

HOW TO EAT AN ANIMAL-BASED DIET

WHAT TO EAT

Grass-fed beef and organs* or desiccated organ supplements. Pasture-raised pork, chicken, turkey, and eggs. 6-12oz bone broth per day and a calcium source from cooked bones or dairy, if tolerated. Animal-based: add in the least toxic plant foods as desired.



LOW TOXIC

- ✓ Raw, Organic Honey
- ✓ A2 Dairy
- ✓ Sweet Fruit
 - Apples
 - Oranges
 - Berries
 - Pineapple
 - Pear
 - Melons
 - Banana
 - Mango
- ✓ Non Sweet Fruit
 - Avocado
 - Olive
 - Pumpkin
 - Squash
 - Zucchini
 - Cucumber
- ✓ Tallow/Suet
- ✓ Grass-Fed Ghee

*Organ meat: 1-2oz liver per day, as well as a few ounces of spleen, kidney, heart, thymus, and other organs per week (or equivalent in desiccated organs).

MEDIUM TOXIC

- White Rice
- Roots/Tubers
 - Sweet potato
 - Yams
 - Carrots
- Fermented vegetables
 - Sauerkraut
 - Pickles
- Artichoke Hearts
- Herbs
 - Rosemary
 - Thyme
 - Basil
 - Oregano
 - Dill
 - Mint
 - Parsley
- Coconut
- Olive Oil
- Avocado Oil
- Coconut Oil
- Low Metal Fish (Sparingly)
 - Wild Salmon
 - Sardines
 - Anchovies
 - Shellfish
- Ceylon Cinnamon

WHAT TO AVOID

Avoiding seed oils is critical to long term health. Animal fats are preferred over all plant-based oils, including olive or avocado oil. Sourcing for meat and organs is also important and avoiding corn/soy/grain-fed animals is ideal. Processed sugar has no place in a healthy diet and should be avoided as well.



HIGH TOXIC / MOST LEAVES & SEEDS

- ✗ Spinach
- ✗ Brassica
 - Kale
 - Broccoli
 - Cauliflower
 - Brussels sprouts
 - Cabbage
 - Horseradish
 - Radishes
 - Watercress
 - Bok Choy
- ✗ Beets
- ✗ Chard
- ✗ Asparagus
- ✗ Lettuce/Salad Greens
 - Green Leaf
 - Romaine
 - Mixed Greens
 - Arugula
- ✗ Grains
 - Wheat
 - Oats
 - Quinoa
 - Millet
 - Amaranth
- ✗ Seed oils
 - Corn
 - Canola
 - Sunflower
 - Safflower
 - Soybean
 - Peanut
- ✗ Seed
 - Chia
 - Flax
 - Sunflower
 - Pumpkin
- ✗ Coffee
- ✗ Chocolate
- ✗ Spices
 - Cassia Cinnamon
 - Turmeric
 - Cardamon
 - Cumin
 - Coriander
 - Black/White Pepper
 - Paprika
- ✗ Kimchi
- ✗ Nuts
 - Almond
 - Walnut
 - Cashew
 - Brazil
 - Macadamia
- ✗ Legumes
 - Peas
 - Green Beans
 - Soybeans
 - Kidney Beans
 - Lentils
 - Peanut
- ✗ Celery
- ✗ Brown Rice
- ✗ Mushrooms
- ✗ Cassava
- ✗ Alliums
 - Onion
 - Garlic
 - Leek
- ✗ Nightshades
 - Tomato
 - White Potato
 - Eggplant
 - Peppers
 - Chili Peppers
 - Goji Berries
- ✗ High Heavy Metal Fish
 - Tuna
 - King Mackerel
 - Halibut
 - Sea Bass

HOW MUCH TO EAT

TYPES OF NOSE TO TAIL ANIMAL-BASED DIETS

70%

Calories from fat

ANIMAL-BASED CARNIVORE

Composed entirely of animal foods: meat, organs, fats, and dairy if tolerated.

30%

Calories from Protein

OR

50%

Calories from fat

ANIMAL-BASED

80% nose to tail animal foods with 20% of the least toxic plant foods as outlined to the left.

30%

Calories from Protein

20%

Calories from Carbs