

At each meal chose a portion of protein, a portion or two of fat and a carbohydrate in the top list. You can chose a low toxic carbohydrate once a day.

6-12oz bone broth per day and a calcium source from cooked bones (or dairy if tolerated).

Organ meat: 1-2oz per day. It is also encouraged to have a few ounces of spleen, kidney, heart, thymus and other organs per week (or equivalent in desiccated organs)

100% Carnivore Diet

- Recommended for a 3 month period, for gut and immune healing
- Composed entirely of animal food, meat, organs and fats
- 70% calories from fat
- 30% calories from protein

Meat Based Diet

- Following the 100% Carnivore Diet, move to an 80% nose to tail animal foods with 20% of the low toxic plant foods, as outlined here
- 50% calories from fat
- 30% calories from protein
- 20% calories from carbs

Protein

(117 - 225g serving)

Grass fed beef
Pork
Chicken
Lamb
Goat
Venison
Organ meat
Bone broth collagen source
Wild caught fish
Corn/soy free egg yolks

*57g - snack

114g - small meal

225g - large meal

Fish

(once a day)

Salmon
Sardines
Anchovies
Shellfish

T= tablespoon

C= cup

Fat

(at least 10g/serving)

Dripping (1T)
Suet (1T)
Grass fed ghee (1T)
Avocado (1/2)
Olives (10)
Coconut oil (1T)
Coconut cream (1T)
Coconut milk (2T - tinned)
Olive oil (1 T)
A2 dairy (10g)
i.e. Goats, Sheep, Ewe's, Buffalo
Raw Cheese (10g)
i.e. English Cheddar, Gruyere
Parmigiano-Reggiano,
Camembert, Roquefort,
Raclette, Manchego

Herbs

Cinnamon
Rosemary
Thyme
Basil
Oregano
Dill
Mint
Parsley

Carbohydrate

non-starchy vegetables (unlimited) All including:

Lettuce
Sauerkraut & pickles
Courgette
Cucumber
Artichoke Hearts

(1/2 Cup per meal)

Vegetables

Sweet Potato
Yams
Carrots

Sweet fruit

Apples
Oranges
Berries
Pineapple
Pear
Melons
Banana
Mango

Non sweet fruit

Pumpkin
Squash

Sweeteners

Raw, organic honey
(1 teaspoon a day)

White rice

occasional if
no intolerance

Limit

Seed oils
 Processed sugars
 Corn and soy fed animals

Vegetables

Spinach
 Kale
 Broccoli
 Cauliflower
 Brussels sprouts
 Cabbage
 Horseradish
 Radishes
 Watercress
 Bok Choy
 Beets
 Chard
 Asparagus
 Salad greens
 Celery
 Mushrooms
 Cassava
 Onion
 Garlic
 Leek

Nightshades

Tomato
 White potato
 Aubergine
 Peppers
 Chilli
 Goji berries

Dairy

Milk including goats
 Cheese
 Cream
 Yogurt
 Ice cream
 Custard
 Cottage cheese
 Margarine
 Kefir

Seed Oils

Corn
 Canola
 Sunflower
 Safflower
 Soybean
 Peanut

Spices

Cassia cinnamon
 Turmeric
 Cardamon
 Cumin
 Coriander
 Black/white pepper
 Paprika
 Kimchi

Seeds

Chia
 Flax
 Sunflower
 Pumpkin
 Coffee
 Chocolate

Nuts

Almond
 Walnut
 Cashew
 Brazil
 Macadamia
 High Heavy Metal Fish
 Tuna
 King mackerel
 Halibut
 Sea bass

Grains & Legumes

Beans
 Lentils
 Wheat including bulgar wheat
 Rye
 Barley
 Couscous
 Semolina
 Black eyed peas
 Chickpeas
 Kidney beans
 Soybeans
 Oats
 Corn
 Maize
 Millet
 Amaranth
 Spelt and sourdough spelt

