



Healthy Eating Guide

What to Eat

An animal-based diet focuses on meat, ideally grass fed beef, but can also include pasture-raised pork, chicken, turkey, and eggs (all corn and soy-free), organs (or desiccated organ supplements), fruit, honey, and raw dairy

Grass-Fed Beef, Pasture-Raised Pork, Pasture-Raised Chicken, Organ Meats, Bone Broth (Collagen Source), Wild Caught Fish, Corn/Soy Free Eggs

What to Avoid

Avoiding seed oils is critical to long-term health. Animal fats are preferred over all plant-based oils, including olive or avocado oil. Sourcing for meat and organs is also important and avoiding corn/soy/grain-fed animals is ideal. Processed sugar has no place in a healthy diet and should be avoided as well.

Seed Oils, Processed Sugars, Corn and Soy Fed Animals

How Much to Eat

80% nose-to-tail animal foods with 20% of the least toxic plant foods.

50% calories from fat, 30% calories from protein, 20% calories from carbs