

The Carnivore Diet



The Carnivore Diet: Overview

The Carnivore Diet is a simplified, nutrient-dense eating plan centered exclusively on animal-based foods. It is designed to promote metabolic balance, reduce inflammation, and optimize energy by eliminating plant-based foods, carbohydrates, and potential dietary irritants.

Core Philosophy

This approach focuses on consuming whole, unprocessed animal products — prioritizing quality protein and natural fats to support cellular repair, hormone regulation, and sustained vitality. The diet naturally reduces blood sugar fluctuations and promotes metabolic efficiency through fat adaptation.

What It Includes

- Beef: ribeye, sirloin, brisket, mince, liver, marrow bones
- Lamb: chops, ribs, leg, liver
- Pork: belly, chops, bacon (sugar-free), sausages (clean ingredients)
- Poultry: chicken thighs, duck, turkey
- Fish: salmon, sardines, mackerel, anchovies
- Eggs: chicken, duck, or quail eggs
- Dairy (optional): butter, ghee, hard cheeses if tolerated
- Fats: tallow, suet, duck fat, butter
- Beverages: water, sparkling water, bone broth

Simplicity and Structure

There are no calorie counts or meal timing rules. The diet relies on intuitive eating — consuming animal foods until comfortably satisfied. It's a straightforward, elimination-based approach that allows the body to reset, supporting digestion, mood stability, and mental clarity.

Adaptation Period

Most people experience an adaptation phase as the body shifts from carbohydrates to fat metabolism. During this time, hydration and mineral intake (especially sodium) are important. After 2–3 weeks, energy, mood, and digestion typically stabilize.

Customization

While the strict version includes only meat and water, many adapt it to their lifestyle by adding eggs, dairy, or small amounts of seafood for variety. The key is to maintain simplicity and quality — sourcing the best possible animal products.