

CARNIVORE DIET

FOOD PYRAMID

5m
BODY



Animal kingdom only



Focus on fatty meat, especially ruminant meat



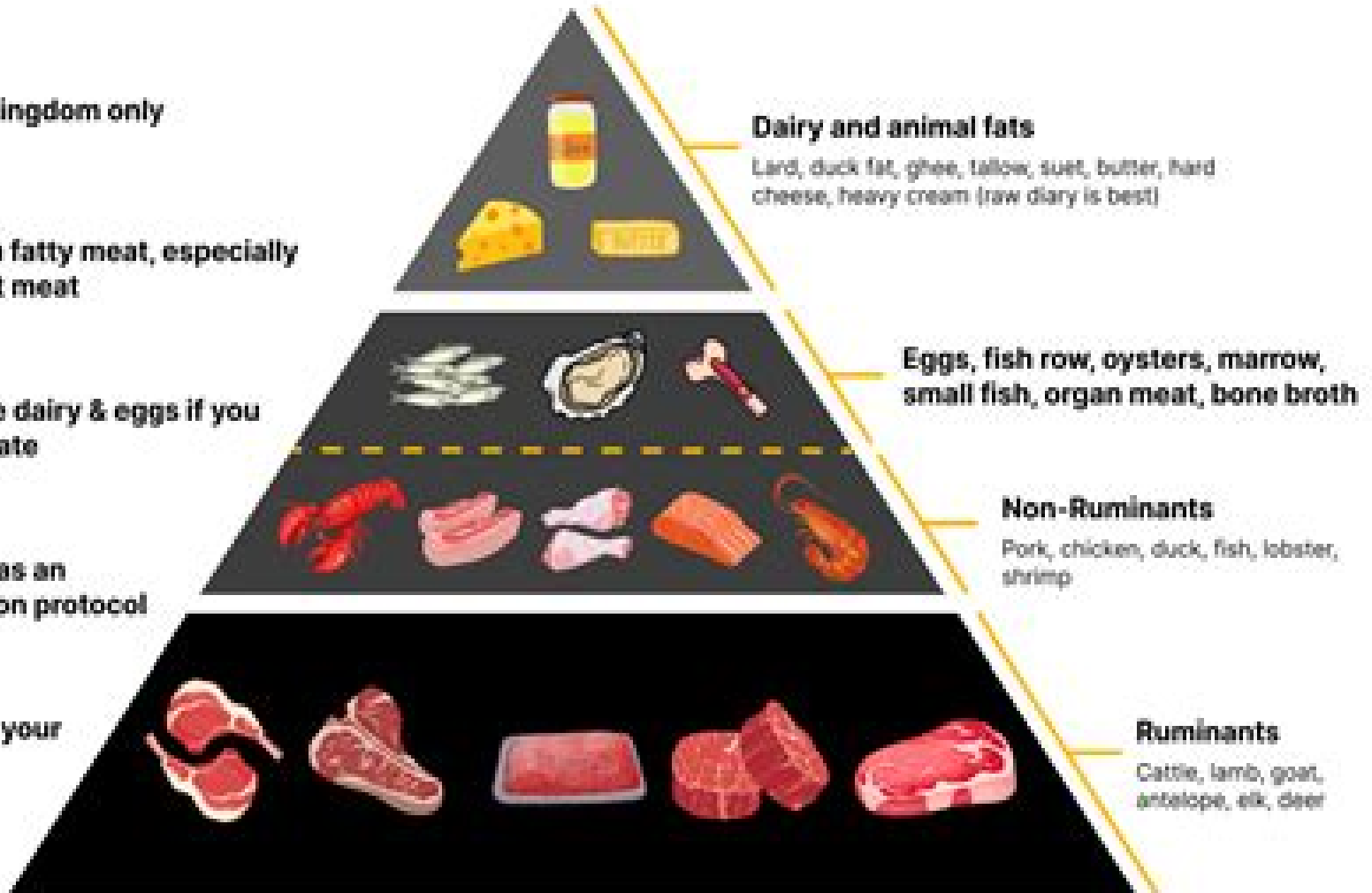
Consume dairy & eggs if you can tolerate



Use diet as an elimination protocol



Listen to your body



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THE PROVIDED INFORMATION IS A GENERAL GUIDE, BUT CONSULTATION WITH A DOCTOR OR NUTRITIONIST IS ADVISED FOR PERSONALIZED DIETARY RECOMMENDATIONS.

The Diet Food Finder

Elizabeth S. Hands



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