

PROTEIN	FATS & DAIRY	DRINKS
<p>Bacon (Check for added ingredients) Beef Bison Burgers (Check for added ingredients) Chicken Duck Eggs Fish Goat Ham & Deli Meats (check for added ingredients) Lamb Organ Meat Ostrich Sausages (check for added ingredients) Seafood Turkey Venison/Game</p>	<p>Beef Tallow Butter Cheese Cream Creme Fraiche Duck Fat Ghee Kefir Lard Quark Sour Cream Yogurt (full fat)</p> <p>Too much dairy can stall weight loss or even cause weight gain. Dairy can also cause inflammation responses. If included, we advise that dairy is used sparingly.</p> <p>It is not necessary to calculate macros on a carnivore diet but a good fat to protein ratio is 1:1</p>	<p>Bone Broth Water Milk Raw Milk</p> <p>The Carnivore Diet eliminates ALL plant foods. It excludes all vegetables, fruits, grains, legumes, seeds & nuts.</p> <p>Some people choose to also include herbs and spices for flavour and black tea/coffee. This is an individual choice and you will need to decide what impact these foods might have on your body and your progress.</p> <p>Some people will also choose to include honey but be aware that it is high in sugar.</p>