

CARNIVORE DIET PANTRY ESSENTIALS

FRESH MEATS

- Ribeye / Fatty Steaks
- Ground Beef (80/20)
- Lamb Chops
- Pork Belly
- Organ Meats (Liver/Heart)

FATS & COOKING

- Grass-fed Butter
- Beef Tallow
- Ghee (Clarified Butter)
- Lard
- Duck Fat

DAIRY & EGGS

- Pasture-Raised Eggs
- Hard Cheeses (Parmesan/Cheddar)
- Heavy Cream
- Goat Cheese

SEAFOOD

- Wild Caught Salmon
- Sardines (in water/brine)
- Shrimp / Prawns
- Roe / Caviar

PANTRY & SEASONING

- Redmond Real Salt
- Bone Broth
- Canned Beef/Chicken

- Electrolyte Drops

SNACKS

- Beef Jerky (Sugar-free)
- Pork Rinds (Salt only)
- Biltong
- Pemmican