Carnivore diet food list

A practical one-page reference, not a prescription and not medical advice.

People do not all mean the same thing by “carnivore”. This list uses the same groups as the website: strict (generally meat, fat, salt or other animal ingredients only), relaxed (may include eggs, dairy or seasonings), and animal-based (still centred on animal foods, with some plant foods). Official healthy-eating advice in New Zealand and Australia includes plant foods as well as animal foods. Talk to a qualified health professional before you change how you eat.

Strict

MEAT, FAT, SALT

- Beef, lamb, goat, venison and other ruminant meats
- Pork, poultry and game, if you include them
- Fish and seafood (fresh, or tinned in their own fat, water or brine)
- Organ meats such as liver, heart, kidney and tongue
- Animal fats: tallow, suet, dripping, lard, duck fat
- Bone broth made only from bones, meat, water and salt
- Salt and plain water

The narrowest personal versions (sometimes called a lion diet) limit meals to ruminant meat, salt and water. Eggs, butter and ghee are listed under Relaxed so the groups stay easy to scan.

Relaxed

EGGS, DAIRY, SEASONINGS

- Eggs
- Butter, ghee, cream, cheese and plain yoghurt, if you include dairy
- Seasoned or cured meats (biltong, some jerky, bacon): read the label
- Herbs, spices, pepper and vinegar used in cooking
- Coffee and tea (these come from plants)
- Plain sparkling water

Many packaged snacks sit here because they use spices, vinegar or flavourings. Recipes change, so check the packet.

Animal-based

ANIMAL FOODS FIRST, SOME PLANTS

- The animal foods in the other columns, as a starting point
- Fruit, if someone includes it
- Honey, if someone includes it
- Other plant foods a person has chosen to add

“Animal-based” is a looser everyday label. Writers do not all use the term the same way. This is a description, not a recommendation.

For general information only. This is not medical advice and it does not recommend a carnivore diet, or any food, as a treatment, cure or prevention for any condition. Talk to a qualified health professional before changing how you eat, especially if you are pregnant, breastfeeding, have a medical condition or take medication. Packaged foods change: always read the label. Full list, sources and buying guides: carnivorefuel.com/food