# 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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