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.











Organ Meat







MEDIUM TOXIC

Sweet potato

Fermented vegetables

Sauerkraut

Pickles

Artichoke Hearts

Rosemary

Thyme

Basil

• Dill

Coconut

Olive Oil

Avocado Oil

Coconut Oil

Low Metal Fish (Sparingly)

Wild Salmon

Sardines

Anchovies

Shellfish

Ceylon Cinnamon

Mint

Parsley

Oregano

Herbs

White Rice

Roots/Tubers

Yams

Carrots

LOW TOXIC

- Raw, Organic Honey
- A2 Dairy
- Sweet Fruit
 - Apples
 - Oranges
 - Berries
 - Pineapple

 - Melons
 - Banana
 - Mango

Non Sweet Fruit

- Avocado
- Olive
- Pumpkin
- Squash • Zucchini
- Cucumber
- **✓** Tallow/Suet
- Grass-Fed Ghee

*Organ meat: 1-2oz liver per spleen, kidney, heart, thymus, equivalent in desiccated

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.

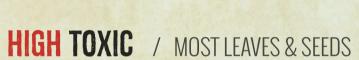




Sugars



Corn and Soy Fed Animals



- Spinach
- **X** Brassica
- Kale
- Broccoli Cauliflower
- Brussels sprouts
- Cabbage
- Horseradish
- Radishes
- Watercress
- Bok Choy
- **X** Beets Chard
- Asparagus
- **X** Lettuce/Salad Greens
 - Green Leaf
 - Romaine
 - Mixed Greens
 - Arugula

Wheat

- **X** Grains
 - Oats
 - Quinoa
 - Millet
 - Amaranth
- X Seed oils
- - Corn Canola
- Sunflower
- Safflower
- Soybean
- Peanut

× Seed

- Flax

• Chia

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
- Peanut

Lentils

- **Celery**
- **Brown Rice**
- **Mushrooms**
- **Cassava**
- Alliums Onion
 - Garlic
 - Leek
- Nightshades
 - Tomato
 - White Potato
 - Eggplant
 - Peppers

Goji Berries

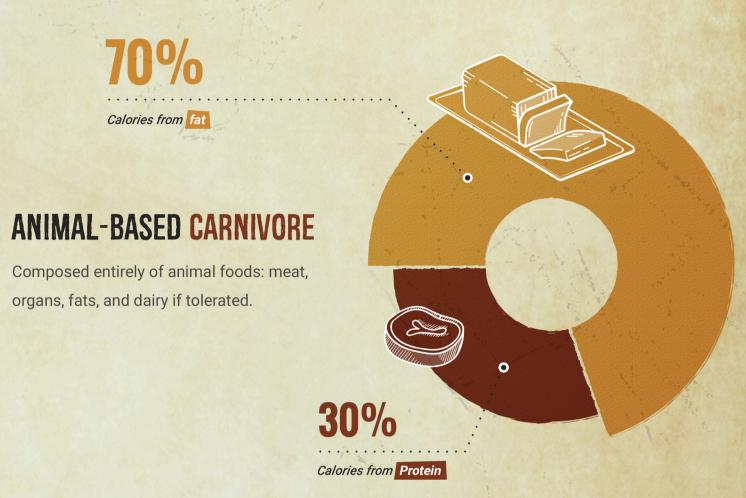
- Chili Peppers
- X High Heavy Metal Fish
 - Tuna
 - King Mackerel

Halibut

- Sea Bass

HOW MUCH TO EAT

TYPES OF NOSE TO TAIL ANIMAL-BASED DIETS

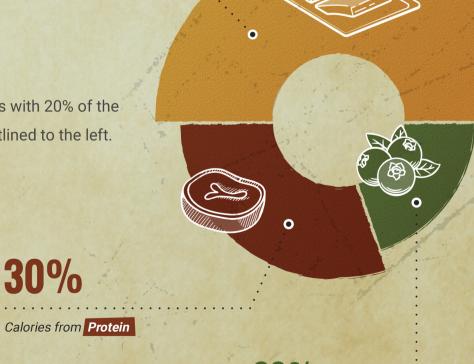




ANIMAL-BASED

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

30%



20%

Calories from Carbs

day, as well as a few ounces of and other organs per week (or organs).