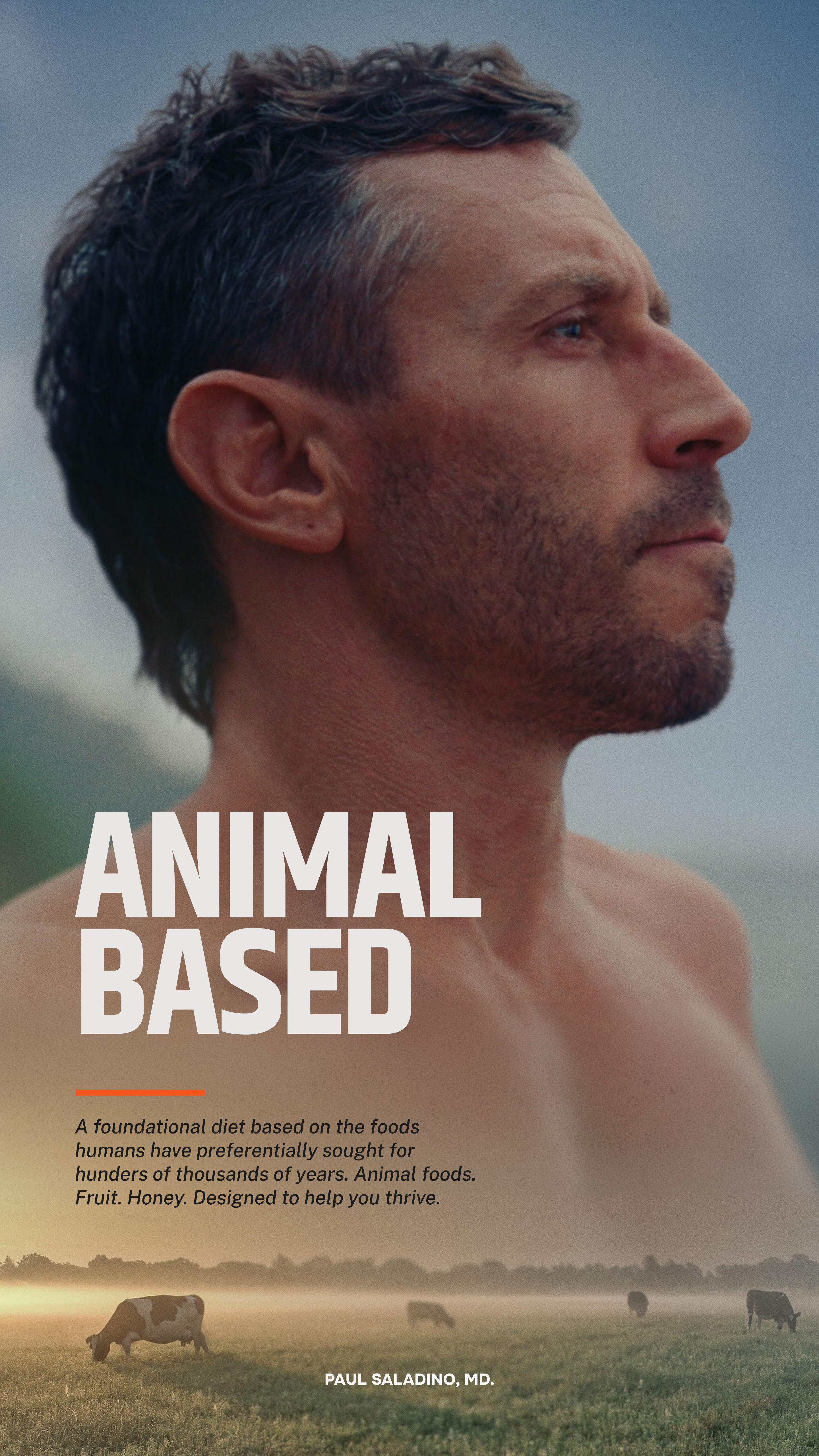


A composite image featuring a man's profile in the foreground and a farm scene at sunset in the background. The man has short, dark, curly hair and a light beard, looking upwards and to the right. The background shows a misty field with several cows grazing under a warm, orange-hued sky.

ANIMAL BASED

A foundational diet based on the foods humans have preferentially sought for hundreds of thousands of years. Animal foods. Fruit. Honey. Designed to help you thrive.

PAUL SALADINO, MD.

Why?

The Purpose

You've started
cleaning up your diet.
But you're still not
thriving.



You've dropped the obvious junk — maybe you've gone paleo, cut sugar, or tried eating "cleaner." But the brain fog, the skin issues, the stubborn inflammation, the low energy — they're still there. Something in your diet is still working against you.

Animal-Based is the structured framework that removes the guesswork. Meat and organs + fruit + honey + raw dairy (if you tolerate it) — It's the sweet spot between full restriction and uncertainty.

Food For Humans

The flexible framework

Broad hierarchy of foods. Experiment with tolerance. Maximize variety. Great for people who are generally healthy and want to eat better.

You Are Here

Animal-Based

The structured protocol

Defined framework. Removes the most problematic plant foods. For people with unresolved symptoms, or those who want a clear protocol without guessing.

Carnivore Reset

The diagnostic tool

Start simple. Remove all plant foods. Find your answers.

What is out and why?

The root cause

These aren't arbitrary removals. Every food below contains specific defense chemicals that can trigger immune reactions, gut damage, or metabolic disruption — especially in sensitive individuals.

Grains

Wheat, oats, quinoa, rice, corn

Lectins, gluten, phytic acid block minerals

Legumes

Soy, lentils, peanuts, beans, peas

Lectins, saponins can damage gut lining

Nuts & Seeds

Almonds, walnuts, chia, flax, cashews

Oxalates, phytic acid, difficult digestion

Leafy Greens

Spinach, kale, broccoli, chard

Oxalates, goitrogens disrupt thyroid

Roots

Sweet potato, white potato, yucca, yams, turnips

Oxalates and alkaloids can cause gut irritation / immune reaction in some people

Nightshades

Tomatoes, peppers, eggplant, white potato

Glycoalkaloids can trigger skin + joint flares

Plants can't run, hide, or fight. They defend themselves with **chemicals** — toxins designed to discourage animals from eating their leaves, stems, roots, and seeds, these compounds effect people in different ways. Some more than others. **Fruit is the exception:** plants want their fruit eaten to spread seeds. This is why fruit and squash are the first plant foods to eat in the Animal Based Framework. These plant foods have far lower defense chemicals

What is out FOREVER:



Seed oils



Processed sugar



Artificial sweeteners



Gums
xanthan, guar, locust bean, carrageenan and acacia gum

Key difference from Food for Humans: FFH keeps grains, roots, and greens in the "caution" tier for experimentation. Animal-Based removes them by default — and lets you add them back after you've established a clean baseline and tested your tolerance.

How?

Actionable steps

1

Animal Foods as the Foundation

Meat (beef, chicken, pork, fish, organs), dairy, and eggs. These are your proteins, your fat, and your micronutrient base. Grass-fed when possible. Ground beef is the most affordable entry point.

Avoid: Avoid: Plant proteins, grains, beans, salads (for now) 🙅

Eat: Lean ground beef, berries, butter, eggs 👍

2

Fruit, Squash & Honey as your Carbs

These carbohydrates support hormones, thyroid, and recovery — without defense chemicals that come with grains and starches.

Avoid: Rice, pasta, oats 🙅

Eat: Mango, berries, raw honey 👍

3

Nose-to-Tail Is Non-Negotiable

Organs and connective tissue aren't optional — they're what make Animal-Based nutritionally complete. 0.5 - 1 oz of liver 2-3x per week. Bone broth or collagen rich meats most days of the week. These are the upgrades most people skip

Blend liver into ground beef - Freeze snackable liver pieces

4

Remove the Most Defended Plant Foods

Grains, legumes, nuts, seeds, roots, leafy greens, nightshades* — these are the plant parts with the highest concentrations of defense chemicals. Remove them. See how you feel. That clarity is the point.

Avoid: Kale smoothie + almonds 🙅

Eat: Raw milk smoothie + fruit + honey 👍

***About Nightshades:** they are plants from the Solanaceae family, comprising over 2,000 species, including common edible vegetables (potatoes, tomatoes, peppers, eggplant) and poisonous plants (belladonna). They contain alkaloids, which are chemical compounds that can cause sensitivities or inflammation in some, particularly those with autoimmune disorders.

What?

Fuel for health - 7 day meal plan

(Your Mileage May Vary)

Monday

Morning
2-4 eggs cooked in butter, fruit (mango, strawberries, avocado)

Midday
Ground Beef + avocado + berries

Evening
Lamb patties + roasted squash + bone broth

Tuesday

Morning
Whole milk smoothie: banana, honey, egg yolks, collagen

Midday
Leftover lamb + raw cheese + orange

Evening
Roast Chicken + sweet potato + butter + fruit

Wednesday

Morning
Scramble eggs with cheese + berries

Midday
Burger patties + avocado + grapes

Evening
Salmon cooked in butter + pineapple

Thursday

Morning
Eggs cooked in butter (no seed oils) + papaya + honey

Midday
Leftover salmon + fruit + raw cheese

Evening
Slow-cooked short ribs + carrots + acorn squash + bone broth

Friday

Morning
Steak and eggs + strawberries

Midday
Leftover short ribs + apple

Evening
Ground bison + roasted root veg + ghee + honey

Saturday

Morning
Egg yolk smoothie: whole milk, banana, honey, liver capsules

Midday
Chicken + avocado + mango

Evening
Rack of lamb + butter + kabocha squash + fruit

Sunday

Morning
Banana pancakes: egg + banana + honey in butter

Midday
Leftover lamb + raw cheese + melon

Evening
Pot roast + sweet potato mash + bone broth



ENTER THIS LINK FOR ANIMAL-BASED RECIPES
- CARNIVORE CODE COOKBOOK -

Weekly shopping list

Reload, restock, replenish.

Proteins



- ☐ Ground beef (1 lb) — grass-fed
- ☐ Ribeye steaks (1)
- ☐ NY strip (1)
- ☐ Lamb (0.5 lbs) — ground or chops
- ☐ Salmon (1 lb) — wild-caught
- ☐ Bison (1 lb) — ground
- ☐ Short ribs (1 lbs)
- ☐ Eggs — 2 dozen, corn/soy-free
- ☐ Whole Chicken (pastured)

Fruits & Carbs



- ☐ Squash (butternut, acorn, kabocha)
- ☐ Mango (3)
- ☐ Bananas (1 bunch)
- ☐ Berries (3 pints)
- ☐ Papaya (1)
- ☐ Pineapple (1)
- ☐ Oranges (4)
- ☐ Apples (4)
- ☐ Melon (1)
- ☐ Strawberries (1 pint)
- ☐ Avocados (4-5)
- ☐ Figs (4-5)

Full fat Dairy



- ☐ Whole milk (half gallon)
- ☐ Butter (0.5 lbs) — grass-fed
- ☐ Cheese (raw cheddar, parmesan, feta, etc)
- ☐ Ghee
- ☐ Beef tallow

Organs & Collagen



- ☐ Beef liver (4 oz)
- ☐ Bone broth — no additives
- ☐ Collagen powder
- ☐ Heart & Soil supplements (optional)

Pantry



- ☐ Raw honey
- ☐ Sea salt

Notice what's NOT on this list: No grains, no bread, no pasta, no cereal, no seed oils, no nuts. The list is shorter than you're used to — and that's the point. Fewer variables. Cleaner inputs. Better signal.

Animal-based framework

The complete breakdown

Core - Animal Foods

- | | | | |
|---|-------------------------------------|---|--|
|  | Grass-Fed Beef |  | Tallow, butter, ghee |
|  | Lamb & Bison |  | Pasture-Raised Eggs |
|  | Pastured Chicken |  | Wild Fish
salmon, sardines, shellfish |
|  | Organ Meats
liver, heart, kidney |  | Bone Broth |

Clean Carbs - Fruit & Honey

- | | | | |
|---|----------------|---|-----------|
|  | Berries |  | Raw Honey |
|  | Tropical Fruit |  | Avocado |
|  | Citrus |  | Coconut |
|  | Banana |  | Squash |
|  | Melon | | |

Full Fat Dairy

Preferably grass fed, raw is an option if you have access

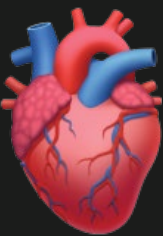
- | | |
|---|------------|
|  | Raw Milk |
|  | Raw Cheese |
|  | Kefir |

The Complete Picture

Nose-to-Tail Nutrition

Muscle meat alone is incomplete.

For most of human history, we ate the whole animal — organs, bones, skin, connective tissue. Modern grocery shopping changed that. Animal-Based corrects it.



Organs

Liver = nature's multivitamin. 2-4 oz / week. Provide natural, bioavailable, food based source of vitamin A, B12, choline. if you can't eat fresh organs check out Heart & Soil Supplements.



Collagen

From things like bone broth, chicken skin, tendons and connective tissue rich cuts like oxtail. These support skin, hair, nails and longevity.



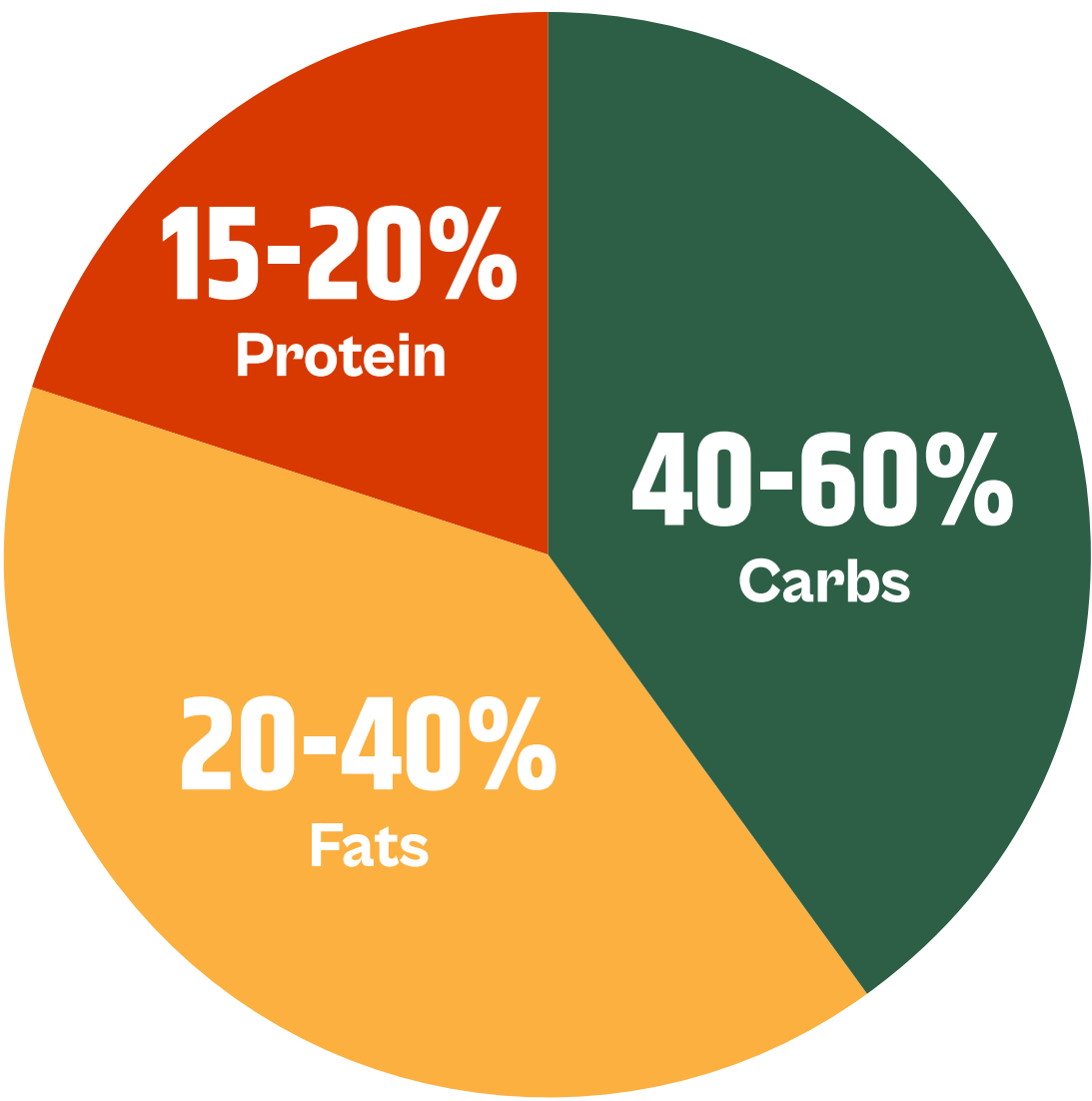
Fat-Soluble Vitamins

A, D, K2, E — from liver, egg yolks, grass-fed butter. Animal foods provide these nutrients in their most bioavailable forms.

The animal-based macro split

Protein: 0.6 - 0.8 g per lb of ideal body weight. From meat, eggs, fish, dairy.

Fat — From fatty cuts, butter, tallow, egg yolks. Critical for hormonal health in both men and women.



Carbs — from squash, fruit and honey. Plants want their fruit eaten — very low toxicity. Scaled to activity. Post-workout = fruit + honey.

Why animal-based embraces carbs?

Adding carbs is very important to an Animal-Based Diet. Cutting carbohydrates too severely signals scarcity to your body. Your thyroid downregulates, your hormones shift into conservation mode. Fruit, squash and honey prevent this.

Your path forward

The strategy

Animal-Based works as a **long-term strategy** and a **starting elimination diet**. You choose the path.

Path A

Stay Animal-Based

Thriving and content? Stay here. This is how Paul eats every day. It's nutritionally complete, sustainable long-term, and many people never need more variety than this.

Path B

Expand With Intention

Want more variety and flexibility? Use your Animal Based baseline to systematically reintroduce foods and build your personal tolerance map.

Path B - The reintroduction protocol

1

Eat Animal-Based for 2-4 Weeks

Establish your clean baseline

2

Add ONE Food

Eat it for 3-5 days. Watch.

3

Track Response

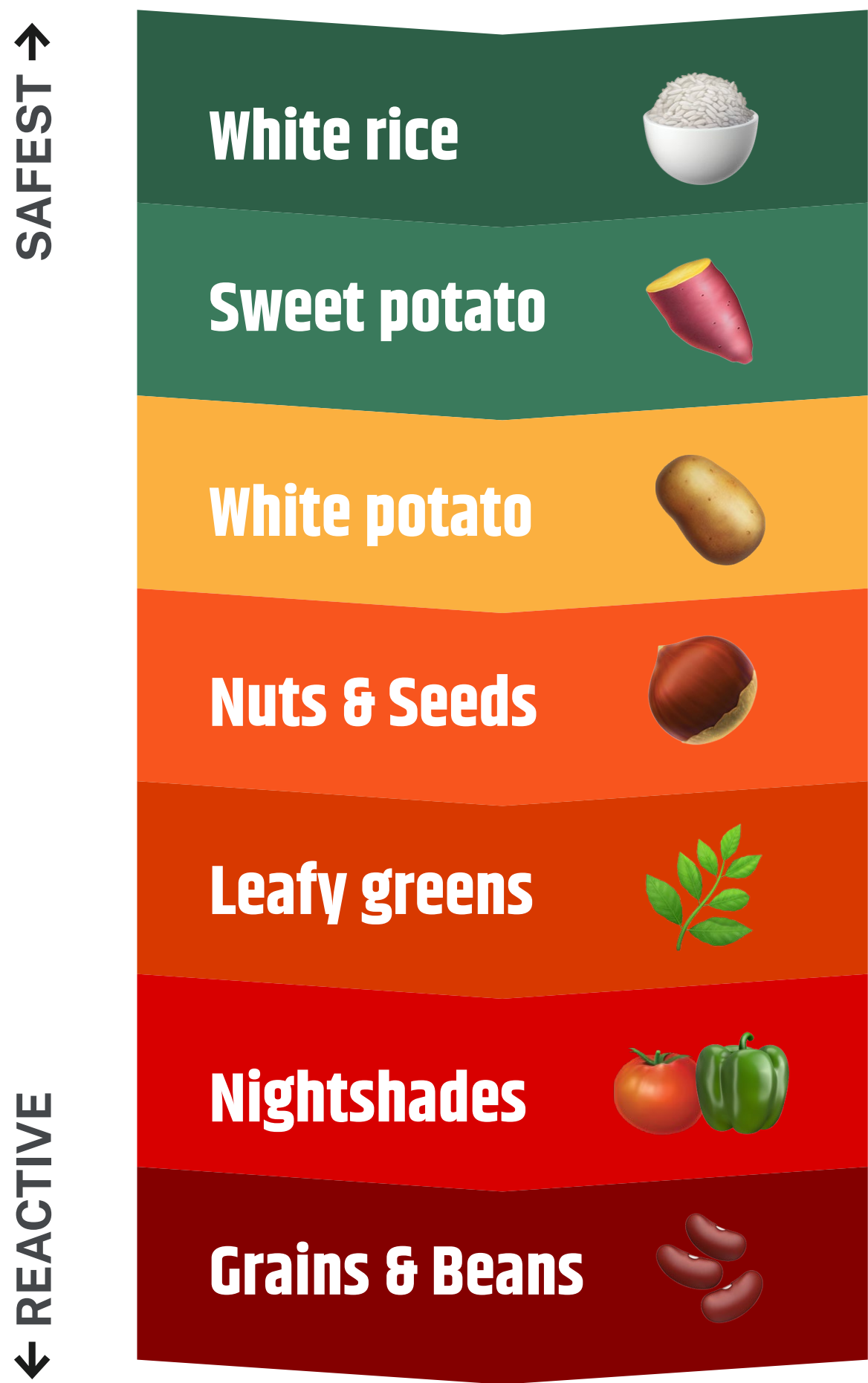
Energy, skin, digestion, mood, sleep, joints

4

Build Your Map

Keep what works. Drop what doesn't.

Reintroduction order — safest to most reactive



The goal isn't the most restricted diet you can survive on. It's a clear understanding of the foods your body thrives on. Animal-Based is the structured starting point. Your version is the destination.



A note from Paul:

**Your body isn't broken.
It's been given the wrong inputs.**

Every person has a unique sensitivity to plant compounds, influenced by their genes, their environment, and the state of their gut. That's why this is a framework, not a prescription. Your job is to experiment — to find the mix of foods that makes you feel most alive while minimizing your symptoms.

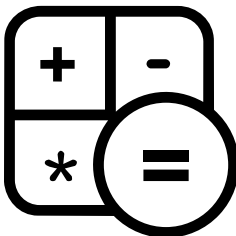
Start with Animal Based. Established your baseline. Begin introducing new foods (if you want). Pay attention to how you feel. Your body will tell you everything you need to know — you just have to give it inputs it actually recognizes.

I'm rooting for you.

— Paul



IF YOU NEED MORE HELP, JOIN THE COMMUNITY HERE
COMMUNITY.HEARTANDSOIL.CO



MACRO CALCULATOR - PAULSALADINOMD.COM

ANIMAL BASED

PAUL SALADINO, MD.