

BOOK BONUS

BRANDS, PRODUCTS AND RESOURCES



*The ultimate elimination diet to attain
optimal health and heal your body*

CARNIVORE RESOURCE GUIDE

This guide provides
resources for all
things Carnivore.

www.carnivorecure.com

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Carnivore Cure Bonus

Nutrition with Judy Brands and Product Recommendations

The following is a list of Nutrition with Judy-approved resources.

WATER FILTER AND AIR FILTER

Find out the tap water quality in your area.

- This can help you determine what your water filters must remove. [HERE](#), [HERE](#), and [HERE](#)

This filter only requires one water filter and is much more economical

- You can learn more [HERE](#)



BUNKER HILL CHEESE

Raw cheese and lactose-free cheese

- You can learn more [HERE](#)
- Use code **NWJ** for 10% off at checkout



Raw Milk Cheese



Use Promo Code **NWJ** for 10% Off

GOAT GHEE, MILK, COLOSTRUM, [HERE](#)



REDMOND'S REAL SALT, [HERE](#)

- Use code **NWJ** for 10% off at checkout, [here](#)



VITAL CHOICE

- Best option for salmon roe when buying in bulk
- Use code **VCAF10** for 10% off your order at checkout, [here](#)



PERSONAL CARE AND HOMECARE

I don't like being married to a specific product so for any home care and personal care product, I cross-compare products on:

- [THINK DIRTY APP](#)



- Environmental Working Group's [HEALTHY LIVING APP](#)



EWG's Healthy Living App

Facial Moisturizer

- [FANCY FARM SKINCARE](#): One product and company I do recommend is grass-fed tallow creams. You can shop here and get 10% off [here](#).
 - Or use code: [Nutritionwithjudy10](#) for 10% off at checkout



- You can also make your own tallow. Primal Edge Health has a good one, [here](#)
 - Reminder, no lavender or tea tree oils!

SUPPLEMENTS

There is a separate resource guide for Nutrition with Judy recommended supplements. You can find it [here](#).

KITCHEN TOOLS

- Air fryer, [here](#)



- Less toxic dish soap, [here](#)



- Simple steak knives, [here](#)



- Steel kettle, [here](#)



- Stainless steel pint cups, [here](#)



- Meat cooling sheets, [here](#)



- Wooden cups, [here](#)



- Bamboo cups, [here](#)

- Splatter screen, [here](#)



- Meat tongs, [here](#)



- Glass storage containers, [here](#)



- Sulfite capture filter, [here](#)

- Stainless steel travel mug, [here](#)



- Stainless steel water bottles, [here](#)



- Cast iron, [here](#)



- Touchless soap, [here](#)



- Cast iron cover, [here](#)



- Himalayan rock light, [here](#)



- Handheld vacuum, [here](#)



- **MORE PRODUCTS, [HERE](#)**

KIDS' STUFF

- Stainless steel cups, [here](#)



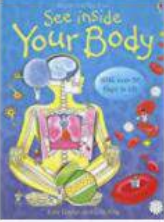
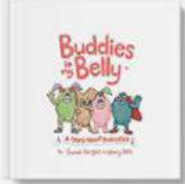

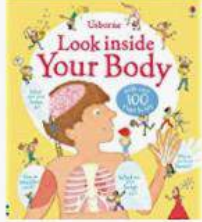

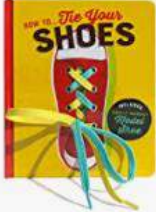



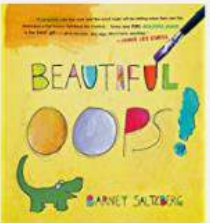
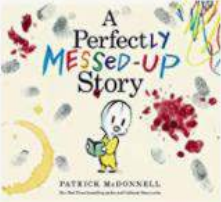




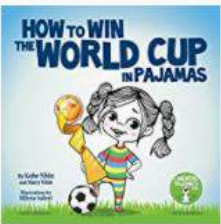


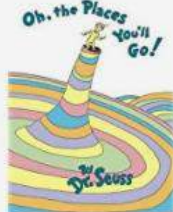

- Kid's Lunch box, [here](#)



- Serenity Kids Organic food pouches, [here](#)
 - Use [nutritionwithjudy15](#) for 15% off at checkout



KID'S BOOKS FOR THE BODY AND MENTAL WELLNESS, [HERE](#)

| | | | | |
|--|---|--|--|--|
|  <p>See Inside Your Body</p> |  <p>Buddies in the Belly</p> |  <p>INSIDE YOUR GEMS</p> |  <p>Look Inside Your Body</p> |  <p>HUMAN BODY</p> |
| \$17 | \$16 | \$25 | \$19 | \$25 |
|  <p>The Year of the SHOES</p> |  <p>GRIT FOR BOYS</p> |  <p>I Wish You More</p> |  <p>WHAT YOU EAT MATTERS</p> |  <p>BEAUTIFUL OOPS!</p> |
| \$6 | \$18 | \$7 | \$29 | \$10 |
|  <p>A Perfectly MESSED-UP Story</p> |  <p>Reach for the Stars</p> |  <p>BE KIND</p> |  <p>LOVE YOU FOREVER</p> |  <p>Have You Filled a Bucket Today?</p> |
| \$11 | \$15 | \$14 | \$12 | \$8 |
|  <p>HOW TO WIN THE WORLD CUP in PAJAMAS</p> |  <p>MISTAKES THAT WORKED</p> |  <p>The Giving Tree</p> |  <p>Oh, the Places You'll Go!</p> |  |
| \$12 | \$26 | \$17 | \$7 | \$25 |

CARNIVORE DIET RESOURCES

- All things Carnivore: <https://justmeat.co>
- Low-Fat, Cholesterol & Depression: [HERE](#)
- Low-Fat and Depression Study: [HERE](#)
- Red Meat & Cancer: [HERE](#)
- Why High Fat Low Carb: [HERE](#)
- Reddit: [HERE](#)

COMMUNITY SUPPORT



- #Carnivore75Hard program: [HERE](#)
- #Carnivore75Hard Facebook group: [HERE](#)
- World Carnivore Tribe Facebook group: [HERE](#)
- Women's Carnivore Tribe Facebook group: [HERE](#)
- Meat Health Facebook group: [HERE](#)

LOW CARB AND KETOGENIC DOCTORS IN YOUR AREA

- [Metabolic Practitioners](#)
- [Low Carb](#)
- [Ketogenic](#)


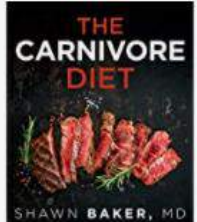

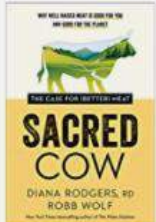


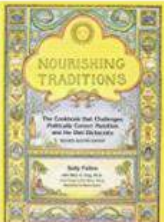
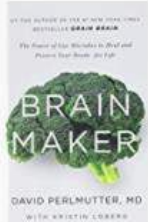
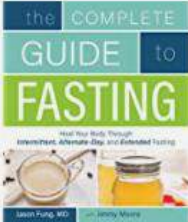
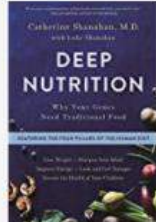
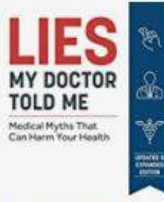
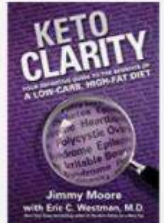
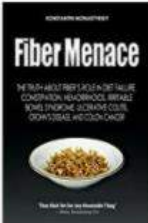
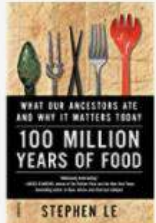
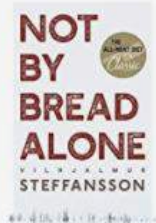
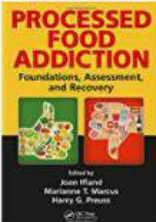
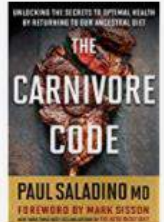

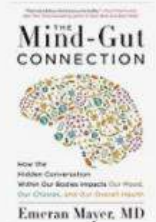
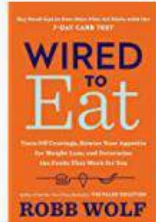
CARNIVORE READING

- Nutrition with Judy blog, [HERE](#)
- Dr. Georgia Ede, [HERE](#)
- Kevin Stock, Meat Health, [HERE](#)
- Bear's Words (40 years of Carnivore), [HERE](#)
- Zero Carb Zen, [HERE](#)
- Shawn Baker, MD (MeatRX), [HERE](#)
- Mikhaila Peterson, [HERE](#)
- Diana Rodgers, [HERE](#)

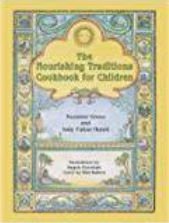
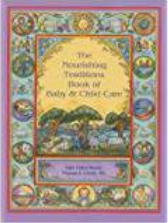
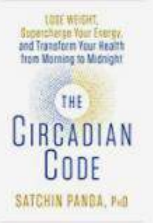
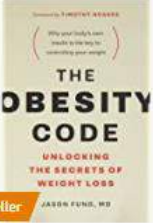
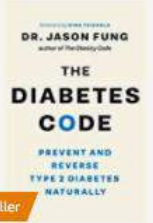
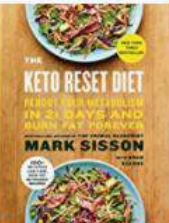
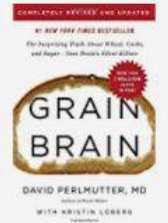
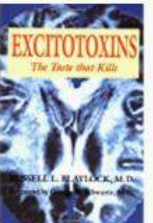

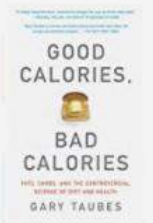
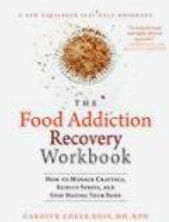
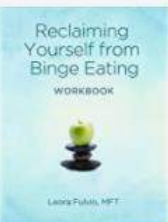


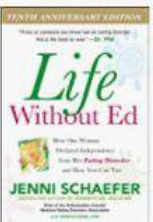
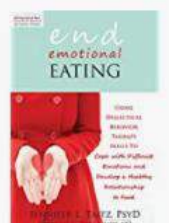
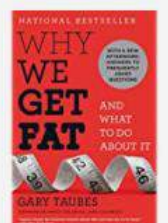
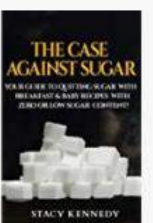
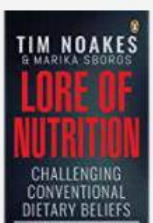
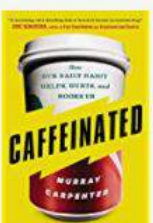
PODCASTS

- Nutrition with Judy, [HERE](#)
- Cutting Against the Grain, [HERE](#)
- Carnivore Cast, [HERE](#)
- Fat Fueled Family, [HERE](#)
- The Diet Doctor, [HERE](#)
- Peak Human, [HERE](#)
- MeatRX, [HERE](#)
- The Peter Attia Drive, [HERE](#)
- Andy Frisella, [HERE](#)

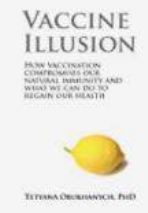
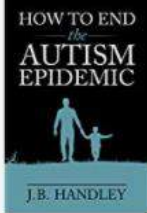
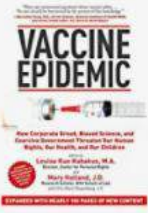
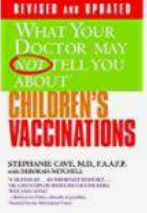
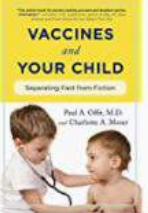



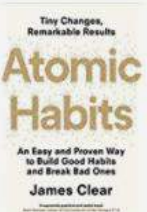

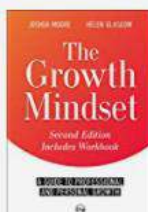
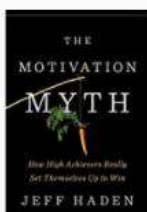
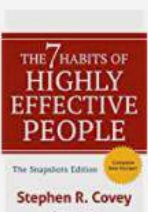
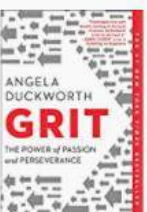
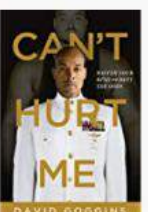


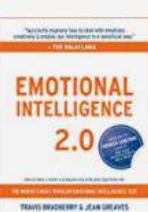
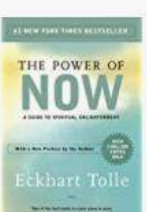
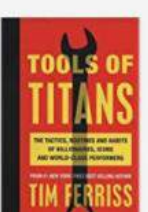
NUTRITIONAL BOOK RECOMMENDATIONS, [HERE](#)

| | | | | |
|--|---|---|---|--|
|  <p>CARNIVORE CURE JUDY CHO, NTP Best Seller</p> |  <p>THE CARNIVORE DIET SHAWN BAKER, MD</p> |  <p>THE CARNIVORE COOKBOOK Mark Dominick & Cooks Illustrated</p> |  <p>SACRED COW DIANA RODGERS, MD ROBB WOLF</p> |  <p>GOOD FAT IS GOOD FOR WOMEN MENOPAUSE ELIZABETH BRIGI</p> |
|  <p>WHY WE GET SICK Benjamin Bikman, PhD</p> |  <p>NOURISHING TRADITIONS Sally Fallon</p> |  <p>BRAIN MAKER DAVID PERLMUTTER, MD WITH KRISTIN LORBER</p> |  <p>the COMPLETE GUIDE to FASTING Lance Pflug, MD and Jeremy Moore</p> |  <p>DEEP NUTRITION Carlson Shanahan, M.D. and Julie Shanahan</p> |
|  <p>LIES MY DOCTOR TOLD ME Medical Myths That Can Harm Your Health Ken D. Berry, MD, FAAP</p> |  <p>KETO CLARITY A Low-Carb, High-Fat Diet Jimmy Moore with Eric C. Westman, M.D.</p> |  <p>Fiber Menace The Surprising Truth About Intestine Contraction, Headaches, Irritable Bowel Syndrome, SIBO, Constipation, and More The Book to Be Read Before You Eat</p> |  <p>100 MILLION YEARS OF FOOD STEPHEN LE</p> |  <p>NOT BY BREAD ALONE VILK, MALMÖR STEFFANSSON</p> |
|  <p>PROCESSED FOOD ADDICTION Foundations, Assessment, and Recovery Edited by Anton Mwangi, Marianne T. Marcus, Henry G. Preuss</p> |  <p>THE CARNIVORE CODE PAUL SALADINO MD FOREWORD BY MARK SISSON</p> |  <p>FOOD WHAT THE HECK SHOULD I EAT? Mark Hyman, MD</p> |  <p>Mind-Gut CONNECTION How the Hidden Connection Between Our Brains Impacts Our Mood, Our Choices, and Our Overall Health Emeran Mayer, MD</p> |  <p>WIRED TO Eat ROBB WOLF</p> |

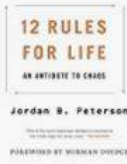
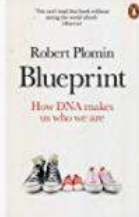
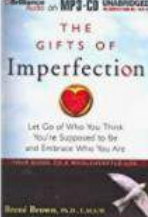
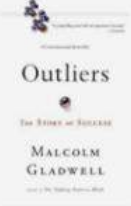
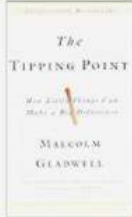
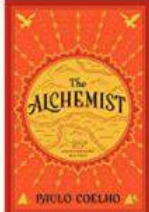
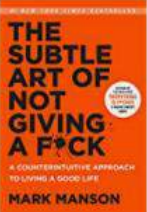
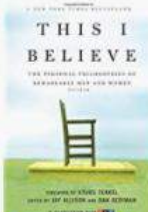
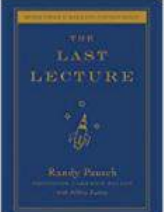
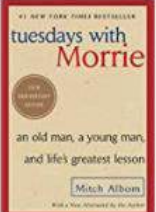


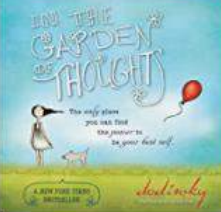

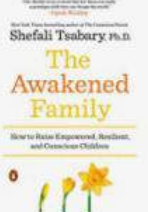

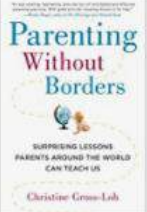
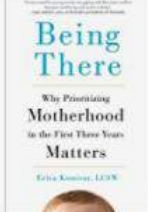
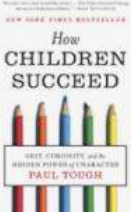
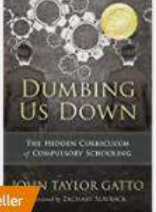
FOOD ADDICTION AND NUTRITIONAL BOOK RECOMMENDATIONS, [HERE](#)

| | | | | |
|---|---|---|---|---|
|  <p>\$34</p> |  <p>\$18</p> |  <p>\$20</p> |  <p>\$12</p> |  <p>\$11</p> |
|  <p>\$9</p> |  <p>\$14</p> |  <p>\$31</p> |  <p>\$11</p> |  <p>\$11</p> |
|  <p>\$25</p> |  <p>\$16</p> |  <p>\$22</p> |  <p>\$71</p> |  <p>\$10</p> |
|  <p>\$10</p> |  <p>\$9</p> |  <p>\$13</p> |  <p>\$14</p> |  <p>\$14</p> |

VACCINES AND SELF-GROWTH BOOKS, [HERE](#)

| | | | | |
|--|--|--|---|---|
|  <p>VACCINE ILLUSION</p> <p>HOW VACCINATION COMPROMISES OUR NATURAL IMMUNITY AND WHAT WE CAN DO TO REGAIN OUR HEALTH</p> <p>YETANA OUBRAHIMICA, PhD</p> |  <p>HOW TO END the AUTISM EPIDEMIC</p> <p>J.B. HANDLEY</p> |  <p>VACCINE EPIDEMIC</p> <p>How Outbreaks Break, Break Science, and Overcome Government Threats For Parents, Patients, For Health, and For Doctors</p> <p>Dr. Paul H. Johnson, M.D.</p> |  <p>REVISED AND UPDATED</p> <p>WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT CHILDREN'S VACCINATIONS</p> <p>STEPHANNE CAVE, M.D., FAAP, AND DENISE MERRILL</p> |  <p>VACCINES and YOUR CHILD</p> <p>Separating Fact from Fiction</p> <p>Paul A. Offit, M.D. and Charles A. Maser</p> |
| \$10 | \$18 | \$16 | \$17 | \$17 |
|  <p>THE FOUR TENDENCIES</p> <p>How Personality Affects Productivity, Happiness, and Success</p> <p>GRETCHEN RUBIN</p> |  <p>BETTER Than BEFORE</p> <p>WHY I SUCCEEDED AT WORK AND IN BUSINESS, BUT NOT AT DIETING, EXERCISE, AND SLEEPING</p> <p>GRETCHEN RUBIN</p> |  <p>DARING GREATLY</p> <p>How the Power of Vulnerability Can Radically Change Your Life—One courageous Conversation at a Time</p> <p>BRENÉ BROWN, PhD</p> |  <p>Tiny Changes, Remarkable Results</p> <p>Atomic Habits</p> <p>An Easy and Proven Way to Build Good Habits and Break Bad Ones</p> <p>James Clear</p> |  <p>THE POWER OF HABIT</p> <p>THE POWER OF GOOD AND BAD RUTINES</p> <p>CHARLIS DUNN</p> |
| \$15 | \$12 | \$9 | \$14 | |
|  <p>The Growth Mindset</p> <p>Second Edition</p> <p>Includes Workbook</p> <p>PSYCHOLOGICAL SCIENCE</p> <p>ANGELA DUCKWORTH</p> |  <p>THE MOTIVATION MYTH</p> <p>How High Achievers Really Set Themselves Up to Win</p> <p>JEFF HADEN</p> |  <p>THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE</p> <p>The Signature Edition</p> <p>Stephen R. Covey</p> |  <p>ANGELA DUCKWORTH</p> <p>GRIT</p> <p>THE POWER OF PASSION and PERSISTENCE</p> |  <p>CAN'T HURT ME</p> <p>DAVID GOGGINS</p> |
| \$4 | \$16 | | \$10 | \$8 |
|  <p>The Social Leap</p> <p>The 21st Evolutionary Science of Who We Are, What We Can Do, and What Makes Us Happy</p> <p>WILLIAM VON HIPP</p> |  <p>THE UNTETHERED SOUL</p> <p>A Journey Beyond Yourself</p> <p>MICHAEL SINGER</p> |  <p>EMOTIONAL INTELLIGENCE 2.0</p> <p>TRAVIS BRADBERY & JEAN GREAVES</p> |  <p>THE POWER OF NOW</p> <p>A Guide to Spiritual Enlightenment</p> <p>Eckhart Tolle</p> |  <p>TOOLS OF TITANS</p> <p>THE TACTICS, MINDSETS AND HABITS OF BILLIONAIRES, WINNERS AND WORLD-CLASS PERFORMERS</p> <p>TIM FERRISS</p> |
| \$17 | \$39 | \$16 | \$8 | |

SELF-GROWTH AND PARENTING, SCHOOLING BOOKS, [HERE](#)

| | | | | |
|--|---|--|--|---|
|  <p>12 RULES FOR LIFE AN ANTIDOTE TO CHAOS Jordan B. Peterson FOREWORD BY NORMAN DOZIER</p> |  <p>Robert Plomin Blueprint How DNA makes us who we are</p> |  <p>THE GIFTS OF IMPERFECTION Let Go of Who You Think You're Supposed to Be and Embrace Who You Are Brené Brown, PhD, LSW</p> |  <p>Outliers THE STORY OF SUCCESS MALCOLM GLADWELL</p> |  <p>The TIPPING POINT How Little Things Can Make a Big Difference MALCOLM GLADWELL</p> |
|  <p>The ALCHEMIST PAULO COELHO</p> |  <p>THE SUBTLE ART OF NOT GIVING A F*CK A COUNTERINTUITIVE APPROACH TO LIVING A GOOD LIFE MARK MANSON</p> |  <p>THIS I BELIEVE THE PERSONAL PHILOSOPHIES OF REMARKABLE MEN AND WOMEN PBS</p> |  <p>THE LAST LECTURE Randy Paus</p> |  <p>tuesdays with Morrie an old man, a young man, and life's greatest lesson Mitch Albom</p> |
|  <p>THE GROWTH MINDSET COACH A PRACTICAL GUIDE TO GROWTH MINDSET FOR EMPOWERING TEACHERS TO SUCCEED Carol Dweck</p> |  <p>Things I Wish I'd Known Before We Got Married GARY CHAPMAN</p> |  <p>IN THE GARDEN OF THOUGHT Kristin Wehrli</p> |  <p>The Attachment Parenting Book A Commonsense Approach to Parenting with Love and Respect William Sears, M.D., and Martha Sears, R.N.</p> |  <p>The Awakened Family How to Raise Empowered, Resilient, and Capable Children Shefali Tsabary, Ph.D.</p> |
|  <p>Shepherding a Child's Heart TEDD TRIPP</p> |  <p>Parenting Without Borders SURPRISING LESSONS PARENTS AROUND THE WORLD CAN TEACH US Christine Gross-Loh</p> |  <p>Being There Why Prioritizing Motherhood in the First Three Years Matters Erica Komisar, LICSW</p> |  <p>How CHILDREN SUCCEED GREAT RELATIONSHIPS AND HIDDEN PERILS OF YOUR CHILD PAUL TOUGH</p> |  <p>DUMMING US DOWN THE HIDDEN CURRICULUM OF COMPULSORY SCHOOLING JOHN TAYLOR GATTO</p> |

MEAT DELIVERY OPTIONS

- Vital Choice. [Here](#)
- Poly Face Farms. (Joel Salatin). [Here](#)
- White Oak Pastures. [Here](#)
- Colorado Craft Beef. [Here](#)
- Covey Rise Farms. [Here](#)
- Belcampo. [Here](#)
- Nose to Tail. [Here](#)
- U.S. Wellness Meats. [Here](#)
- Farm Foods Market. [Here](#)
- Crowd Cow. [Here](#)
- Porter Road. [Here](#)
- Rastelli's. [Here](#)

BONE BROTH OPTIONS

- Fond Bone Broth. [Here](#)
 - Use code NWJ to get a one time purchase of 20% off or 10% off first subscription order
- Kettle Fire. [Here](#)
- Making it at home is best. You can read my bone broth guide [here](#).

SNACKS

Focus on eating real foods and eating mostly at meals. Here are some snack options

PORK RINDS

Stick to ones without MSG and additives, flavorings, and sugar. Most pork rinds are cooked in seed oils.

- 4505 pork rinds are good but each serving has sugar. It adds up.
 - If you don't mind the sugar, it's a better quality.



- Epic Baked Pork Rinds
- UTZ has been said to be cooked in animal fats

SUGAR-FREE BACON AND SAUSAGE

Stick to ones without MSG and additives, flavorings, and sugar

- Applegate No Sugar Uncured Bacon



- Pederson's Uncured No Sugar Added, Whole30



- Pederson's Organic Uncured No Sugar Added



- Kirkland's (Costco) Low Sodium Bacon (0 Sugar)



BEEF JERKY

Stick to ones without MSG and additives, flavorings, and sugar

- Carnivore Snax, [Here](#)



- Epic Liver Chips or make your own [HERE](#)



- Chomps Grass-fed Beef Jerky



- Tillamook No sugar added variety (not the cleanest but our family has no issues with them)



- Nick's Sticks, grass-fed



CANNED FISH

- Safe Catch Wild Albacore Tuna (they test for mercury)



- Wild Planet, Wild Sardines (choose ones with bones to get the beneficial calcium, don't get boneless version)



- Organic food pouches, [here](#)
 - Use [nutritionwithjudy15](#) for 15% off at checkout



GHEE

- 4th and Heart Grass-fed ghee



- Mt. Capra Ghee, [HERE](#)



- Vital Farms Ghee

EGGS


- Great organic egg scorecard guide. [HERE](#)
- Ideal is organic, pasture-raised, soy- and corn free-fed eggs



BUTTER

- Raw butter is best for gut health and immune health (allergies) but it's difficult to come by.
- Grassfed butter is ideal

*Note: Butter and eggs are most economical to get the highest qualities so if you can afford, go for the best qualities.

In  and health,



Judy Cho

 [Nutrition with Judy Website](#)

 [Carnivore Cure Website](#)

 [NwJ YouTube](#)

 [NwJ Instagram](#) |

 [Carnivore Cure Instagram](#)

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