

## DATA HUB REPORT // NO. 002

# WHAT TO EAT ON CARNIVORE

## THE SIMPLE FOOD FRAMEWORK

**GOAL:** Remove food confusion. Eat until you are full using the Green List.

### 01 // GREEN LIGHT: EAT FREELY

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These foods are your best friends. They have zero carbs and high minerals.

#### THE PRIMARY LIST

- ✓ **BEEF:** Steaks, ground beef, roasts, brisket.
- ✓ **LAMB:** Chops, ground lamb, leg of lamb.
- ✓ **PORK:** Bacon (sugar-free), pork belly, chops.
- ✓ **EGGS:** Whole eggs are the perfect food.
- ✓ **SALT:** Use sea salt or Redmond Real Salt.
- ✓ **WATER:** Still or sparkling water only.

### 02 // YELLOW LIGHT: USE WITH CARE

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These are okay for most people, but they can slow down fat loss. If you stop losing weight, cut these out first.

- **DAIRY:** Cheese and heavy cream. (High in calories!)
- **COFFEE/TEA:** Black is best. Watch for cravings.
- **POULTRY:** Chicken and turkey. (Add butter, they are lean!)

### 03 // RED LIGHT: AVOID ALWAYS

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These items cause hunger and bloating. They stop fat-burning instantly.

- ✗ **SUGAR:** Honey, maple syrup, candy, soda.
- ✗ **GRAINS:** Bread, pasta, rice, corn, oats.
- ✗ **SEED OILS:** Canola, soybean, and vegetable oil.

## 04 // THE DAIRY LADDER

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Start at the bottom and move up only if you feel great.



## 05 // EATING OUT RULES

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- ▶ **Burgers:** Order "Patties Only." No bun, no sauce, no seed oils.
- ▶ **Steakhouse:** Order a Ribeye. Ask for butter on top.
- ▶ **Parties:** Eat a large steak **before** you leave your house.

**WANT A PERSONAL SHOPPING LIST?**

Get your **Custom Food Strategy** at [CARNIVOREWEEKLY.COM/CALCULATOR](http://CARNIVOREWEEKLY.COM/CALCULATOR)