

# ANIMAL-BASED SNACKS

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In this guide, you'll find several shelf-stable snacks that you can buy and/or make. Some are 100% animal-based and others include spices that are typically not included in an animal-based diet. I trust that people can discern between what works for them and not as some folks do just fine with spices and other miscellaneous ingredients and choose to include them in their diet. If you're new to animal-based and want to follow it strictly, I put a star next to each product that is animal-based friendly (or has flavors that are.) If you end up making a purchase from this guide and would like to utilize my discount codes, they're listed below each product. All product photos are clickable, so you can shop right from this guide.

## CARNIVORE CRISPS ★

**About:** If you love a good crunch, I highly recommend trying out [Carnivore Crisps](#). They offer tons of different meat options, such as organ meats, lamb, different cuts of beef like ribeye, brisket, and top sirloin, and even wild game (like elk). They also have beef and chicken flour that I use to make cookies, muffins, and thicken soups.

**Ingredients:** meat + sea salt

**Discount:** **ASHLEYR** for 10% off



## THE CARNIVORE BAR ★

**About:** The Carnivore Bar is another wonderful (and tasty) shelf-stable snack option with a good crunch. My favorite is the honey salted bar.

**Ingredients:** beef + tallow + sea salt (they also have options with honey and spices)

**Discount:** **ASHLEYR** for 10% off



[www.ash-eats.com](http://www.ash-eats.com)

# NORTHSTAR BISON JERKY + STICKS

**About:** Northstar Bison offers jerky and snack sticks made with bison and elk (separate products) as well as beef jerky.  
**Ingredients:** meat water + salt + dextrose + spices, beef collagen casing  
**Discount:** **ASHLEYR** for 10% off



## HERITAGE BILTONG

**About:** Similar to jerky, but much softer - quite a pleasant texture!  
**Ingredients:** beef, salt, vinegar, spices  
**Discount:** **ASHLEYR** for 10% off

## EPIC BEEF LIVER BITES

**About:** I love eating these alongside apple slices and raw cheese. I call the spread my "adult Lunchables."  
**Ingredients:** beef, beef liver, Sea salt, black pepper, onion powder, cultured celery powder, garlic powder



## BEAR FRUIT SNACKS



**About:** Nearly 100% fruit aside from black carrot extract.  
**Ingredients:** fruit + black carrot extract



## BEAR FRUIT ROLLS ★

**About:** Some flavors are 100% fruit. Others have black carrot extract.

**Ingredients:** 100% fruit (some flavors have black carrot extract)



## MANUKA HONEY PACKETS ★

**About:** Individual manuka honey packets for a carb boost on the go.

**Ingredients:** Manuka honey

**Discount:** **ASHLEYR** for 10% off

## MAKE YOUR OWN ★

In case you didn't know, I make animal-based recipes. If you're more of a DIY person and like to make your own snacks, check out my recipes here.



*did you find this  
animal-based snacks  
guide useful?*

If so, check out my  
other guides here.