

ANIMAL-BASED

Shopping List



 Carb Manager®



Meats & Organs



- Beef
- Pork
- Lamb
- Wild game: deer, elk, bison
- Chicken
- Turkey
- Fish (salmon, cod, tuna, etc)
- Shellfish (crabs, lobster, shrimp, scallops, clams, mussels, etc)
- Eggs
- Liver
- Kidney
- Heart
- Tongue
- Tripe
- Sweetbread

Dairy & Fats



- Heavy cream
- Hard Cheeses (Parmesan, cheddar, etc)
- A2 milk
- Lard
- Tallow
- Butter
- Ghee
- Bone marrow
- Bacon grease
- Duck fat
- Olive oil in moderation
- Coconut oil in moderation
- Avocado oil in moderation

Miscellaneous



- Salt
- Bone broths

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“Low Toxic” Plant Foods

Account for roughly 20% of your calories on the Animal-Based Diet.



- Raw honey
- Apples
- Oranges
- Melons
- Mango
- Berries
- Banana
- Olives
- Zucchini
- Cucumber
- Avocado
- Squash
- Pumpkin

“Medium Toxic” Plant Foods

Consume occasionally



- White rice
- Ceylon cinnamon
- Sweet potatoes and yams
- Carrots
- Coconut
- Sauerkraut
- Fermented pickles
- Artichoke hearts
- Herbs (rosemary, dill, thyme, mint, basil, oregano, parsley)