

nutrient dense carnivorous foods

These foods have a low insulin load while prioritising harder to find nutrients on a zero-carb diet (vitamin K, vitamin C, folate, magnesium, vitamin D, potassium, omega 3, thiamine and choline).

From a macronutrient perspective these foods are 65% protein, 30% fat, and 5% net carbohydrates.

seafood

- fish roe
- halibut
- caviar
- white fish
- cod
- salmon
- rockfish
- mussel
- pollock
- crab
- sturgeon
- crayfish
- haddock
- flounder
- trout
- lobster
- whiting
- perch
- oysters
- clam
- octopus
- molluscs
- shrimp
- scallop
- mackerel
- sardine
- anchovy
- herring
- tuna
- welk
- abalone

offal

- turkey liver
- chicken liver
- beef liver
- veal liver
- turkey heart
- beef brains
- lamb liver

- turkey gizzard
- lamb kidney
- pork liver
- beef tripe
- beef kidney
- lamb sweetbread
- lamb heart
- beef heart
- lamb brains
- sweetbread
- liver sausage
- liverwurst
- liver pate

animal products

- chicken breast
- pork chops
- leg ham
- ground pork
- chicken drumstick
- pork shoulder
- roast ham
- turkey
- roast pork
- frankfurter
- veal
- pork ribs
- pork loin
- turkey
- ground turkey
- sirloin steak
- lamb
- chicken
- ground beef
- veal loin
- chuck steak
- top round steak
- beef ribs
- pork sausage
- lamb chop
- salami
- ham

- meatballs
- headcheese
- roast beef
- lamb shank
- turkey
- kielbasa

dairy & egg

- whole egg
- cream cheese
- egg yolk
- mozzarella
- sour cream
- Greek yogurt
- mozzarella
- cottage cheese
- Greek yogurt
- cheddar cheese
- milk (full fat)
- sour cream
- Swiss cheese
- parmesan cheese
- cheddar
- cream cheese
- sour cream
- cream
- feta cheese
- gruyere cheese
- edam cheese
- egg white
- gouda cheese
- butter
- cottage cheese
- limburger cheese
- Monterey cheese
- muenster cheese
- camembert
- blue cheese
- ricotta
- Colby
- brie
- goat cheese