

carnivore (maintenance)

Optimal nutrient dense animal-based foods for maintenance.

offal

- liver
- sweetbread
- liver sausage
- foie gras
- pork loin
- pork ribs
- ground pork
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- pork shoulder

seafood

- caviar
- mackerel
- anchovy
- sardine
- salmon
- herring
- oyster

beef

- beef blade steak
- ground beef (70%)
- veal shoulder
- beef short ribs
- beef patties

pork

- bacon
- pork loin (lean)
- roast pork
- pork chops (lean)

poultry

- chicken patty
- goose
- duck

processed meats

- bologna
- kielbasa
- salami

dairy

- cream cheese
- feta cheese
- sour cream (light)
- blue cheese
- whole egg
- buffalo milk
- limburg cheese
- parmesan cheese
- cheddar cheese
- camembert
- Colby