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: prosuitto, 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)

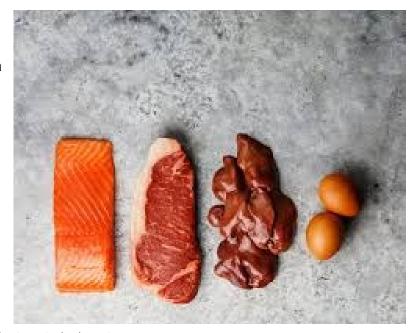
Bone Marrow, Bone Broth and Collagen

We recommend finding a bone marrow and/or collagen supplement powder and have this in your coffee or tea or a shake every day is 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.



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ome carnivore plans do not support the consumption of dairy and nuts. Some may prefer to include these things at least at first to ake the transition to carnivore a little easier and less restrictive
airy (organic, grass fed, free range, hormone free preferred)
eavy whipping cream
rass-fed butter
ull fat cheeses
ull fat Greek yogurt ull fat cottage cheese
ull fat sour cream
/hey protein powder
asein protien powders
uts and nut butters (make sure to check your nut butters and make sure they are sugar free and free of artificial sweeteners! We commend the Fbomb brand nut butters and oils, and the Pili Hunters brand nut butters.)
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razil
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CT powder and oil



Drinks (Anything without sweeteners or alternative sweeteners)