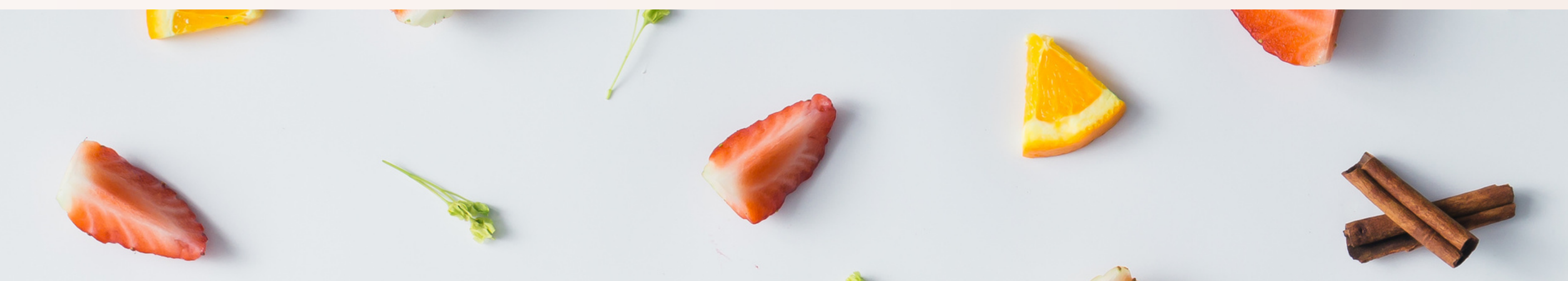




# LOW-TOXIN CARNIVORE

## 3-DAY MEAL PLAN

Three days of  
**ANIMAL-BASED**  
breakfasts, lunches,  
snacks, & dinners  
to help you easily get  
started with a Primal  
eating template!





COPYRIGHT 2002  
THEUNSKILLEDCAVEWOMAN.COM

DISCLAIMER:

THESE STATEMENTS HAVE NOT BEEN APPROVED BY THE FDA NOR IS THIS GUIDE AN ENDORSEMENT AS A SUBSTITUTE FOR CONSULTATION WITH A NUTRITIONIST. THE AUTHOR OF THIS PUBLICATION IS NOT A LICENSED PHYSICIAN. PLEASE CONFIRM WITH YOUR DOCTOR BEFORE MAKING ANY DIETARY OR LIFESTYLE CHANGES.



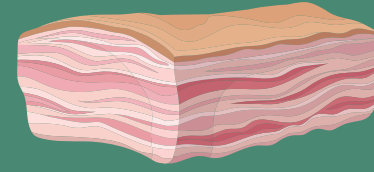
# LOW TOXIN ANIMAL FOODS

Foods from this list should make up the majority of your dietary template.



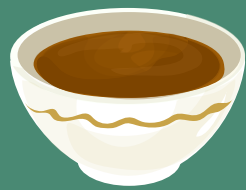
## Grass-Fed Beef, Lamb, & Bison

- Ground Mince
- Steaks
- Roasts
- Ribs



## Grass-Fed Fats

- Suet
- Tallow



## Grass-Fed Collagen-Rich Products

- Collagen Peptides
- Gelatin
- Bone Broth



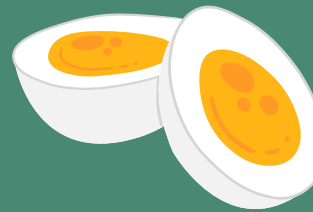
## Organ Meats\*\*

- Liver
- Kidney
- Heart
- Tongue
- Spleen
- Brain
- Pancreas
- Lungs
- Thymus
- Reproductive Organs



## Grass-Fed Dairy (A2\* and/or raw)

- Butter
- Cheese
- Cream
- Ghee
- Kefir
- Milk
- Yogurt



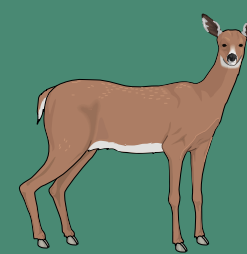
## Pastured Eggs

- Free of corn or soy feed



## Honey (best in moderation)

- Raw, local, and/or organic preferable



## Wild Game

- Boar
- Elk
- Fowls
- Venison

\*A2 varieties include goat, sheep, camel, and A2 casein cow dairy.

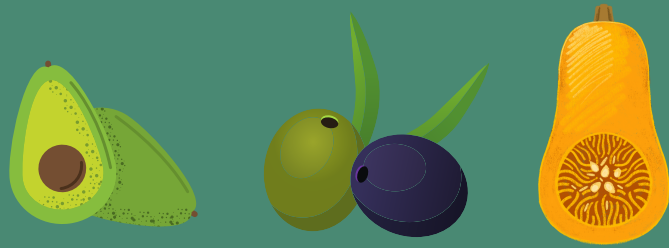
\*\*Per Dr. Paul Saladino: Liver can be consumed in 1-2 oz portions daily. Other organs can be consumed in small portions of a few ounces per day, or choose dried organ supplements.

# LOW TOXIN PLANT FOODS

Foods from this list should supplement your low toxin animal foods.

## LOW SUGAR FRUITS

These can be used as vegetable substitutes in cooking.



- Avocados
- Cucumbers
- Olives\*
  - Black
  - Castelvetrano
  - Kalamata
  - Manzanilla
- Plantains
- Pumpkins
- Summer Squash
  - Calabacita
  - Chayote
  - Cousa
  - Pattypan
  - Round Zucchini
  - Tromboncino
  - Yellow / Crookneck
  - Zephyr
  - Zucchini
- Winter Squashes
  - Acorn
  - Blue Hubbard
  - Butternut
  - Delicata
  - Festival
  - Kabocha
  - Red Kuri
  - Spaghetti
  - Sweet Dumpling

## HIGH SUGAR FRUITS

Most are best consumed in moderation to avoid blood sugar spikes.

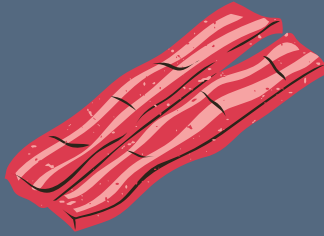


- Apples
- Bananas
- Berries
  - Blackberry
  - Blueberry
  - Raspberry
  - Strawberry
- Citrus
  - Grapefruit
  - Lemon
  - Lime
  - Pomello
- Melons
  - Canary
  - Cantaloupe
  - Honeydew
  - Horned Melon
  - Watermelon
- Pears
- Tropical Fruits
  - Lychee
  - Longon
  - Mango
  - Papaya
  - Pineapple

\*Avoid olives stuffed with garlic, onion, pimentos, and low-quality cheeses or marinated in seed oils. Look for olives brined with only salt and water or fruit-based vinegar. [Click here](#) for a comprehensive list of olive varieties.

# MODERATE TOXIN ANIMAL FOODS

Use these animal foods less often than the low toxin animal foods.



## Pastured Pork\*

- Chops
- Lard
- Loin
- Organs
- Ribs
- Roasts
- Uncured Bacon (salt-cured, no spices)



## Pastured Poultry\*

Chicken, Cornish Hens, Duck, Goose  
(not wild game)

- Breast
- Ground Mince
- Legs
- Organs
- Schmaltz / rendered fats
- Thighs
- Wings



## Wild-Caught, Low Toxin Fish\*\*

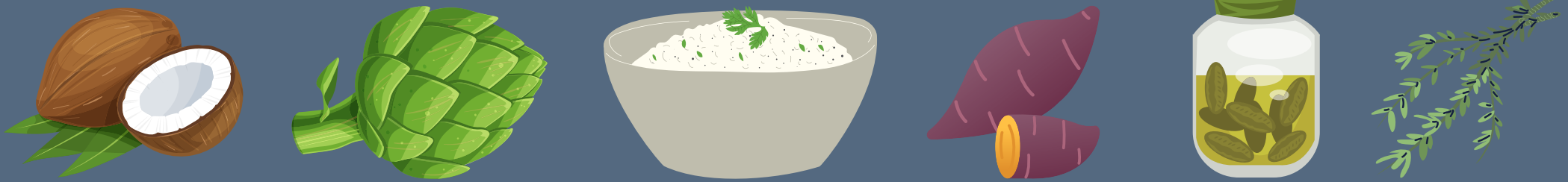
- Anchovies
- Alaskan Salmon
- Arctic Cod
- Atlantic Haddock
- Domestic Crab
- Catfish
- Clams
- Crayfish
- Hake
- Mussels
- Oysters
- Pollock
- Roe from low toxin varieties
- Sardines
- Scallops
- Shrimp
- Sole
- Squid
- Trout
- Whitefish

\*Pork and poultry are listed as moderate toxin as a reference, but the levels of toxicity depend on the animals' feed. Eggs can also fall on this list depending on the layers' feed. Most farms feed these animals grain, even when pastured. Grain-fed animals have a higher toxic burden, and a higher ratio of inflammatory omega 6 to anti-inflammatory omega 3, which accumulates in their fat. To help mitigate this, look for animals fed a non-GMO or organic diet, avoid animals fed a GMO diet, and choose lean cuts of meat.

\*\*In moderation. Avoid farmed varieties. [Find a comprehensive list here.](#)

# MODERATE TOXIN PLANT FOODS

Use these plant foods less often than the low toxin plant foods.



- Artichoke Hearts
- Cinnamon
  - Ceylon only. Avoid high-toxin Cassia.
- Coconut
  - Additive-free milk, cream, flesh, dried, aminos
- Fermented Veggies (plain with no garlic, chillies, mustard, etc)
  - Carrots
  - Pickles
  - Sauerkraut
- Fruit Oils
  - Avocado oil
  - Coconut oil
  - Olive oil
- Root Vegetables
  - Carrots
    - Orange
    - Rainbow
  - Parsnips
  - Sweet Potatoes
    - Orange
    - Purple
    - White
    - Yam
- Green Herbs
  - Basil
  - Bay Leaves
  - Chervil
  - Cilantro
  - Dill (weed, not seed)
  - Fennel (fronds, not bulb or seed)
  - Lemon Balm
  - Marjoram
  - Mint
  - Oregano
  - Parsley
  - Rosemary
  - Sage
  - Savory
  - Tarragon
  - Thyme
- White Rice (organic; avoid brown / black / wild rice)
  - Arborio
  - Basmati
  - Jasmine
  - Sushi-grade

Choose organic whenever possible.

# HIGH TOXIN FOODS

Avoid or drastically reduce the amount of these foods in your diet.

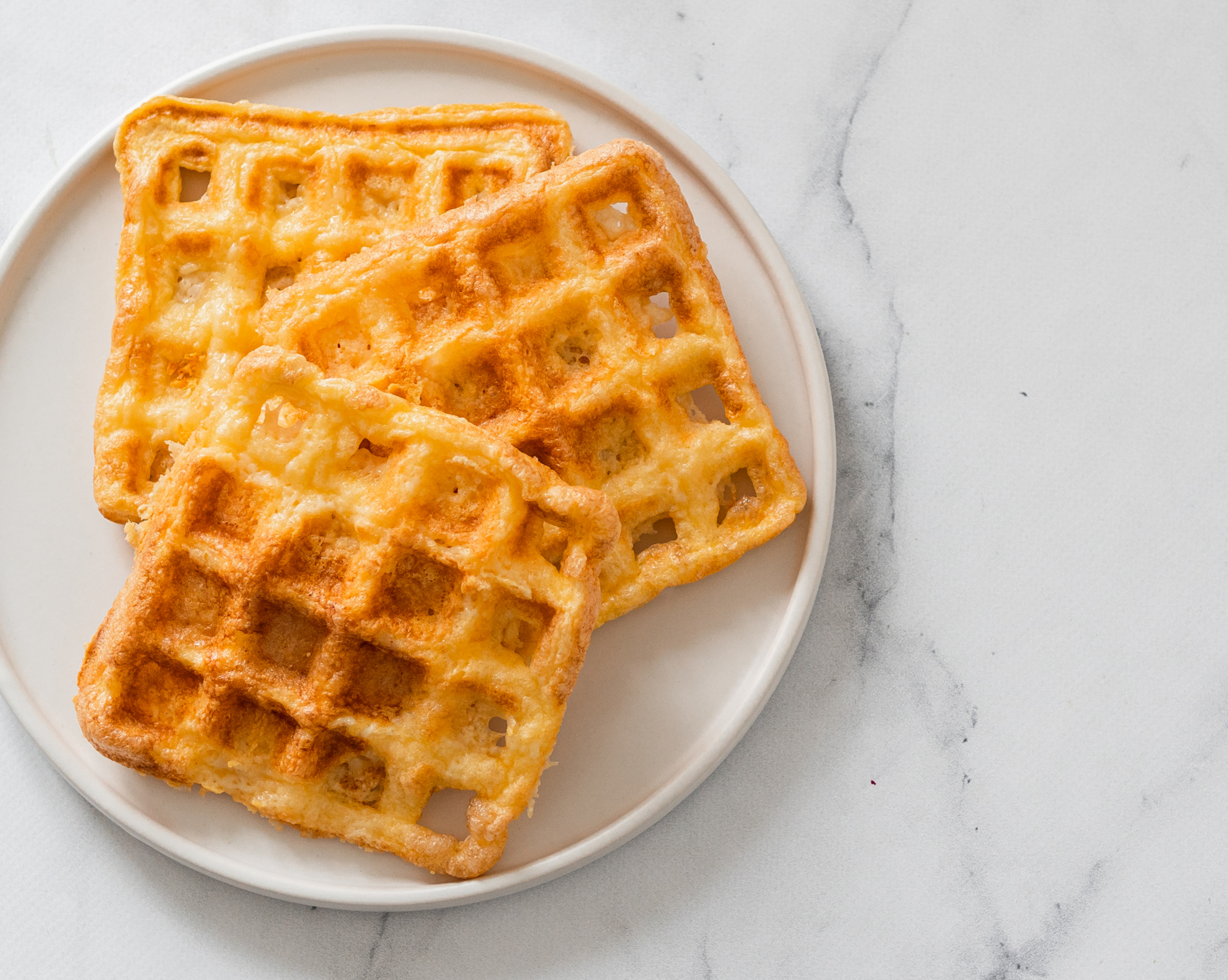
- **Additives**
  - BHA & BHT
  - Carrageenan
  - Citric acid
  - Food coloring
  - Gums
    - Arabic
    - Guar
    - Locust bean
    - Xanthan
  - Monosodium glutamate
  - "Natural" flavors
  - Potassium bromate
  - Sodium nitrite / nitrate
- **Algae**
  - Chlorella
  - Spirulina
- **Alliums**
  - Chive
  - Garlic
  - Garlic scapes
  - Leek
  - Onion
  - Shallot
- **Animals**
  - All grain-fed, conventionally-raised meats, eggs, and poultry
  - All farmed freshwater/saltwater fish and seafood
  - High metal/toxin wild fish ([Find a comprehensive list here.](#))
    - Alaskan Cod
    - Blue Crab
    - Halibut
    - Lobster
    - Mackerel (King)
    - Mahi Mahi
    - Monkfish
    - Orange Roughy
    - Sea Bass
    - Tun
- **Beans / Legumes (all varieties and forms)**
  - Black Beans
  - Chickpeas
  - Green Beans
  - Kidney
  - Lentils
  - Navy Beans
  - Peanuts
  - Peas (split, green, snap, etc)
  - Soy
- **Carob**
- **Celery**
- **Cocoa**
  - Cacao nibs
  - Cocoa butter
  - Chocolate
  - Powder
- **Coffee**
  - Caffeinated
  - Decaffeinated
  - Swiss decaf
- **Cruciferous**
  - Asparagus
  - Bok choy
  - Broccoli
  - Brussels sprouts
  - Cabbage
  - Cauliflower
  - Kale
  - Mizuna
  - Radish
    - Daikon
    - Horseradish
    - Spring radish
  - Rutabaga
  - Turnip
- **Fungi**
  - Mushrooms
- **GMO / Factory Oils**
  - Canola
  - Corn
  - Peanut
  - Safflower
  - Soy
  - Sunflower
  - Vegetable
- **Grains**
  - Ancient grains
  - Barley
  - Brown rice
  - Corn
  - Oats
  - Rye
  - Spelt
  - Wheat
- **Lettuces / Greens**
  - Butter Leaf
  - Chard
  - Iceberg
  - Romaine
  - Spinach
  - Spring Mix
- **Nightshades**
  - Chili
  - Eggplant
  - Goji berry
  - Sweet pepper
  - Tomato
  - White potato
- **Nuts**
  - Almond
  - Cashew
  - Hazelnut
  - Pecan
  - Pistachio
  - Macadamia
  - Walnut
- **Pseudograins**
  - Amaranth
  - Millet
  - Quinoa
- **Processed Sugars & Substitutes**
  - Acesulfame potassium
  - Agave
  - Aspartame
  - Beet sugar
  - Cane sugar
  - Corn syrup
  - Erythritol
  - Inulin
  - Monk Fruit
  - Saccharin
  - Stevia
  - Sucralose
  - Yacon syrup
  - Xylitol
    - Birch
    - Corn
- **Pseudograins**
  - Amaranth
  - Millet
  - Quinoa
- **Roots / Rhizomes**
  - Arrowroot
  - Beet
  - Cassava
  - Tapioca
- **Seeds**
  - Chia
  - Flax
  - Hemp
  - Pumpkin
  - Sesame
  - Sunflower
- **Spices**
  - Cardamom
  - Cassia cinnamon
  - Coriander seed
  - Cumin
  - Ginger
  - Lemongrass
  - Paprika
  - Peppercorn
  - Turmeric
- **Tea**
  - Black
  - Green
  - Herbal (other than low-toxin green herbs)
  - Matcha

# Go Primal with Your 3-Day Animal-Based Plan!

Meal plan serves 2.

	Day 1	Day 2	Day 3
Breakfast	Chaffles + Melon with Mint	Liver Berry Shake	N'eatmeal
Lunch	Butternut Tallow Soup + Sliced Cucumbers	LEFTOVER Zoodles with Pumpkin Marinara + Ground Beef	LEFTOVER Butternut Tallow Soup + Sliced Cucumbers
Snack	Mango Lassi + Sheet Pan Bacon	Lemon Fizz + LEFTOVER Sheet Pan Bacon	Bone Broth + LEFTOVER Melon with Mint
Dinner	Zoodles with Pumpkin Marinara + Ground Beef	Chai Chicken Wings + Cilantro Acorn Squash Rice	LEFTOVER Chai Chicken Wings + Cilantro Acorn Squash Rice





# Day 1

## Breakfast

### Chaffles

Makes 4, Serves 2

- 2 large eggs
- 1 Tbsp melted tallow, for greasing the waffle iron
- 1 cup grated medium (not soft or hard) cheese (or ground chicken + Redmond salt to taste)

1. Heat a waffle iron.
2. Meanwhile, whisk eggs in a medium mixing bowl. Whisk in the cheese (or the ground chicken) until evenly blended.
3. Grease the waffle iron with  $\frac{1}{4}$  of the melted tallow.
4. Pour  $\frac{1}{4}$  of the "batter" into the waffle iron. It will expand, so do not be tempted to add more as the batter will overflow and make a mess on the counter!
5. Cook for about 3 minutes or until golden and browned to your liking.
6. Repeat the cooking process with the remaining tallow and batter.
7. Serve alongside with Melon with Mint (see recipe).

### Melon with Mint

Serves 4

- 1 small melon of choice
- 2 handfuls fresh mint leaves

1. Peel, de-seed, and chop the melon. Divide half the melon between two serving bowls and two food storage containers.
2. Tear the mint leaves and divide between the bowls and containers.
3. Enjoy the prepared bowls with breakfast today, and save the prepared food storage containers with your Day 3 Snack.



# Day 1

## Lunch

### Butternut Tallow Soup

Serves 4

- 3 cups Bone Broth (see recipe in [Day 3 Snack](#))
- 1 large roasted butternut squash (about 4 cups of flesh)
- 1 ½ tsp Redmond fine salt, or to taste
- 2 tablespoons tallow
- 1 to 2 cups heavy cream (or coconut cream)

1. Make the bone broth a day ahead.
2. Add broth, cooked squash, salt, and tallow to a high-speed blender. Puree until very smooth.
3. Add the puree to a large pot over medium heat. Bring to a simmer, then stir in cream to thin as desired.
4. Cook for 4 minutes or until heated through. Taste and adjust salt, then serve hot.

### Sliced Cucumbers

Serves 4

- 2 medium cucumbers

1. Peel and de-seed the cucumbers if desired. Slice into discs or half-moons.
2. Divide half the cucumbers between two serving bowls and two food storage containers.
3. Enjoy the prepared bowls with lunch today, and save the prepared food storage containers with your [Day 3 Lunch](#).



# Day 1

## Snack

### Mango Lassi

Serves 2

- 1 large ripe mango, peeled and chopped
- ½ cup plain yogurt (or coconut milk yogurt)
- ½ cup ice
- Filtered or spring water, to thin if desired

1. Add all ingredients except optional water to a high-speed blender.
2. Blend on medium-high until very smooth. Blend in water as needed to thin if desired.
3. Pour into two fancy serving glasses and enjoy!

### Sheet Pan Bacon

Serves 4

- 12 oz uncured, plain bacon, thin sliced style

1. Heat oven to 425 F.
2. Line a sheet pan with parchment paper, ensuring the edges overlap the rim of the pan.
3. Lay bacon slices flat in a single layer on the parchment.
4. Bake for 10 minutes, then rotate the pan 180 degrees.
5. Bake for another 10 minutes or until desired crispness. (This time length will give you chewy-crisp bacon.)
6. Line a plate with a paper towel.
7. Cool bacon on sheet pan for 3 minutes, then pick a few slices up with tongs and lay on the lined plate.
8. Place another paper towel on top, and repeat until all bacon is on the plate.
9. Serve 1/2 of the bacon with your snack today. Reserve 1/2 for Day 2 Snack in a food storage container stored in the fridge.



# Day 1

## Dinner

### Zoodles with Pumpkin Marinara

Serves 4

#### ZOODLES

- 4 medium zucchini noodles

#### MARINARA

- 2 Tbsp pure olive oil
- ½ a 13.5-oz BPA-free can pumpkin puree (or 7 fl oz mashed, cooked homemade pumpkin)
- Fresh or dried basil, oregano, and rosemary, to taste
- Redmond's fine salt, to taste
- Filtered or spring water to thin as desired (1 to 1 ½ cups)
- 1 Tbsp lemon juice, or to taste

1. Spiralize or grate the zucchini. (If spiralizing, run your knife through the zoodles on a cutting board a few times to break the noodles apart a bit.) Set aside.
2. Next, add all MARINARA ingredients to a blender. Blend until smooth. Set aside while you make the [Ground Beef](#) recipe.

### Ground Beef

Serves 4

- 1 1/2 lb ground beef
- 1/4 cup filtered water
- Redmond fine salt, to taste

1. Heat a large pot over medium heat. When hot, add ground beef, water, and salt.
2. Mince finely using a spatula or meat chopper and simmer until cooked through.

#### TO FINISH THE MEAL:

1. Stir in the MARINARA and bring to a simmer. Cook, stirring occasionally, for 10 minutes or until beef is cooked through and sauce has thickened.
2. Stir in zoodles. Bring the pot back to a simmer, then turn off the heat.
3. Divide half the mixture between two serving bowls and two food storage containers.
4. Enjoy the prepared bowls for dinner today, and save the prepared food storage containers with your [Day 2 Lunch](#).





## Day 2

# Breakfast

## Liver Berry Shake

- 1 cup milk (or coconut milk)
- 2 Tbsp raw beef liver\*
- 2 tsp raw honey
- 2 raw egg yolks
- 1 avocado
- 1 large banana
- 2 cups frozen mixed berries
- 2 Tbsp tallow or virgin coconut oil

1. Add all ingredients to a high-speed blender.
2. Puree until smooth, then pour into a glass and enjoy!

### Note

If enjoying your liver raw, be sure it comes from a reputable farm with grass-fed, pastured cows, and that the liver was frozen for at least 14 days prior to use. This may help to mitigate pathogens.

If you are concerned about potential parasites that may be found in raw meats, you can instead choose to use 2 desiccated liver capsules or 2 Tbsp of gently cooked liver in place of the raw liver.

# Lunch

## LEFTOVER Zoodles with Pumpkin Marinara + Ground Beef



## Day 2

### Snack

#### Lemon Fizz

- Juice of 1 large lemon
- 2 Tbsp maple syrup
- 3 cups glass-bottled or homemade seltzer
- Ice to fill

1. Divide lemon juice and maple syrup between 2 tall drinking glasses.
2. Use a spoon to stir well until mixed.
3. Add ice to the glasses, then top off with seltzer. Stir gently, then serve. Cheers!

#### LEFTOVER Sheet Pan Bacon



# Day 2

## Dinner

### Cilantro Acorn Squash "Rice"

Serves 4

- 1 acorn squash, peeled, seeded & roughly cubed
- 2 Tbsp tallow
- Redmond fine salt, to taste
- 1/4 bunch cilantro
- Juice of 1 lime

1. Add squash pieces in batches to a high-speed blender or food processor. Pulse several times until pieces resemble small chunks of rice. Transfer to a bowl, and repeat with remaining squash pieces.
2. Add tallow to a large skillet over medium heat. When hot, add "rice." Cook for 3 minutes, stirring occasionally.
3. Add salt, cilantro, and lime juice. Stir, then cover. Cook for 4 to 6 minutes or until just cooked through. Do not overcook or it will become mushy.
4. Set aside to keep warm while you prepare the [Chai Chicken Wings](#).

### Chai Chicken Wings

Serves 4

4 lb chicken wings, wing tips removed (you can save them for bone broth)

Tallow, for cooking

2 tsp Ceylon cinnamon

1/2 tsp Redmond fine salt, or to taste

1/4 cup maple syrup

1 large lemon, juiced (about 1/4 cup)

1. Rinse chicken wings, shake excess water, and thoroughly pat dry with paper or kitchen towels.
2. Deep fry, pan fry, or oven bake chicken wings in tallow until cooked through and to desired crispness.
3. Make the wing sauce: Whisk 1 Tbsp tallow, cinnamon, salt, maple syrup, and lemon juice in a large pot over medium-high heat for a few minutes until slightly thickened.
4. Turn off heat and add cooked wings to the pot. Toss to coat.

TO FINISH THE MEAL:

Serve wings with "rice" on the side.



# Day 3

## Breakfast

### N' oatmeal

Serves 2

- 1 medium spaghetti squash
- 3 Tbsp butter or tallow
- 1/3 tsp Redmond fine salt, or to taste
- 1 1/2 tsp Ceylon cinnamon
- 1 1/2 cups milk (or coconut milk)
- 3 large eggs
- Raw honey and berries of choice to serve, optional

#### *Prepare the Squash*

1. Cook a small spaghetti squash in the oven, microwave, or steamer until tender. Halve the squash, then cool for 10 minutes. Scoop out then discard the seeds.
2. Reserve 2 cups of squash for the N' oatmeal recipe, and save any remaining squash for future recipes. Mince the 2 cups of squash with a knife, then set aside.

#### *Prepare the N' oatmeal*

1. Add the butter or tallow to a medium pot over medium heat. When hot, add minced squash, salt, and cinnamon. Saute for 5 minutes, stirring occasionally, or until all liquid has evaporated.
2. Meanwhile, whisk the eggs in a small mixing bowl. When smooth, whisk in the milk until well incorporated.
3. Pour the egg mixture into the hot pot with the squash. Stir constantly to avoid curdling for about 3-5 minutes or until mixture is thickened to your liking.

## Lunch

LEFTOVER Butternut Tallow Soup + Sliced Cucumbers





# Day 3

## Snack

### Bone Broth

Makes 6 cups

- 2 lb roasted beef bones
- 3 chicken feet (optional, for more gelatin)
- 1 tsp Redmond fine salt
- 3 large carrots
- ½ bunch parsley
- 2 sprigs thyme
- 1 bay leaf
- 1 Tbsp raw apple cider vinegar
- 6 cups filtered water

1. Add all ingredients to a slow cooker or a large, lidded stockpot.
2. For the slow cooker, set to low and cook for 24 hours.
3. For the stock pot, bring to a boil over high heat. Reduce heat to just under a simmer. Cover and cook for 24 hours.
4. Strain the solid ingredients from the liquid ingredients. Discard the solids.
5. Cool the broth in a wide, large bowl for 1 hour. Strain broth through a fine sieve if desired as you pour it into freezer-safe food storage containers. Refrigerate for up to 5 days, or freeze for longer storage.

### LEFTOVER Melon with Mint

## Dinner

### LEFTOVER Chai Chicken Wings + Cilantro Acorn Squash Rice

# SHOPPING LIST

## Produce

- 1 small melon of choice
- 1 large ripe mango
- Berries of choice (optional, for N' oatmeal)
- 2 large lemons
- 1 lime
- 1 avocado
- 2 medium cucumbers
- 4 medium zucchini
- 3 large carrots
- 1 large butternut squash
- 1 acorn squash
- 1 medium spaghetti squash
- 1/4 bunch cilantro
- 2 handfuls fresh mint leaves
- Fresh or dried basil, oregano, and rosemary
- 1/2 bunch fresh parsley
- 2 sprigs fresh thyme

## Proteins

- 5 large whole eggs
- 2 large egg yolks
- 12 oz uncured, plain bacon, thin sliced style
- 1 1/2 lb ground beef
- 2 Tbsp raw beef liver (or 2 desiccated liver capsules)
- 4 lb chicken wings
- 3 chicken feet (optional, for Bone Broth)
- 2 lb beef bones

## Dairy (or Dairy-free)

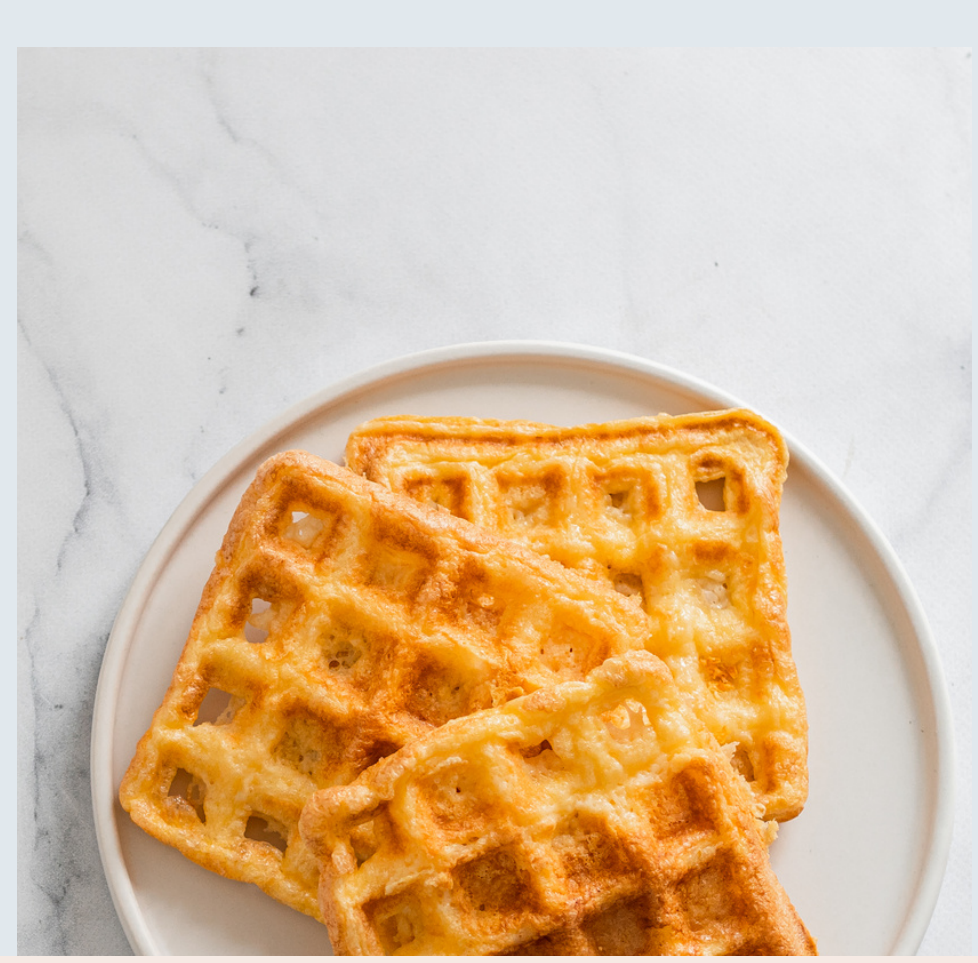
- 1 cup grated medium (not soft or hard) cheese (or 1 cup ground chicken)
- 1 to 2 cups heavy cream (or coconut cream)
- 2 cups milk (or coconut milk)
- 1/2 cup plain yogurt (or coconut milk yogurt)
- 3 Tbsp butter or tallow

## Pantry

- Tallow
- Virgin coconut oil (optional for Liver Berry Smoothie - in place of tallow)
- 1 Tbsp raw apple cider vinegar
- Pure olive oil
- 1/2 a 13.5-oz BPA-free can pumpkin puree (or 7 fl oz mashed, cooked homemade pumpkin)
- Filtered or spring water
- 3 cups glass-bottled or homemade seltzer
- Raw honey
- Pure maple syrup
- Ceylon cinnamon
- 1 bay leaf
- Redmond fine salt

## Frozen

- 2 cups frozen mixed berries



## READY FOR OVER 100 SATISFYING, LOW-TOXIN CARNIVORE RECIPES?

Get ready to live vibrantly and fully with a low-toxin carnivore, animal-based diet!

Pre-order your carnivorously tasty copy of The LOW-TOXIN CARNIVORE COOKBOOK: 100 Adaptable Animal-Based Recipes to unlock your ancestral potential so that you can upgrade your life from surviving to THRIVING.

Crush inflammation, wake up with all-day energy to own the day, eliminate sugar cravings, and claim your birthright as a blissful apex predator living a wildly beautiful life!!

[ORDER YOUR COPY HERE!](#)

