

# 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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