



## Food List

Here's a list of the foods and drinks I'm eating, or will eat sparingly, on my carnivore-ish diet (UK based). Some I enjoy most days (meat, eggs, cheese etc.) while others I'll have rarely (sweet potatoes, berries, seeds etc.).

*Please note: this is a personal choice and is not a recommended list.*

MEAT	FISH & SEAFOOD	DAIRY, FATS & OILS
Beef	Crab	Bacon fat
Chicken	Lobster	Beef fat (tallow)
Duck	Mackerel	Bone broth
Game	Muscles	Bone marrow
Goat	Prawns	Butter
Lamb	Salmon	Chicken fat
Pork	Sardines	Coconut butter / oil
(Organ Meats)	Scallops	Cream (extra thick)
		Duck fat
		Ghee
		Greek Yoghurt
		Lamb fat
		MCT oil
		Milk (raw, whole)
		Pork fat (lard)

<p><b>CHEESE</b></p> <p>Camembert</p> <p>Cheddar</p> <p>Cream cheese</p> <p>Goat</p> <p>Gouda</p> <p>Gruyere</p> <p>Mozzarella</p> <p>Parmesan</p> <p>Stilton (blue)</p>	<p><b>EGGS</b></p> <p>Chicken</p> <p>Duck</p> <p>Goose</p> <p>Roe</p> <p>Turkey</p>	<p><b>HERBS</b></p> <p>Coriander</p> <p>Dill</p> <p>Rosemary</p> <p>Mint</p> <p>Sage</p> <p>Thyme</p>
<p><b>SPICES</b></p> <p>Cayenne pepper</p> <p>Chilli</p> <p>Cinnamon</p> <p>Cumin</p> <p>Ginger</p> <p>Paprika</p> <p>Turmeric</p>	<p><b>NUTS</b></p> <p>Almond</p> <p>Brazil</p> <p>Macadamia</p> <p>Pecan</p> <p>Pine</p> <p>Walnut</p>	<p><b>SEEDS</b></p> <p>Chia</p> <p>Flax</p> <p>Hemp</p> <p>Poppy</p> <p>Pumpkin</p> <p>Sesame</p> <p>Sunflower</p>
<p><b>BERRIES &amp; FRUITS</b></p> <p>Avocado</p> <p>Bell pepper</p> <p>Blackberry</p> <p>Blueberry</p>	<p><b>VEGETABLES</b></p> <p>Asparagus</p> <p>Broccoli</p> <p>Cauliflower</p> <p>Celery</p>	<p><b>OTHER</b></p> <p>Apple cider vinegar</p> <p>Balsamic vinegar</p> <p>Black pepper</p> <p>Coconut cream</p>

Cacao	Garlic	Coconut milk
Cantaloupe melon	Red onion	Honey (raw)
Coconut	Spring onion	Malt vinegar
Cucumber	Sweet potato	Mushroom
Lemon	White onion	Mustard (Dijon)
Lime		Pink salt
Olive		Rock salt
Raspberry		Sauerkraut
Tomato		Soy sauce
Watermelon		