

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

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

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!)

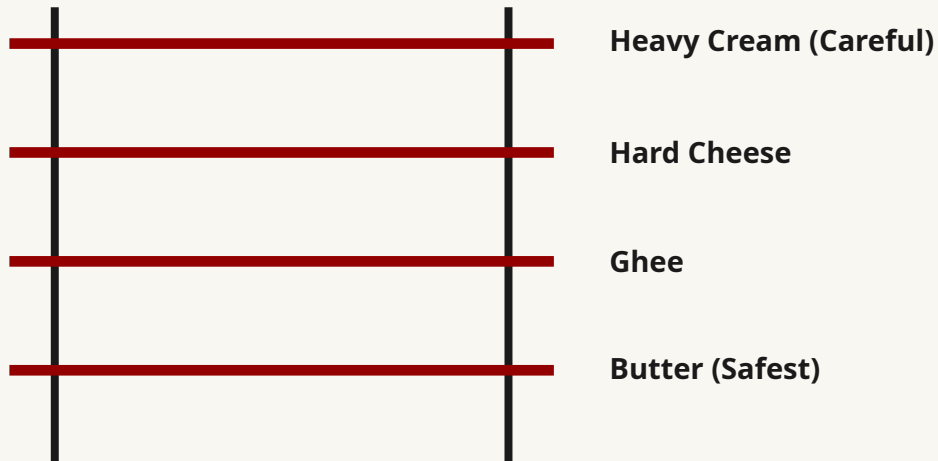
03 // RED LIGHT: AVOID ALWAYS

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

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

04 // THE DAIRY LADDER

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



05 // EATING OUT RULES

- ▶ **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](https://carnivoreweekly.com/calculator)