

Carnivore Diet Shopping List

Meat & Seafood

- ☐ **Beef** (all cuts e.g. ground, chuck roast, ribeye, short ribs)
 - ☐ **Lamb** (all cuts e.g. chops, ground, shoulder)
 - ☐ **Poultry** (all cuts – chicken, duck, turkey)
 - ☐ **Pork** (all cuts e.g. shoulder, bacon sugar-free, chops)
 - ☐ **Seafood** (salmon, mackerel, cod, oysters, crab, lobster)
 - ☐ **Organ Meats** (liver, heart, kidney, bone marrow)
 - ☐ **Game Meats** (venison, elk, wild boar, bison)
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Dairy & Eggs

- ☐ **Eggs** (pasture-raised)
 - ☐ **Butter** (grass-fed)
 - ☐ **Raw milk & heavy cream** (if available)
 - ☐ **Full-fat Greek yogurt** (plain, if tolerated)
 - ☐ **Aged raw hard cheeses** (cheddar, parmesan)
 - ☐ **Kefir** (plain, full-fat)
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Frozen Foods

- ☐ **Frozen Meats** (e.g. ground beef patties, chicken wings, liver)
 - ☐ **Frozen Seafood** (e.g. salmon fillets, shrimp)
 - ☐ **Bone broth**
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Pantry/Dry Goods

- ☐ **Sea salt**
 - ☐ **Beef tallow**
 - ☐ **Lard**
 - ☐ **Duck fat**
 - ☐ **Ghee** (clarified butter)
 - ☐ **Bone broth** (shelf-stable)
 - ☐ **Canned Fish** (e.g. salmon, mackerel, sardines)
 - ☐ **Salmon roe** (caviar)
 - ☐ **Pork rinds**
 - ☐ **Beef gelatin**
 - ☐ **Chicken “flour”**
 - ☐ **Egg white powder**
 - ☐ **Whey/Protein isolate**
 - ☐ **Herbs & spices** (black pepper, garlic powder, etc.)
 - ☐ **Electrolyte supplements** (sugar-free)
 - ☐ **Coffee**
 - ☐ **Tea** (herbal or black)
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Deli

- ☐ **Sliced Meats –No additives** (e.g. Roast beef, turkey, ham)
- ☐ **Prosciutto**
- ☐ **Chorizo**
- ☐ **Salami** (check ingredients)
- ☐ **Pepperoni** (check ingredients)