



# **ANIMAL-BASED DIET**

## **FOOD & BEVERAGE LIST**

Michael Kummer 2024

# FOOD AND BEVERAGE LIST

For an animal-based diet centered around meat, organs and the least toxic plants.

Hi, I'm Michael!

I'm a former professional 100-meter sprinter and an avid CrossFitter. When I was in my early 20s, I didn't understand the impact of food on my metabolic health and performance — even as a professional track and field athlete. Plagued by chronic gastrointestinal issues like irritable bowel syndrome and frequent viral infections, it took me over a decade to understand that what I ate was at the root of all those issues.

In 2013, a friend of mine introduced me to the paleo diet, and it sparked my interest in learning more about the impact of food on my metabolism. From there, I started researching and experimenting with different versions of ancestral diets, including the ketogenic diet and the carnivore diet, before ultimately settling on an animal-based diet centered around meat, fat and organs from grass-fed ruminants, raw honey and the least-toxic plant foods.

## WHY AN ANIMAL-BASED DIET?

Humans evolved over millions of years based on a diet comprised of proteins and fats from animal sources, combined with carbohydrates from honey and non-toxic seasonal plants.

Below is a list of foods and drinks you can use to plan your meals. This list is meant to serve as a framework that is flexible enough to help you meet your individual dietary goals.

I've split the foods and beverages in this list into four categories based on their relative toxicity, nutritional value and other factors.

Eat as much of these foods as you like.

Consume these foods in moderation.

Consume these foods on occasion.

Avoid consuming these foods.

Please note that you may be sensitive to one or more of the foods listed below. For example, my son Lucas gets soft stools after eating chicken eggs, so we removed eggs from his diet. I can have dairy only in moderation (even raw and A2 dairy) because it triggers mucus production in my sinuses and makes me snore at night.

## ALWAYS LISTEN TO YOUR BODY

So listen to your body, and if you don't feel well after consuming a certain food remove it from your diet for a few weeks to see if the situation improves. Also, if you suffer from (or suspect you suffer from) leaky gut, you might have to remove additional plants (including fruits) from your diet, such as raspberries (oxalates), ripe bananas (lectins) and more.

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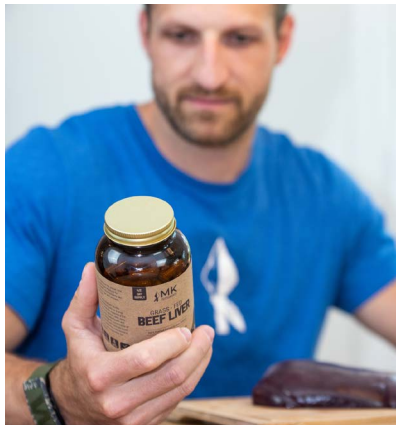
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# GENERAL GUIDELINES



## Eating Out

Avoid fried food and sauces and stick with simple dishes consisting of red meat, eggs, seasonal fruit and the least-toxic plants.

## Labels

Always read the label of any processed foods (e.g., beef jerky or bacon) to make sure they don't contain grains, soy, artificial sweeteners, artificial colors, preservatives, sugars or other processed carbohydrates.

## Fruits and Vegetables

Plant toxicity should be viewed on a spectrum ranging from the least-toxic to the most-toxic plants. Buy organic and non-GMO, if possible.

# GENERAL GUIDELINES



## Cooking Oils

Stay away from all vegetable and seed oils and use saturated or mono-unsaturated fats (preferably from animal-based sources).

## Eggs

Buy pastured eggs. If that's not possible, organic free-range eggs are your second-best option. Note that the egg yolk is more nutritious than the egg white, and has fewer of the proteins that some people are sensitive to.

## Dairy

Buy dairy products from animals that produce casein beta A2 milk, such as sheep, goats, camels or Jersey cows. Aged and fermented products (such as cheese and kefir) have no (or only residual amounts of) lactose, and are often better digested.

# GENERAL GUIDELINES

## FATS



For animal fats, buy grass-fed or pasture-raised. For plant fats, buy extra-virgin and cold-processed fats from brands you trust. Avoid seed and vegetable oils. Avoid fat from monogastric animals (such as chickens and pigs) unless you know they were raised without corn and soy in their diet.

## WATER



I recommend filtering drinking water and avoiding the purchase and use of plastic bottles, which leak estrogenic chemicals into the water.

## SNACKS



Avoid most processed snacks (especially shelf-stable snacks that contain processed carbs and/or seed oils).

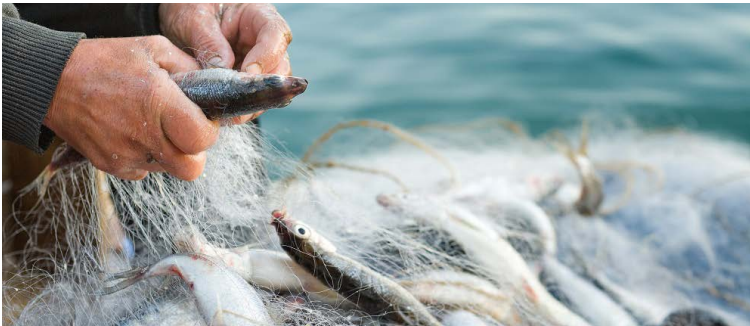
# GENERAL GUIDELINES

## MEATS



Try to find pasture-raised, grass-fed or wild-caught sources of protein. Meat from ruminant animals (e.g., cows, sheep, goats and buffalo) is better than meat from monogastric animals and poultry (e.g., pigs, chickens and turkeys). If you buy chicken, pork or rabbit, make sure those animals were raised without corn or soy in their diet.

## SEAFOOD



Buy wild-caught instead of farmed fish.

## PROCESSED MEATS



Buy uncured (no added nitrates or nitrites) and sugar-free products. Avoid cured meats that contain canola or other seed oils.

# EAT AS MUCH OF THESE FOODS AS YOU LIKE

The list of foods and beverages below gives you an indication of what you can eat without any limitations (in most cases). **Note that organs are the best source of bioavailable micronutrients and should be a regular part of your diet.** If you can't or don't want to consume organs, I recommend freeze-dried beef organ supplements.

To reduce your exposure to toxins (such as mercury), stick with smaller fish like sardines, mackerel and herring, and avoid eating a lot of larger fish (like tuna).



Beverages		Eggs		Fat	
<ul style="list-style-type: none"> <li>- Filtered or spring water</li> <li>- Bone broth</li> </ul>		<ul style="list-style-type: none"> <li>- Chicken eggs</li> <li>- Duck eggs</li> <li>- Quail eggs</li> </ul>		<ul style="list-style-type: none"> <li>- Tallow</li> <li>- Suet</li> <li>- Ghee (clarified butter)</li> <li>- Camel fat</li> </ul>	
Muscle meat from ruminant animals		Organ meats		Seafood	
<ul style="list-style-type: none"> <li>- Beef</li> <li>- Buffalo</li> <li>- Goat</li> <li>- Venison</li> <li>- Bison</li> <li>- Elk</li> <li>- Sheep</li> </ul>		<ul style="list-style-type: none"> <li>- Liver</li> <li>- Tongue</li> <li>- Pancreas</li> <li>- Spleen</li> <li>- Brain</li> <li>- Adrenal glands</li> <li>- Bones and marrow</li> <li>- Heart</li> <li>- Kidney</li> <li>- Thymus</li> <li>- Tripe</li> </ul>		<ul style="list-style-type: none"> <li>- Wild-caught fish</li> <li>- Shellfish</li> </ul>	



# CONSUME THESE FOODS IN MODERATION

You can make the foods and beverages in this category a regular part of your diet, but don't consume them at the exclusion of items in the previous category.

<b>Berries</b>	Strawberries, raspberries, blueberries, blackberries
<b>Dairy</b>	Aged A2 cheese, raw A2 milk (unless you're sensitive to dairy)
<b>Fat</b>	Avocado oil, butter (grass-fed), chicken fat, coconut oil, duck fat, olive oil, lard or bacon fat
<b>Fermented</b>	Kefir (made with water or A2 milk)
<b>Muscle meat</b>	From poultry and monogastric animals, chicken, turkey, goose, pork, quail, waterfowl
<b>Non-sweet fruits</b>	Avocados, olives, coconuts
<b>Peeled and deseeded veggies</b>	Cucumbers, zucchini and other squash
<b>Processed meats</b>	Uncured salami, ham or prosciutto made from appropriately-raised pigs, uncured sausages & bacon
<b>Sweet fruits</b>	Apples, bananas, papayas, melons, oranges, pears, dates, figs, pineapples
<b>Sweeteners</b>	Raw honey



While some dairy products are high in fat and low in carbs, it's important to understand that humans did not consume dairy until about 10,000 years ago. So from an evolutionary perspective, the human body did not evolve to its current state by metabolizing dairy products. That's why some people experience gastrointestinal symptoms when consuming milk, cheese, and (in some cases) butter. **Listen to your body to find out if you can handle dairy or not.**

If you like meat and/or fat from monogastric animals, make sure those animals were raised without corn and soy in their diet. Unfortunately, even most pasture-raised chickens and pigs are fed a diet that's high in linoleic acid (an inflammatory omega-6).

# CONSUME THESE FOODS ON OCCASION

**As a general rule of thumb, plants don't want to be eaten.** That's why they use chemical weapons — in the form of toxins, inflammatory proteins and enzyme inhibitors — to deter animals and humans from eating them. However, plant toxicity should be viewed on a spectrum ranging from the least-toxic to the most-toxic. **Most of a plant's toxins are located in the seeds, skin, stems and leaves. That's why I recommend avoiding those parts of the plant.** The veggies in the table below contain known toxins in various concentrations. Your genetic makeup, metabolic health and other factors determine how well you'll be able to handle them.

So pay attention to how you feel after consuming them.



## All other veggies that are not part of Category 2 or Category 4

- Asparagus
- Cabbage
- Cauliflower
- Celery
- Garlic
- Green beans
- Lettuce
- Okra
- Onions

## Beverages

- Coffee
- Tea
- Kombucha

## Mushrooms

- All edible mushrooms

## Sweeteners

- Monk fruit extract
- Stevia
- Maple syrup
- Erythritol (processed sugar alcohol)

## Tubers

- Carrots
- Parsnips
- Potatoes (all kinds)
- Radishes
- Taro
- Yams
- Artichokes
- Beets

If you must have grains or if you're an athlete who needs to consume higher amounts of "slower burning" carbs, white rice is an OK option because most of the toxins in rice are located in parts of the seed (e.g., the hull) that aren't part of white rice. Just make sure you stay away from brown or whole-grain rice because it's loaded with all the chemicals you don't want in your diet.

# AVOID CONSUMING THESE FOODS

You should avoid the foods and beverages in this category (or significantly limit your intake) because they have a strong ability to cause health issues due to their toxic or inflammatory nature.

<b>Beverages</b>	Alcohol, sodas (diet and regular), sports drinks, fruit juices, flavored coffee and anything else with artificial colors, flavors or sweeteners.
<b>Grains</b>	Wheat, rye, barley, oats, corn, rice, teff, sorghum, millet, triticale, amaranth, buckwheat, quinoa.
<b>Legumes</b>	Beans (all kinds), lentils, soybeans, peanuts, chickpeas.
<b>Nuts &amp; seeds</b>	Almonds, cashews, pistachios, Brazil nuts, macadamia nuts, hazelnuts, pecans, walnuts, chestnuts, kola nuts, sesame seeds, sunflower seeds, pumpkin seeds, flaxseeds, cacao, cedar seeds.
<b>Processed carbohydrates</b>	Most packaged snacks, flour, sugar.
<b>Sweeteners</b>	All artificial sweeteners (sucralose, aspartame, acesulfame potassium, etc.). See link below for a complete list of sweeteners.
<b>Toxic plants</b>	Everything not listed above, but in particular: leafy greens (kale, spinach, etc.), broccoli, nightshades (tomatoes, peppers, eggplant).
<b>Vegetable (seed) oils</b>	Safflower oil, canola oil, grapeseed oil, sesame seed oil, all nut oils, margarine; all packaged products that contain them, as well as fried foods served in restaurants.



# HOW TO MAKE PLANTS MORE NUTRITIOUS AND LESS TOXIC

While it's best to avoid toxic plants as much as possible, it's not always desirable in our modern culture. The good news is there are food preparation methods that humans have used for thousands of years to make plant food more nutritious and to reduce its toxicity. Here's a list of food preparation methods you can use to reduce the relative toxicity of certain plants.



## Sprouting

Sprouting leads to the segregation of certain antinutrients, such as phytate and protease inhibitors.



## Milling

Milling removes the bran layer from grains (which contains most of the plant's antinutrients).



## Peeling

Peeling and deseeding removes many plant toxins that are concentrated in the vital parts of the plant.



## Fermenting

Fermenting degrades many of the phytates in grains, improves the absorption of minerals, and reduces the glycemic index of many other foods (e.g., sweet potatoes).



## Heating

Heating destroys or degrades many heat-sensitive antinutrients, including phytic content.



## Soaking

Soaking removes some of the enzyme inhibitors (such as phytic acid) and other antinutrients found in grains. Soaking also reduces cooking times.

To learn more about plant food anti-nutritional factors and their reduction strategies, check out this scientific paper published in 2020 in BioMed Central. I also encourage you to read the book *Eat Like a Human* by Dr. Bill Schindler.

Here at the Kummer household, we occasionally bake sourdough bread using a double-fermentation process. We also ferment peeled sweet potato fries in a 2.5% saltwater solution for several days before frying them in animal fat, and we consume peeled and deseeded cucumbers and squash. Occasionally, we also make tomato sauce for the kids using deseeded tomatoes we grow in our garden.

However, I should point out that none of the methods mentioned above completely remove all plant toxins. Instead, they bring the toxic load of plants down to levels a metabolically healthy person can deal with.

In other words, if you currently suffer from a metabolic disease, I recommend avoiding most, if not all, plant foods until you're healthy and your body is able to process plant toxins properly.



# To learn more about the behind the recommendations in this food list, check out the following blog posts and videos:

## Blog Posts

- [Artificial Sweeteners: What Manufacturers Don't Want You to Know](#)
- [Best Beef Liver Supplements](#)
- [Carnivore Diet And Fiber: What You Need to Know](#)
- [How Healthy Is Cheese?](#)
- [How to Get Kids to Eat Healthy \[Top 11 Tips\]](#)
- [How to Live a Healthy Lifestyle](#)
- [How Xenoestrogens Make You Infertile and Sick](#)
- [Is an Animal-Based Diet Healthy?](#)
- [Is Dairy Bad for You? What You Need to Know!](#)
- [Plants vs. Meat: Why I Stopped Eating Veggies](#)
- [Regular vs. Pastured Eggs – What You Need to Know!](#)
- [Saturated vs. Polyunsaturated Fats: What's The Real Cause of Heart Disease?](#)
- [Top 23 Nutrition Myths Debunked](#)
- [Wild-caught vs. Farmed Salmon – What's The Better Choice?](#)
- [Why Red Meat Isn't Bad \[Top 10 Myths Busted\]](#)
- [Why You Should Include Organ Meats in Your Diet](#)

## YouTube Videos

- [5 Reasons Why I Stopped Eating Fiber for Better Gut Health](#)
- [6 Benefits of Beef Liver I Wish I Had Known About Sooner](#)
- [How We Got Our Kids to Eat Healthy \[Top 10 Tips\]](#)
- [Should You Worry About Fiber on a Carnivore Diet?](#)
- [Top Non-Toxic Household and Personal Care Products \[That We Use\]](#)
- [Why Kids Should Be on a Ketogenic or Low-Carb Diet \[Based on Science\]](#)
- [Top 20 Dietary Myths Busted \[Red Meat, Sodium, Saturated Fat and More\]](#)
- [Why You Should Stop Eating Veggies](#)
- [What I Do to Stay Healthy, Fit and Strong](#)
- [How to Assess Your Metabolic Health \[Top 12 Tips\]](#)

You can find those blog posts and more videos on [michaelkummer.com](http://michaelkummer.com)!



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