [Source](#)
3. American Heart Association. (2021). "The truth about fad diets and your heart health." [Source](#)

Remember, individual nutritional needs vary, and no single diet is suitable for everyone. It's essential to make informed choices that prioritize your health and well-being.

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