

Carnivore Diet Drink List

What Can You Drink on a Carnivore Diet?

Printable Quick-Reference Guide — Strict & Flexible Versions

What can you drink on the carnivore diet? The best drinks on the carnivore diet are plain water, mineral water, sparkling water without sweeteners, bone broth, meat broth, and sugar-free electrolytes. People following a more flexible version may also choose black coffee, unsweetened tea, or limited dairy, while sugary drinks, fruit juice, beer, energy drinks, and most soft drinks are typically avoided.

21 Drinks Reviewed	6 Top-Tier Picks	2 Diet Styles Covered	Free Printable PDF
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QUICK REFERENCE TABLE

A fast, scannable overview of every beverage covered in this guide — whether it fits a strict or flexible carnivore approach, and our recommendation.

Beverage	Strict Carnivore	Flexible Carnivore	Recommendation
Plain Water	Yes	Yes	Best choice
Mineral Water	Yes	Yes	Excellent
Sparkling Water (Unsweetened)	Yes	Yes	Excellent
Bone Broth	Yes	Yes	Highly recommended
Meat Broth	Yes	Yes	Highly recommended
Unsweetened Electrolytes	Yes	Yes	Recommended
Soda Water (Unflavored)	Yes	Yes	If unflavored
Black Coffee	No	Optional	Moderate use
Unsweetened Tea	No	Optional	Moderate use

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Beverage	Strict Carnivore	Flexible Carnivore	Recommendation
Heavy Cream	No	Optional	If tolerated
Raw Milk	No	Limited	Contains lactose
Kefir	No	Limited	Contains natural sugars
Dry Wine	No	Occasional	Small amounts
Vodka	No	Occasional	Lowest-carb alcohol
Whiskey	No	Occasional	Unsweetened only
Gin	No	Occasional	Unsweetened only
Tequila	No	Occasional	100% agave, unsweetened
Diet Soda	No	Some choose it	Not recommended
Coke Zero	No	Some choose it	Better avoided
Energy Drinks	No	No	Avoid
Sports Drinks	No	No	Avoid
Fruit Juice	No	No	Avoid
Beer	No	No	Avoid

BEST DRINKS FOR THE CARNIVORE DIET

These beverages contain little to no carbohydrates and align fully with a meat-based eating pattern — safe choices for both strict and flexible carnivore approaches.

1

Water — The Foundation

Water supports digestion, circulation, temperature regulation, and overall health. Many people need more water in the first few weeks as glycogen stores decrease.

Best choices: filtered water, spring water, mineral water, and unsweetened sparkling water.

Tip: Check sparkling water labels — it should contain only carbonated water and naturally occurring minerals.

2

Bone Broth — The Recommended Choice

Bone broth supplies hydration plus naturally occurring collagen, gelatin, amino acids, and minerals extracted from animal bones during slow cooking.

Great for: the transition into carnivore eating, between meals, during fasting, after exercise, or as a warm replacement for tea or coffee.

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Tip: Choose homemade bone broth, or store-bought versions free of vegetable oils, added sugar, starches, and artificial flavorings.

3

Meat Broth — A Lighter Alternative

Made from beef, chicken, lamb, or pork, meat broth is generally lighter than bone broth but remains a satisfying, hydrating beverage that fits a carnivore lifestyle.

4

Electrolyte Drinks — Often Essential

As carbohydrate intake decreases, the body excretes more sodium and water, making electrolyte balance especially important in the early stages of carnivore eating.

Look for: sugar-free, no artificial colors, no fillers, low-carb formulas.

Simple alternative: add a pinch of sea salt or mineral salt directly to water.

OPTIONAL DRINKS - FLEXIBLE CARNIVORE

- Black Coffee — moderate use
- Unsweetened Tea — moderate use
- Heavy Cream — if tolerated
- Raw Milk — contains lactose
- Kefir — contains natural sugars
- Soda Water — if unflavored

OCCASIONAL ALCOHOL - LOWEST-CARB OPTIONS

Not part of a strict carnivore approach, but some flexible followers include these in small, unsweetened amounts on occasion.

- Dry Wine — small amounts
- Vodka — lowest-carb spirit
- Whiskey — unsweetened only
- Gin / Tequila — unsweetened, 100% agave

DRINKS TO AVOID

- Diet Soda
- Coke Zero
- Energy Drinks
- Sports Drinks
- Fruit Juice
- Beer
- Sweetened Sodas
- Sweetened Mixed Drinks

These drinks contain added sugars, artificial sweeteners, or carbohydrates that conflict with carnivore diet principles, even in their 'diet' or 'zero-sugar' forms.

FREQUENTLY ASKED QUESTIONS

What can you drink on the carnivore diet?

The best drinks are plain water, mineral water, unsweetened sparkling water, bone broth, meat broth, and sugar-free electrolytes. A more flexible approach may also include black coffee, unsweetened tea, or limited dairy.

Can you drink coffee on the carnivore diet?

Black coffee is not part of a strict carnivore approach but is commonly included by flexible followers in moderate amounts. Avoid added sugar, syrups, or plant-based creamers.

Is alcohol allowed on the carnivore diet?

Alcohol is not part of a strict carnivore approach. Some flexible followers occasionally include low-carb options like dry wine, vodka, whiskey, gin, or 100% agave tequila in small, unsweetened amounts.

Why is bone broth recommended on carnivore?

Bone broth provides hydration along with collagen, gelatin, amino acids, and minerals, making it useful during fasting, between meals, or as a warm beverage alternative.

Can you drink milk on the carnivore diet?

Raw milk and kefir are typically limited because they contain natural sugars (lactose). Heavy cream is a more commonly tolerated dairy option for flexible carnivore followers.

Why do carnivore dieters need more electrolytes?

Lower carbohydrate intake causes the body to excrete more sodium and water, so maintaining electrolyte balance — through sugar-free electrolyte drinks or added salt — becomes important, especially in the first few weeks.

***Educational Note:** There is no single official carnivore diet. Strict and flexible approaches vary in which beverages are included. This guide reflects commonly recommended, optional, and avoided drinks across popular carnivore approaches. Always consult a qualified healthcare professional before making significant dietary changes. This PDF is for informational purposes only and does not constitute medical advice.*