



CARNIVORE SCORES!

Follow this chart to eat smart; plants à la carte



MAXIMUM NUTRIENT DENSITY

GLOBAL ALL-STARS ▶ The world's most nutrient-dense foods (sorry kale, time to bail).	Animal Protein The #1 human dietary requirement for performance and longevity 	Fruit Ancestral centerpiece! Micronutrient-dense, easy-to-digest. Choose organic for edible skins 
ANIMAL ORGANS ▶ Consume nose-to-tail style for maximum nutrition	Liver, Heart, Kidney, Sweetbread, Rocky Mountain Oysters, Tripe Choose grassfed animals	Supplements Grassfed organ capsules, collagen powder, real bone broth
RED MEAT ▶ The centerpiece of nutritious human diet throughout evolution	Local or 100% Grassfed Beef Red is rad (superior nutrition and fatty acid profile to fowl)!	Other Red Meat: Buffalo/Bison, Elk, Lamb, Venison Healthier animals, no mass production
EGGS ▶ Healthful fats, choline, B-vitamins, and life-force essence.	Local, Certified Humane and Pasture-Raised Vastly superior to conventional	Other Eggs: Goose, Duck, Quail, Ostrich Healthier animals; no mass production
WILD-CAUGHT, OILY, COLD-WATER FISH ▶ Convenient, affordable, best dietary source of omega-3s.	"SMASH" Family: Sardines, Mackerel, Anchovies, Salmon, Herring	
SHELLFISH ▶ Excellent source of monounsaturated and omega-3 fats. Choose sustainably caught/raised.	Oysters, Clams, Crab, Lobster, Mussels, Octopus, Scallops Oysters' aphrodisiac properties are validated by the incredible zinc and B12 levels.	
ORGANIC, HIGH-FAT DAIRY ▶ Avoid all conventional, pasteurized, and low- and non-fat products, or if allergic.	<ul style="list-style-type: none"> • Raw cheese, kefir, and milk • Cream cheese, heavy cream, sour cream • Full-fat yogurt 	
CHICKEN, TURKEY, PORK ▶ Inferior nutrient density and fatty acid profile if corn/soy fed.	Choose only local or 100% grassfed/pasture-raised poultry; heritage breed pork	

COLORFUL, NUTRITIOUS, EASY-TO-DIGEST PLANT FOODS

Choose lower toxin plants, monitor for sensitivity, and integrate strategically for recovery/glycogen reloading, optimal thyroid and adrenal function, and enjoying life!

Avocados Heart-healthy monounsaturated fats, huge potassium, high antioxidant, vitamin B6 and vitamin K.	Dark Chocolate Super high in antioxidants, flavanols, polyphenols; choose bean-to-bar, 80 percent cacao or higher.	Fermented Foods Kefir, kimchi, kombucha, miso, natto, olives, pickles, sauerkraut, tempeh; probiotics nourish healthy gut bacteria.	Vegetables Choose per personal preference: enjoy meals, enjoy life! Fresh and local is best. Cooking neutralizes toxins.	Raw Honey Convenient energy source with antioxidant, antibacterial, and nitric oxide boost. Local honey can help seasonal allergies.
Nuts & Nut Butters Nutritious protein, fatty acids, enzymes, antioxidants, phytonutrients, vitamins and minerals. (bradvventures.com)	Seaweed Best source of iodine, vitamin D, vitamin B ₁₂ , selenium, and omega-3.	Sweet Potatoes/Squash High antioxidant, anti-inflammatory, immune-boosting and support gut health.	Oils Cook with saturated (ghee, butter, lard, coconut). Eat extra-virgin, cold pressed olive.	Supplements Whey, creatine, magnesium, organs, vitamin D3 - keep it simple.

Beverages: Mineral water in glass bottles, kombucha, herbal tea, organic coffee, protein smoothies, bone broth, raw milk/kefir

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