

Animal Based Diet Food List

Meats:

Beef, Lamb, Goat, Pork, Chicken, Turkey, Duck

Seafood:

Salmon, Sardines, Mackerel, Cod, Shrimp

Eggs:

Chicken eggs, Duck eggs, Quail eggs

Animal Fats:

Butter, Ghee, Tallow, Lard, Duck fat, Bone marrow

Dairy:

Milk, Cheese, Yogurt, Cottage cheese, Cream

Fruits:

Banana, Mango, Berries, Papaya, Pineapple, Apple, Grapes

Optional Vegetables:

Cucumber, Carrot, Lettuce, Zucchini, Pumpkin

Foods to Avoid:

Processed foods, Seed oils, Grains, Legumes, Refined sugar