

CARNIVORE Food List

MEAT

Bacon
Beef steaks
Beef roasts
Beef liver
Ground beef
Bison
Chicken
Eggs
Lamb
Pork belly
Pork loin
Pork shoulder
Turkey
Veal
Wild game

SEAFOOD

Anchovies
Arctic char
Catfish
Clams
Cod
Crab
Lobster
Mahi-mahi
Oysters
Salmon
Sardines
Scallops
Tilapia
Trout
Tuna

DAIRY

Blue cheese
Brie
Butter
Cheddar cheese
Cream cheese
Feta cheese
Ghee
Gouda
Heavy cream
Mozzarella
Parmesan
Ricotta cheese
Sour cream
Whole milk
Yogurt

SNACKS

Beef biltong
Beef jerky
Parmesan crisps
Pork rinds
String cheese



OTHER

Bone broth
Collagen powder
Electrolyte powder
Redmond's salt
Flake/finishing salt

This is not a comprehensive list. On a carnivore diet all meats, seafood, poultry, and animal products are allowed.