MONT BELVIEU FAMILY WELLNESS

Carnivore Diet: Food Guide

A shopping reference for an animal-foods-only eating pattern. Choose minimally processed options and build variety across the week.

Red meat and poultry

- Beef: ground beef, roasts, steaks such as ribeye or chuck
- Lamb: shoulder, chops, shanks
- Pork: shoulder, chops, ribs, tenderloin; bacon with no added sugar
- Chicken and turkey: thighs, drumsticks, wings, breast, ground

Organ meats and more

- Liver, heart and kidney, small amounts of liver go a long way
- Bone marrow and homemade bone broth
- Whole eggs

Fish and shellfish

- Fatty fish: salmon, sardines, trout, mackerel, anchovies
- White fish: cod, sea bass, walleye, tilapia
- Shellfish: shrimp, crab, lobster, oysters, mussels, clams, scallops

Cooking fats

- Butter or ghee, beef tallow, lard, duck fat, rendered chicken fat

Seasoning

- Salt is the usual staple. Flexible versions may add pepper, garlic powder or dried herbs; stricter versions use salt only.

Shopping tips

- Read labels on sausage, bacon, deli meat and jerky for sugar, fillers and seed oils
- Buy larger cuts or family packs and cook in batches
- Rotate cuts and seafood to keep meals interesting and broaden nutrients
- Some people include full-fat dairy such as cheese or cream if it agrees with them

General education from our chiropractic clinic, not a diagnosis, prescription or promise of results. An all-animal-food plan is highly restrictive and is not right for everyone. Talk with your healthcare team before starting, especially if you take medication, have kidney, heart, liver or gallbladder concerns, high cholesterol, diabetes, a history of disordered eating, are pregnant or breastfeeding, or are planning meals for a child.