The Carnivore Diet: Foods You Can and Can't Eat While on the Diet

Here's the complete list of all the approved foods you can eat and can't eat on the Carnivore Diet.



APPROVED FOODS YOU CAN EAT ON THE CARNIVORE DIET

- [ ] Meats: bacon, beef, pork, lamb, bison, venison
- [ ] Poultry: chicken, turkey
- [ ] Fish
- [ ] Bone marrow and bone broth
- [ ] Butter and lard
- [ ] *Milk (some people still include this in their diet)
- [ ] *Yogurt (some people still include this in their diet)
- [ ] *Cheese (some people still include this in their diet)

FOODS YOU SHOULD AVOID ON THE CARNIVORE DIET

- [ ] Beans
- [ ] Bread and grains
- [ ] Desserts
- [ ] Fruits
- [ ] Nuts
- [ ] Pasta

- [ ] Seeds
- [ ] Vegetables

WHAT YOU CAN DRINK ON THE CARNIVORE DIET

- [ ] Bone Broth
- [ ] Sparkling water
- [ ] Water
- [ ] *Coffee (some people still include this in their diet)
- [ ] *Tea (some people still include this in their diet)

WHAT YOU CAN'T DRINK ON THE CARNIVORE DIET

- [ ] Alcohol
- [ ] Coffee
- [ ] Juices
- [ ] Tea
- [ ] Sugary drinks

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