

## FTW Carnivore Diet Challenge Food List

These are just some examples of foods that fall under the “Carnivore” or “Carnivore Keto” plans. This gives you an idea of what to shop for or what to order if you are eating out.

**Meat** (fatty cuts of grass-fed, free range, organic is preferred)

NY strip steak

Porterhouse

Ribeye

80/20 ground beef (ground chuck)

T-bone

Flank steak

Nitrate free, no sugar added bacon

Pork chops

Pork loin

Nitrate free, no sugar added sausages: Beef, beef and veal, bratwurst, chorizo, etc.

Dried pork products like: prosciutto, salami, sopressatta, chorizo, pepperoni

Liver and other offals

Veal

Sugar free meat jerkies

Venison

Pork rinds



**Fish and shellfish** (*fatty fish only*)

Salmon

Sardines

Trout

Mackerel

Catfish

Oysters

**Eggs** (cage free, organic, free range preferred)

**Bone Marrow, Bone Broth and Collagen**

We recommend finding a bone marrow and/or collagen supplement powder and have this in your coffee or tea or a shake every day if you are not drinking bone broth or eating bone marrow regularly.

**Cooking oils**

Use lard, tallow, butter, ghee and other animal-based fats to cook your food instead of vegetable oils.

**Condiments.** Salt, pepper, herbs, and sugar and sugar substitute free spices are allowed. We recommend salting your food liberally with Real Salt (look up the brand, found in most grocery stores). Mustards, mayo, ketchups and barbeque sauces should be used sparingly and only if sugar and vegetable oil free versions. Check out the sugar free condiments by Guy Gone Keto, Alternasweets and Primal Kitchen.

**Drinks** (Anything without sweeteners or alternative sweeteners)

Water

Sparkling water

Tea

Coffee

**OPTIONAL**

*Some carnivore plans do not support the consumption of dairy and nuts. Some may prefer to include these things at least at first to make the transition to carnivore a little easier and less restrictive*

**Dairy (organic, grass fed, free range, hormone free preferred)**

Heavy whipping cream

Grass-fed butter

Full fat cheeses

Full fat Greek yogurt

Full fat cottage cheese

Full fat sour cream

Whey protein powder

Casein protein powders

**Nuts and nut butters** (*make sure to check your nut butters and make sure they are sugar free and free of artificial sweeteners! We recommend the Fbomb brand nut butters and oils, and the Pili Hunters brand nut butters.*)

Macadamia

Pili

Brazil

Cashews

Almonds

Pistachios

Walnuts

Coconut

MCT powder and oil



**FIRE TEAM WHISKEY**  
MILITARY FITNESS PROTOCOL