

CARNIVORE GROCERY LIST

Strict Zero-Carb Essentials

RED MEAT (RUMINANT)

- Ribeye Steak
- Ground Beef (80/20)
- Chuck Roast
- Lamb Chops
- Venison / Bison
- Brisket

POULTRY & PORK

- Chicken Thighs (Skin-on)
- Whole Chicken
- Pork Belly
- Bacon (Sugar-free)
- Pork Rinds

SEAFOOD

- Salmon / Mackerel
- Sardines (in water/brine)
- Shrimp / Lobster
- Scallops

DAIRY & FATS

- Grass-fed Butter / Ghee
- Beef Tallow / Lard
- Large Eggs
- Hard Cheeses (optional)
- Heavy Cream (optional)

ORGAN MEATS

- Beef Liver
- Heart
- Bone Marrow
- Kidney

PANTRY & SEASONING

- Redmond Real Salt
- Electrolyte Drops
- Sparkling Water
- Bone Broth

Prioritize fatty cuts and pasture-raised sources where possible.