

■ Carnivore Diet Food List

Complete Printable Guide | What to Eat, Limit & Avoid

Updated 2025 — For Beginners & Advanced Carnivores

What is the carnivore diet food list? The carnivore diet food list includes all animal-based foods: beef, lamb, pork, poultry, fish, seafood, eggs, organ meats, and animal fats. Optional additions include dairy (butter, cheese, heavy cream) and bone broth. All plant foods — grains, legumes, fruits, vegetables, seed oils, and sugar — are excluded. There is no single official version; some followers use only meat, salt, and water, while others include eggs, dairy, coffee, and seasonings.

150+

Foods on This List

3

Tiers: Eat / Limit / Avoid

100%

Animal-Based Core

Free

Printable PDF

■ FOODS TO EAT — Core Carnivore Approved

■ RED MEAT

- Ribeye Steak
- Sirloin Steak
- New York Strip
- Filet Mignon
- T-Bone Steak
- Porterhouse Steak
- Tomahawk Steak
- Flank Steak
- Skirt Steak
- Hanger Steak
- Flat Iron Steak
- Denver Steak
- Chuck Roast
- Chuck Eye Steak
- Brisket
- Short Ribs
- Beef Shank
- Beef Cheeks
- Oxtail
- Ground Beef
- Beef Patties (100% Beef)
- Beef Back Ribs
- Corned Beef (Sugar-Free)
- Beef Sausage (Sugar-Free)

■ LAMB

- Lamb Chops
- Lamb Rack
- Lamb Neck
- Lamb Ribs

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Consult a qualified healthcare professional before making dietary changes

- Lamb Shoulder
- Lamb Leg
- Ground Lamb
- Lamb Shank

- Lamb Heart
- Lamb Liver
- Lamb Kidney
- Lamb Tongue

■ PORK

- Pork Chops
- Pork Shoulder
- Pork Butt
- Pork Belly
- Pork Loin
- Pork Tenderloin
- Spare Ribs
- Baby Back Ribs
- Ground Pork
- Salt Pork

- Ham (Uncured)
- Bacon (Sugar-Free)
- Pork Hocks
- Pork Jowl
- Pork Heart
- Pork Liver
- Pork Kidney
- Pork Tongue
- Pork Fatback

■ GAME MEAT

- Bison
- Buffalo
- Venison
- Elk
- Moose
- Goat

- Rabbit
- Wild Boar
- Antelope
- Pheasant
- Quail
- Duck / Goose

■ POULTRY

- Chicken Breast
- Chicken Thighs
- Chicken Wings
- Chicken Drumsticks
- Chicken Leg Quarters
- Whole Chicken

- Turkey Thighs
- Turkey Wings
- Whole Turkey
- Duck Breast
- Duck Legs
- Whole Duck

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- Turkey Breast
- Cornish Hen

- Goose

■ FISH

- | | | |
|---------------------|-------------------|-------------|
| ■ Salmon (Atlantic) | ■ Tuna / Albacore | ■ Catfish |
| ■ Sockeye Salmon | ■ Yellowfin Tuna | ■ Sole |
| ■ Cod | ■ Trout | ■ Flounder |
| ■ Haddock | ■ Rainbow Trout | ■ Swordfish |
| ■ Halibut | ■ Arctic Char | ■ Mahi-Mahi |
| ■ Mackerel | ■ Sea Bass | ■ Walleye |
| ■ Sardines | ■ Snapper | ■ Perch |
| ■ Anchovies | ■ Tilapia | |
| ■ Herring | ■ Pollock | |

■ SEAFOOD

- | | |
|----------------|------------|
| ■ Shrimp | ■ Mussels |
| ■ Prawns | ■ Oysters |
| ■ Crab | ■ Clams |
| ■ Lobster | ■ Squid |
| ■ Scallops | ■ Octopus |
| ■ Langoustines | ■ Crawfish |

■ EGGS

- | | |
|----------------|---------------|
| ■ Chicken Eggs | ■ Goose Eggs |
| ■ Duck Eggs | ■ Turkey Eggs |
| ■ Quail Eggs | |

■ ORGAN MEATS (Nutrient Powerhouses)

- | | |
|-----------------|---------------|
| ■ Beef Liver | ■ Beef Kidney |
| ■ Chicken Liver | ■ Lamb Kidney |
| ■ Lamb Liver | ■ Pork Kidney |
| ■ Pork Liver | ■ Beef Tongue |
| ■ Beef Heart | ■ Pork Tongue |

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- Lamb Heart
- Sweetbreads
- Pork Heart
- Tripe
- Chicken Hearts
- Bone Marrow
- Beef Brain (Where Legal)
- Oxtail

■ ANIMAL FATS (Cook & Eat)

- Beef Tallow
- Suet
- Lard
- Duck Fat
- Goose Fat
- Bacon Fat
- Butter*
- Ghee*
- Bone Marrow

* Butter and Ghee are dairy-derived but widely used on carnivore.

■ OPTIONAL FOODS — Include If Tolerated

■ DAIRY (Optional — If Tolerated)

- Butter
- Ghee
- Heavy Cream
- Sour Cream
- Cottage Cheese
- Cream Cheese
- Cheddar
- Parmesan
- Swiss Cheese
- Gouda
- Brie
- Blue Cheese
- Mozzarella
- Full-Fat Greek Yogurt
- Kefir

■ BONE BROTH

- Beef Bone Broth
- Chicken Bone Broth
- Pork Bone Broth
- Lamb Bone Broth
- Fish Bone Broth
- Homemade Stock

SEASONINGS (Optional)

- Sea Salt
- Himalayan Salt
- Redmond Real Salt
- Black Pepper
- Garlic Powder
- Onion Powder
- Paprika
- Cayenne
- Chili Flakes
- Rosemary
- Thyme
- Oregano
- Parsley
- Sage
- Turmeric

■ BEVERAGES

- Water
- Black Coffee (Optional)

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- Mineral Water
- Sparkling Water
- Bone Broth

- Tea (Optional)
- Electrolyte Drinks (Sugar-Free)

FOODS TO LIMIT — Use Sparingly

- Cheese (Excessive Amounts)
- Heavy Cream (Large Quantities)
- Yogurt (Watch Lactose)
- Processed Meats (Read Labels)
- Jerky (Check for Added Sugar)
- Sausage (Check Ingredients)
- Deli Meat (Check Fillers)
- Smoked Meats (Check Additives)

FOODS TO AVOID — Not Carnivore Compatible

■ Grains

- Bread
- Wheat
- Rice
- Barley
- Pasta
- Rye
- Oats
- Quinoa
- Corn

■ Legumes

- Beans
- Peanuts
- Lentils
- Soybeans
- Chickpeas

■ Fruits

- Apples
- Grapes
- Bananas
- Mangoes
- Berries
- Dates
- Citrus
- Dried Fruit

■ Vegetables

- Potatoes
- Kale
- Sweet Potatoes
- Lettuce
- Tomatoes
- Peppers
- Onions
- Cucumbers
- Garlic
- Mushrooms
- Carrots
- Cauliflower
- Broccoli
- Cabbage
- Spinach
- Zucchini

■ Seed Oils

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- Soybean Oil
- Canola Oil
- Corn Oil
- Sunflower Oil

- Cottonseed Oil
- Grapeseed Oil
- Rice Bran Oil
- Safflower Oil

■ Sugar & Ultra-Processed Foods

- Candy
- Chocolate
- Cookies
- Cakes
- Doughnuts
- Ice Cream
- Chips
- Crackers
- Breakfast Cereals

- Granola Bars
- Soda
- Fruit Juice
- Sports Drinks
- Energy Drinks
- Fast Food with Fillers
- Frozen Meals (Ultra-Processed)

■ PRINTABLE GROCERY CHECKLIST — Beginner Starter Pack

- Ground Beef (80/20)
- Ribeye Steak
- Chuck Roast
- Brisket
- Lamb Chops
- Pork Belly
- Chicken Thighs

- Salmon (Wild-Caught)
- Sardines (Canned)
- Eggs (Dozen)
- Beef Liver
- Bone Broth
- Butter (Grass-Fed)
- Sea Salt

■ FREQUENTLY ASKED QUESTIONS

What can you eat on the carnivore diet?

On the carnivore diet you can eat all animal products: beef, lamb, pork, poultry, fish, seafood, eggs, organ meats, and animal fats. Many followers also include butter, ghee, hard cheeses, and bone broth. Salt and water are universally allowed.

What foods are not allowed on carnivore?

All plant foods are excluded: grains (bread, rice, pasta, oats), legumes (beans, lentils, chickpeas), fruits, vegetables, seed oils, sugar, and ultra-processed foods. Even 'healthy' plants like spinach, blueberries, and almonds are avoided on a strict carnivore approach.

Is the carnivore diet the same as keto?

No. Ketogenic diets allow low-carb plant foods such as avocado, leafy greens, nuts, and olive oil. The carnivore diet eliminates all plant foods entirely. Both diets can produce ketosis, but carnivore is far more restrictive in food variety.

Can you eat eggs on carnivore?

Yes. Eggs are one of the most nutrient-dense foods on the carnivore diet and are widely encouraged. Chicken, duck, quail, goose, and turkey eggs are all appropriate choices.

Is dairy allowed on the carnivore diet?

Dairy is optional and depends on individual tolerance. Strict carnivore followers avoid it, while others include butter, ghee, heavy cream, and hard cheeses. Dairy products high in lactose (like milk and soft cheeses) are more likely to cause digestive issues.

What is the best meat to eat on carnivore?

Fatty cuts of ruminant meat — ribeye steak, chuck roast, brisket, and lamb chops — are considered ideal because they provide a good ratio of fat to protein. Organ meats like beef liver are often called 'nature's multivitamin' for their exceptional nutrient density.

Educational Note: There is no single official carnivore diet. Some people follow a strict meat-salt-water approach, while others include eggs, dairy, coffee, or seasonings. This list reflects foods commonly included, limited, or avoided 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.