



# My Carnivorish Food Guide

[carnivorish.co](http://carnivorish.co)







# Important Health Disclaimer

**I am not a medical professional, registered dietitian, or nutritionist.** I'm simply sharing my personal experience and what has worked for me over 7 years of tracking data.

The information shared in my guides, website, and content is based solely on my personal journey and self-experimentation. What worked for me may not work for you. Every body is different.

Claude content



## Consult Your Doctor

Always consult with a qualified healthcare provider before making any dietary changes.



## Medical Conditions

If you have any health conditions, are pregnant, or take medications, seek medical advice first.



## Personal Experience

This is documentation of my journey, not medical advice or a prescription for health.

## Please Understand:

- My results (86.3 lbs lost, improved sleep, etc.) are my individual outcomes
- Dietary changes affect everyone differently based on genetics, health status, and lifestyle
- What I share is for informational and educational purposes only
- You assume full responsibility for how you choose to use this information

By using my guides and content, you acknowledge that you have read and understood this disclaimer.



# 👁️ The Carnivore-ish Food Guide 👁️

What I Actually Eat After 86.3 lbs Lost

95% Animal-Based

No Counting Macros

Real World Flexible

**When '-ish' foods affect my weight or sleep, I return to Core Foods only or fasting. Data doesn't lie.**

For weight loss: I used Core + '-ish' foods. I introduced '-ish' foods one at a time to measure impact on energy, weight & sleep. Found minimal impact for me personally. Maintenance foods have only been used after reaching goal weight, but are really unnecessary.



## Core Foods

I live here 90% of the time - my baseline



### Steak

My personal favorite is Ribeye



### Ground Beef

80/20 or 73/27



### Eggs

6-8 per day



### Butter

Grass-fed, lots of it



### Bacon

No sugar added



### Bone Broth

For breaking fasts



## My '-ish' Foods

Test one at a time - monitor impact



### Cheeses

Pepper Jack, Cheddar, Mozzarella, Gouda, Parmesan

Shred my own to avoid starches



### Celsius

Occasionally - not every day



### Avocado

Healthy fats



### Breakfast Sausage

Quality matters



### Onion & Garlic

For flavor



### Homemade Ice Cream

Special treat

Whole Cream, 1 Egg, Swerve&Allulose, Real Vanilla Bean, 100% Cocoa Powder



### Condiments

Mustard, Sugar/Seed Oil Free Mayo

Other Sugar Free Dry Rubs, Spices, Sauces



### Electrolytes

Electrolyte Powder - Flavored

Sodium, potassium, magnesium



## Maintenance

Only after reaching goal weight



### Berries

Cup of mixed berries 1-2x/week



### Whey Protein Powder

Lift days only



### Low Carb Protein Bars

Limit, use carefully, most are garbage  
Occasional lift days only



## Travel Hacks

Staying Carnivore On The Go



### Wendy's Triple Baconator

No bun



### McDonald's Quarter Pounder

No bun, mustard only



### Five Guys Burger Bowl

Extra bacon



### Chipotle Steak Bowl

Cheese, Avocado (sometimes sour cream)  
No Rice, No Beans, No Veggies



### Any Steakhouse

Skip the sides



## What I Don't Eat

Zero Tolerance (except once every 2 months)



### All Grains

Bread, pasta, rice



### Vegetables

Yes, all of them



### Fruits

Except occasional berries



### Seed Oils

Inflammatory garbage



### Processed Foods

If it has a barcode...



### Sugar

In any form

## My Daily Tips



Salt everything liberally



Magnesium & Potassium = Better Sleep



Black coffee is optimal (And what I should probably be doing)