

Carnivore Grocery List

ideal foods to be eating on
your carnivore journey!

Carnivore Grocery List

Meats

Beef steaks
Ground beef
Bison
Lamb chops
Wild game
Organs
Pork belly
Bacon
Chicken thighs

Seafood

Salmon
Sardines
Anchovies
Mackerel
Lobster
Crab
Shrimp
Oysters
Tuna

Animal Fats

Tallow
Butter
Ghee
Lard
Duck fat
Bone marrow
Beef suet

Animal Products

Eggs
Cheese
Heavy cream
Kefir
Sour cream
Cream cheese
Full fat yogurt
Full fat milk

Others

Bone broth
Pork rinds
Chomp sticks
Carnivore Snax
Carnivore Crisps
Redmond's Salt
Organ supplements
Electrolytes

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Technically all animals are ok for a carnivore diet, but the optimal choices would be ruminant animals and fatty cuts, low mercury and fatty seafood and raw dairy products (if using dairy). If eating something low in fat like chicken breasts, it's recommended to add fat to it, either using butter or a dairy product.

Grass fed/finished beef, pigs fed a corn and soy free diet and wild caught seafood would all be the best options as well.

Eating this way is very satiating! Keep your focus on fatty meats and salt.

This is for general informational purposes only. It must never be considered a substitute for advice provided by a doctor or other qualified healthcare professional. Always seek the advice of your physician or other qualified healthcare professional with questions you may have regarding your medical condition.