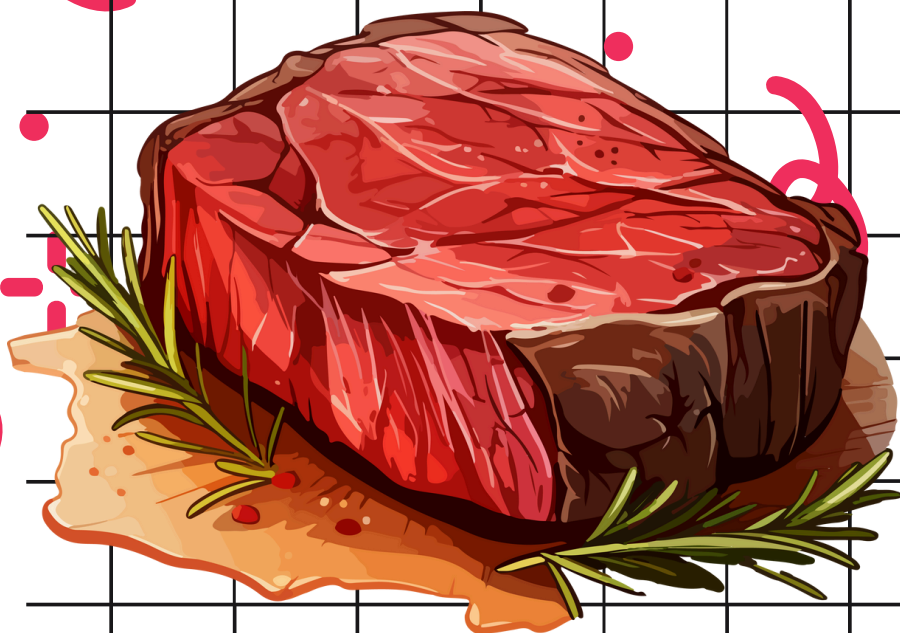


CARNIVORE DIET FOOD LIST



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Table of Content

04 **WHAT IS CARNIVORE?**
The basics of the all-meat diet

05 **HEALTH BENEFITS OF THE CARNIVORE DIET**
How carnivore improves health

10 **5 LEVELS OF CARNIVORE**
Paths to going carnivore

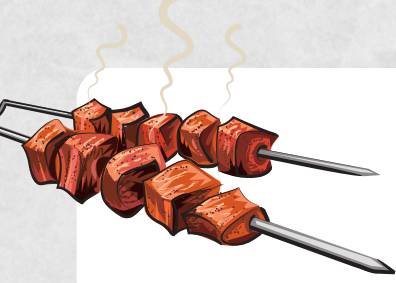
11 **CARNIVORE FOOD LIST**
Essential carnivore foods

15 **START CARNIVORE**
Begin your carnivore journey



CARNIVORE DIET FOOD LIST





WHAT IS CARNIVORE?

The Carnivore Diet is the third and last stage of The Primal Diet. It is an elimination eating plan that emphasizes animal-based products, especially meat, and eliminates all plant-based foods.



The Carnivore Diet minimizes carbohydrate consumption to 0–5 g daily to provide a simple and healthy eating plan, which can reduce various chronic diseases, from cardiovascular problems to autoimmune conditions and even cancer symptoms.

Cutting carbohydrates based on metabolic flexibility can lead to various health benefits, including reduced inflammation and insulin resistance, hormone balance, weight loss, improved metabolism, and mental clarity.



HEALTH BENEFITS OF THE CARNIVORE DIET

Let's focus on the health benefits of the Carnivore Diet and learn how it can lead to these important effects.

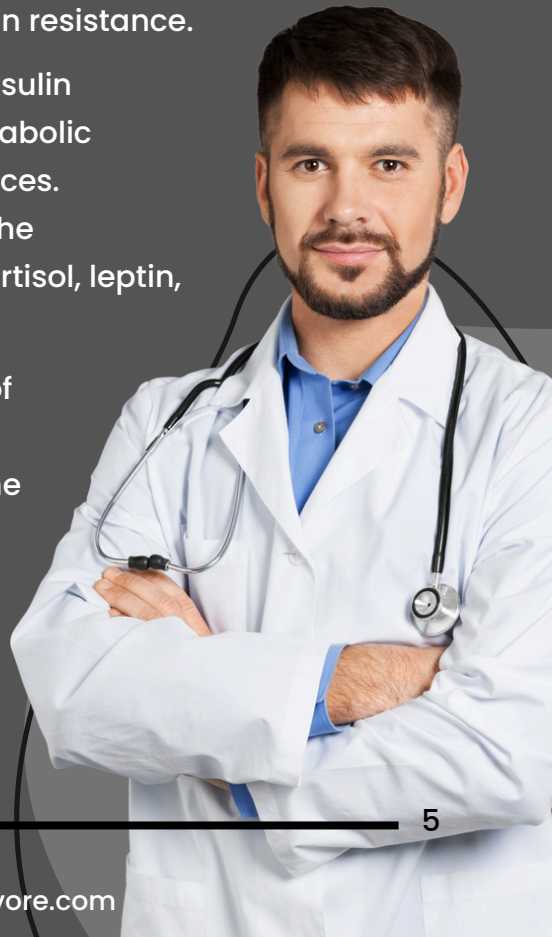
Blood Sugar Control and Improved Insulin Resistance

By eliminating carbohydrates, the Carnivore Diet helps stabilize blood sugar levels and significantly reduce spikes, which benefit individuals with diabetes or insulin resistance.

This stabilization helps prevent insulin resistance, which is linked to metabolic disorders and hormonal imbalances.

Balanced insulin levels improve the performance of hormones like cortisol, leptin, and ghrelin.

Also, research supports the role of low-carb diets in improving glycemic control and reducing the risk of cardiovascular problems.



Balancing Hormones (Insulin, Leptin, Cortisol, Testosterone, Thyroid, Estrogen)

High carbohydrate intake can lead to fluctuating blood sugar levels, which may cause spikes in cortisol (the stress hormone) to stabilize glucose.

By maintaining steady blood sugar, the Carnivore Diet reduces the need for cortisol, lowering chronic stress and supporting adrenal health.

Leptin is the hormone that signals fullness. Excessive consumption of processed foods or carbohydrates can lead to leptin resistance, which can impair hunger regulation.

The Carnivore Diet, high in satiating proteins and fats, improves leptin sensitivity, boosting appetite control and energy balance.

Cholesterol, found in large amounts in animal-based foods, is a precursor to sex hormones like testosterone.

The Carnivore Diet is rich in healthy animal fats, which can provide the necessary compounds for testosterone production and improve muscles, energy, and libido. Also, reducing processed foods can lower inflammation, positively impacting testosterone levels.



Eliminating inflammatory plant compounds, such as lectins or gluten, can reduce stress on the thyroid gland and improve thyroid hormone production and utilization for sensitive individuals.

Adequate protein intake also ensures amino acids like tyrosine, crucial for thyroid hormone synthesis, are readily available.

The Carnivore Diet helps balance estrogen levels by reducing inflammatory foods and stabilizing blood sugar.

Chronic inflammation and high insulin levels are linked to estrogen dominance, which can lead to mood swings, weight gain, and other issues. The diet's anti-inflammatory effects can alleviate these concerns.

Weight Loss and Metabolism

As the last stage of The Primal Diet, the Carnivore Diet aims to target root-cause healing, avoid unnecessary and dangerous foods, especially carbohydrates, and balance macronutrients.

The Carnivore Diet's high fat and protein content promotes satiety, reduces calorie intake, and boosts metabolism through its thermic effect.

Studies show that high-fat and high-protein diets can increase fat-burning and weight loss compared to carb-heavy diets.



Reduced Inflammation

Chronic inflammation is the main cause of various diseases, such as heart conditions and autoimmune disorders. Eliminating plant-based foods containing antinutrients (like lectins) and balancing dietary fat and protein can reduce inflammation markers, such as C-reactive protein (CRP).

Simplicity and Mental Clarity

The Carnivore Diet is an elimination diet by nature, meaning that it eliminates the need for complex meal planning, food choice, and food preparation, reducing decision fatigue.

Also, consuming minimized carbohydrates means more stabilized blood sugar levels and almost no spikes, which improves mental clarity and cognitive function.



Improving Chronic Inflammatory Response Syndrome (CIRS)

Chronic Inflammatory Response Syndrome, caused by biotoxin exposure (e.g., mold), leads to widespread inflammation. The Carnivore Diet may help alleviate symptoms by:

- **Reducing Exposure to Toxins:** Eliminating plant-based foods lowers exposure to mold or toxins found in grains, nuts, and legumes.
- **Supporting Immune Function:** High protein intake provides essential amino acids crucial for immune system strength and tissue repair.
- **Lowering Inflammatory Responses:** The diet's anti-inflammatory effects relieve symptoms of inflammatory conditions like CIRS.



5 LEVELS OF CARNIVORE

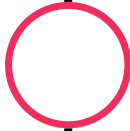
Adjustment Period
Reduced Inflammation
Reduced Appetite



LEVEL 1

This is the beginner level to help you slowly transition into Carnivore without too much restriction. Goal of this level is not fat loss, it is just to get used to Carnivore.

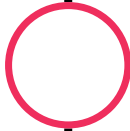
Fat Adaptation
Less Inflammation
Healing Begins
Mental Clarity



LEVEL 2

In this level you will start to get fat adapted and our primary goal is healing.

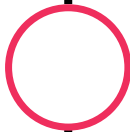
Increased Mental Clarity
Fully Fat Adapted
Steady Energy
Fat Loss



LEVEL 3

This is the intermediate level, where you eliminate more food from your diet to increase fat loss and healing.

Hunger & Satiety Hormones
Fat loss
Steady Energy/Mental Clarity
Carb/Sugar Craving Gone



LEVEL 4

In this level, you will notice your sugar and carb cravings are gone or significantly reduced.

Optimal Healing
Body Composition Changes
Fat Loss



LEVEL 5

This is the advanced level for ultimate Carnivore lifestyle.

Learn More At www.GoCarnivore.com



CARNIVORE FOOD LIST

MEAT

BEEF STEAKS
GROUND BEEF
BEEF ROASTS
LAMB CHOPS
GROUND LAMB
GROUND BISON
BACON
PORK BELLY
CHICKEN ROAST
CHICKEN THIGH
CHICKEN WINGS
BEEF LIVER
WILD GAME

SEAFOOD

FRESH SALMON
SHRIMP
CANNED SARDINES
CANNED
ANCHOVIES
CANNED SALMON
CANNED TUNA
OYSTER
CRAB
LOBSTER
CANNED MUSSELS
SALMON ROE
CANNED COD LIVER
KRILL OIL

FAT

BUTTER
GHEE
BONE MARROW
BEEF TALLOW
BISON TALLOW
BEEF SUET
DUCK FAT
CHICKEN FAT
LARD
OTHER ANIMAL FAT



CARNIVORE ADD-ONS

ADD-ONS + SNACKS

CHICKEN EGGS
DUCK EGGS
BONE BROTH
COLLAGEN
POWDER
PORK RINDS
BEEF JERKY
BEEF BILTONG
BEEF LIVER
CAPSULES
AGED CHEESES
KEFIR
FULL FAT YOGURT
SOUR CREAM
HEAVY CREAM

ELECTROLYTES + SPICES

SALT
MAGNESIUM
ELECTROLYTE
POWDER
GARLIC
ONION POWDER
GINGER
DILL
BASIL
CHIVES
PARSLEY
THYME
SAGE
CINNAMON



Meat (Base of the Carnivore Diet)

The main food source in the printable Carnivore Diet food list (PDF) is meat. Ruminant meats are highly prioritized due to their nutrient density and high levels of healthy fats.

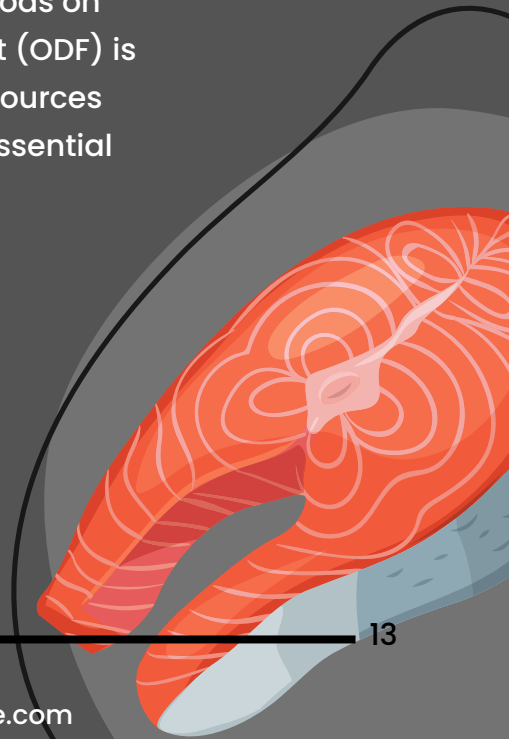
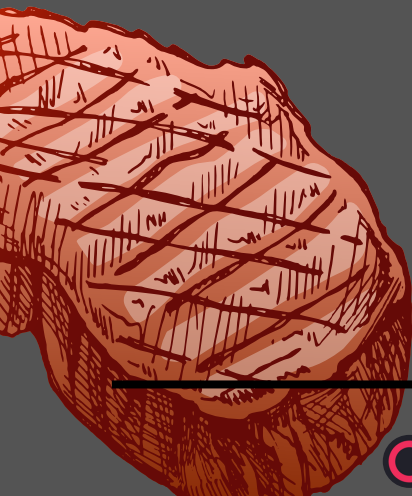
Ruminant animals provide highly bioavailable nutrients like iron, B12, zinc, and essential fatty acids. These meats also contain healthy fats that provide energy and balance hormones.

Organ Meats (Offal)

Organ meats are highly nutrient-dense and considered superfoods in the Carnivore Diet because they contain essential vitamins, minerals, and amino acids that are lacking in muscle meats.

Fish and Seafood

Another main source of nutritious foods on this printable Carnivore Diet food list (ODF) is seafood. Fish and seafood are rich sources of omega-3 fatty acids, which are essential for heart and brain health.



Eggs

Whole eggs from chicken, duck, and quail are a staple on the Carnivore Diet and are highly nutritious. Eggs are a complete protein source containing all essential amino acids. They're also rich in choline, which is vital for brain health. Egg yolks are also nutrient-dense, containing vitamins A, D, E, and K and healthy fats.

Animal Fats

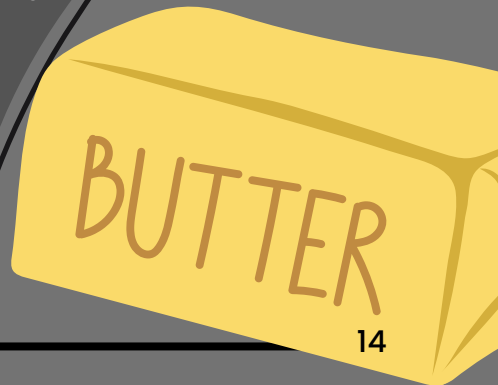
Fats are a crucial component of the Carnivore Diet food list and the primary energy source for inducing and maintaining ketosis in low-carbohydrate diets. Animal fats provide saturated fats and fat-soluble vitamins essential for energy, hormone regulation, and satiety.

Although you can receive fat from fatty cuts of meat, here are the most common fat sources on Carnivore: Beef Tallow, Lard, Duck Fat

High-Fat Dairy (Optional)

Dairy provides calcium, vitamin D, and additional fat, but use full-fat, grass-fed versions and avoid processed or low-fat dairy products. The most common Carnivore high-fat dairy products include:

- Butter and Ghee
- Heavy and Sour Cream
- Full-fat Cheese and Yoghurt



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