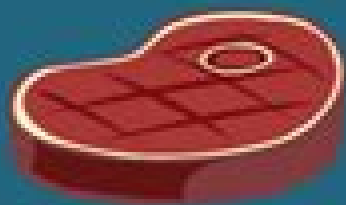


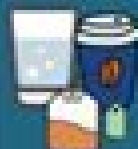
Zero Carb CARNIVORE



**Animal kingdom
only**



**Animal fat, eggs
& dairy**



**Water, tea &
coffee**

Carnivore KETO



**Primarily follows a
ZC Carnivore diet**

SOME MAY INCLUDE:



**Healthy non-
animal fats & oils**



**Limited fibrous
fruits & veggies**



Almond milk (Unsw)

Zero Carb KETO



**Primarily
follows a
Carnivore Keto
diet**

ALSO INCLUDES:



**Sugar free
alternatives
(stevia,
erythritol)**

The Only Diet That Always Works

JA Banks



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The Only Diet That Always Works Introduction

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