Primal Diet Food List

What Aajonus Vonderplanitz recommended eating. A printable overview by PrimalMeetup.

The core principles

- **Raw, not cooked.** Every food on this list is eaten raw.
- **Unprocessed and as natural as possible.** Animals raised on their natural diet, produce grown without chemicals.
- **Animal foods and fats at the centre.** Raw meat, raw dairy, raw eggs and raw animal fats are the foundation.
- **Unsalted.** Raw butter and cheese without added salt, and no table or sea salt.
- **Most fluid from food.** Raw milk and vegetable juice instead of large amounts of plain water. If water, naturally sparkling mineral water in glass.

The food list

Food	What Aajonus recommended
Raw meat	Red meat such as beef, bison and lamb, and white meat such as chicken. Always with enough raw fat.
Raw fish and seafood	Part of the white-meat side of the diet, e.g. when red meat is not well tolerated.
Raw organs and bone marrow	Liver, other organs and marrow as especially nutrient-dense foods. Marrow is also a valued fat.
Raw eggs	A staple, on their own or blended into milkshakes. Ideally from pastured hens not fed soy.
Raw milk and kefir	One of the pillars of the diet. Drink slowly and not cold. Naturally fermented raw milk is included.
Raw cream and unsalted raw butter	Among the most important fats. Often combined with raw honey, e.g. in the lubrication formula.
Unsalted raw cheese	A concentrated source of minerals in his view. Combine with at least as much butter or other fat.
Raw honey	The sweetener of the diet, unheated, often paired with raw fat or added to raw milk.
Green vegetable juice	The main plant food. Mostly celery and leafy greens, e.g. celery, parsley and a little honey.
Fruit, coconut cream, avocado	Fruit in small amounts at midday, always with raw fat. Coconut cream and avocado as fats.

Daily amounts (The Recipe for Living Without Disease, p. 39)

Food	Per day	Share
Raw meat	1–3 lb (about 450 g–1.4 kg)	25–30%
Raw fat	8–24 oz (about 225–680 g)	25%
Green vegetable juice	2–6 cups (about 0.5–1.4 l)	25–30%
Raw milk	8–12 oz (about 240–350 ml)	10–20%
Raw fruit, with equal raw fat	4–6 oz (about 115–170 g)	max. 5%

Meat by weight, everything else by volume. Aajonus gave ranges because needs differ.

Shopping checklist

- [ ] Raw meat (red and white)
- [ ] Raw fish or seafood
- [ ] Raw organs or bone marrow
- [ ] Raw eggs (soy-free)
- [ ] Raw milk
- [ ] Raw cream
- [ ] Unsalted raw butter
- [ ] Unsalted raw cheese
- [ ] Raw, unheated honey
- [ ] Celery and parsley for juice
- [ ] Coconut cream or avocado
- [ ] Naturally sparkling mineral water in glass

What Aajonus advised against

– Cooked and heated foods, including cooked meat and heated fats
– Pasteurized and processed dairy
– Processed foods and foods treated with chemicals
– Added salt of any kind, including salted butter and cheese
– Large amounts of plain water
– Medications and supplements in place of food

Learn more and find sources

Full food list with explanations
primalmeetup.com/articles/primal-diet-food-list

Aajonus' daily eating schedules
primalmeetup.com/articles/primal-diet-meal-plan

Raw milk, butter, cheese, meat near you
primalmeetup.com/food-sources

Ask Aajonus AI, with sources from his archive
primalmeetup.com/aajonus-ai

Sources: Aajonus Vonderplanitz, *We Want To Live* and *The Recipe for Living Without Disease* (aajonus.net).

PrimalMeetup does not provide medical advice. This overview describes the dietary recommendations of Aajonus Vonderplanitz for information only.