

ANIMAL-BASED DIET

Reclaim your ancestral birthright to radical health

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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 like the ones we make at Heart & Soil), fruit, honey, and raw dairy.



Grass-Fed Beef



Pasture-Raised Pork



Pasture-Raised Chicken



Organ Meat*



Bone Broth Collagen Source



Wild-Caught Fish



Corn/Soy-Free Eggs

LOW TOXIC

- ✓ Raw, local honey
- ✓ Raw Dairy
- ✓ All Sweet Fruit (avoid the seeds!)
 - Banana
 - Berries
 - Mango
 - Pineapple
 - Watermelon
 - Papaya
 - Oranges
 - etc.
- ✓ Non Sweet Fruit (seedless / skinless)
 - Avocado
 - Olives
 - Pumpkin
 - Squash
 - Zucchini
 - Cucumber
- ✓ Tallow/Suet
- ✓ Grass-Fed Butter / Ghee

MEDIUM TOXIC

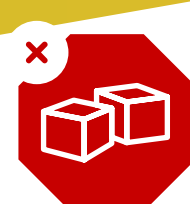
- ✓ White Rice
- ✓ Roots/Tubers
 - Sweet Potato
 - Yams
 - Carrots
- ✓ Fermented Vegetables
 - Sauerkraut
 - Pickles
- ✓ Artichoke Hearts
- ✓ Herbs
 - Rosemary
 - Thyme
 - Basil
 - Oregano
 - Dill
 - Mint
 - Parsley
- ✓ Coconut
- ✓ Olive Oil
- ✓ Avocado Oil
- ✓ Coconut Oil
- ✓ Low Metal Fish
 - Wild Salmon
 - Sardines
 - Anchovies
 - Shellfish
- ✓ Ceylon Cinnamon

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 Oil



Processed Sugars



Corn and Soy Fed Animals

HIGH TOXIC / Most Leaves & Seeds

- | | | |
|--|---|---|
| <ul style="list-style-type: none"> ✓ Spinach ✓ Brassica <ul style="list-style-type: none"> • Kale • Broccoli • Cauliflower • Brussels Sprouts • Cabbage • Horseradish • Radishes • Watercress • Bok Choy ✓ Beets ✓ Chard ✓ Asparagus ✓ Lettuce/Salad Greens <ul style="list-style-type: none"> • Green Leaf • Romaine • Mixed Greens • Arugula ✓ Grains <ul style="list-style-type: none"> • Wheat • Oats • Quinoa • Millet • Amaranth ✓ Seed Oils <ul style="list-style-type: none"> • Corn • Canola • Sunflower • Safflower • Soybean • Peanut | <ul style="list-style-type: none"> ✓ Seed <ul style="list-style-type: none"> • Chia • Flax • Sunflower • Pumpkin ✓ Coffee ✓ Chocolate ✓ Spices <ul style="list-style-type: none"> • Cassia Cinnamon • Turmeric • Cardamon • Cumin • Coriander • Black/White Pepper • Paprika ✓ Kimchi ✓ Nuts <ul style="list-style-type: none"> • Almond • Walnut • Cashew • Brazil • Macadamia ✓ Legumes <ul style="list-style-type: none"> • Peas • Green Beans • Soybeans • Kidney Beans • Lentils • Peanut | <ul style="list-style-type: none"> ✓ Celery ✓ Brown Rice ✓ Mushrooms ✓ Alliums <ul style="list-style-type: none"> • Onion • Garlic • Leek ✓ Nightshades <ul style="list-style-type: none"> • Tomato • White Potato • Eggplant • Peppers • Chili Peppers • Goji Berries ✓ High Heavy Metal Fish <ul style="list-style-type: none"> • Tuna • King Mackerel • Halibut • Sea Bass |
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HOW MUCH TO EAT

Types of nose-to-tail animal-based diets

ANIMAL-BASED CARNIVORE

Composed entirely of animal foods: meat, organs, fats, and dairy if tolerated.

70%

Calories from fat

30%

Calories from Protein



ANIMAL-BASED

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

50%

Calories from fat

30%

Calories from Protein

20%

Calories from Carbs



*Organ meat: 1-2oz liver per day, as well as a few ounces of spleen, kidney, heart, thymus, and other organs per week (or equivalent in desiccated organs).