

# CARNIVORE SHOPPING LIST

Courtesy of KetogenicWoman.com

## MEAT (RUMINANTS)

- Beef
- Lamb
- Bison
- Goat
- Game (Elk, Deer, Moose)
- Organs and Bones
- Use Fresh or Frozen
- Use Ground meats, Steaks, Chops, Roasts
- Beef Bacon
- Beef Ribs
- Beef Sausage

## POULTRY

- Chicken
- Duck
- Turkey
- Fowl of all kinds
- Eggs of all kinds

## PORK

- Pork Chops, Roasts, Ribs, Ground
- Bacon
- Sausages
- \_\_\_\_\_

## SEAFOOD

- Salmon
- Shellfish- Shrimp, Scallops, Crab
- Herring, Sardines
- Trout, Mackerel
- Fish Roe

## OTHER

- Bone Broth
- Sea Salt
- Low Oxalate Seasonings
- Pork Rinds
- Jerky

## FROZEN FOODS

- Seafood
- Burgers
- Sausages
- Suet and Soup Bones
- \_\_\_\_\_

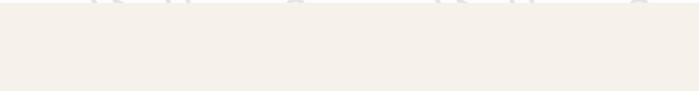
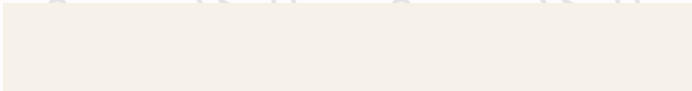
## FATS

- Duck Fat
- Tallow and Suet
- Lard
- Schmaltz
- Bacon grease

## DAIRY

- Heavy Cream
- Butter or Ghee
- Hard and Soft Cheeses
- Yogurt (full fat)
- \_\_\_\_\_

# MY CARNIVORE LIST



## MEAT (RUMINANTS)

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## POULTRY

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## PORK

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## SEAFOOD

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- \_\_\_\_\_
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## OTHER

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## FROZEN FOODS

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## FATS

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## DAIRY

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