

# Ketogenic Woman

*Carnivore & Ketogenic Gift Ideas for the Holidays. We broke these up into price ranges to cover stocking stuffers to big ticket items.*

**Disclosure:** *KetogenicWoman is an Amazon Influencer and Associate. Some of these links may result in a small commission earned. This does not affect the price you pay.*

## **STOCKING STUFFERS**

### **\$10 OR LESS**

BBQ Grill Scraper  
Meat Claws for Shredding  
Silicone Basting Brushes  
[Meat Thermometer](#)  
[Hamburger Meat Chopper](#)  
Measuring Cups or Spoons  
Silicone Utensil Rest  
Cookbook or [Phone Stand](#)  
Herb Stripper  
Spatulas  
Funnels  
Pepper Core & Seed Remover  
Whisk  
Kitchen Shears  
[Milk Frother](#)  
Bamboo Skewers  
Silicone Baking Mat  
Parchment Paper  
Parchment Paper Muffin Cup Liners  
[Bacon Grease Container](#)

### **High End Gadgets**

[Cosori 6 Shelf Dehydrator](#)  
[Ninja SMART XL 6 in 1 Indoor Grill/Air Fryer](#)  
Instant Pot  
[Anita's Sous Vide](#)  
Meat Slicer  
[Oven Braiser \(like Anita's red one\)](#)  
Steak Knife Set  
Stainless Steel Meat Press  
Meat Grinder/Mincer  
[Cast Iron Skillet](#)  
Cast Iron Dutch Oven  
Food Saver Vacuum

### **\$50 OR LESS**

Gift Card to grocery or specialty meat store  
Gift Basket with Meats & Cheeses  
[Cheese Grater](#)  
Silicone Molds  
Food Choppers  
[Anita's Favorite Apron Brand](#)  
[Kitchen Scale](#)  
Serving Boards  
Dash Waffle Maker  
Immersion Blender  
French Press  
Cutting Board  
Silicone Splatter Guard  
[Insulated cooler bag \(lunch bag\)](#)  
Water Bottle  
[Insulated Coffee Mug](#)  
[Victorinox Butcher/Slicing Knife](#)  
[Carnivore and Keto Books](#)  
Gift card to a keto/carnivore friendly restaurant  
Amazon Gift Card  
Meat Tenderizer

### **Food Items**

[Redmonds Fine Salts](#)  
Meat/Cheese gift set  
Ghee (jars)  
[Equip Protein Powder](#)  
[Carnivore Crisps/Flour](#)  
Specialty Seasonings

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## **Personal Items**

Bath bombs (relaxation)  
Aromatherapy Shower Steamers  
Body Lotions  
Dry Brush  
Sleep Mask  
Tallow Lotions or Creams  
[Resistance Bands](#) or [Weights](#)

## **Medical, Sleep or Tracking Items**

[Blood Glucose Meter or Test Strips/Lancets](#) (use KETOGENICWOMAN coupon code)  
Cronometer Gold Membership 10% off with this link <https://bit.ly/3tYRohz>  
Blue Blocking Glasses - [Check out Anita's Beautiful Sleep category on Amazon!](#)  
Sunrise Alarm Clock

## **Specific Carnivore or Ketogenic Counseling**

Kelly Hogan 1 Month - \$50.00 [Coaching Sessions | My Zero Carb Life \(bigcartel.com\)](#)  
Alice and Kevin 6 Week Coaching (30 min free discovery call) [6 Week Carnivore Cut](#)  
Bella Steak & Butter Gang 30 Day Challenge - \$30.00 [The Steak & Butter Gang \(mn.co\)](#)  
Rina 30 Day Challenge -\$40.00 [Melt Fat & Get Healthy With The Carnivore Diet \(5minutebody.com\)](#)  
Dr. Anthony Chaffee 30 Day Challenge \$97.00  
[https://www.howtocarnivore.com?sca\\_ref=4640195.BcczucCpuT](https://www.howtocarnivore.com?sca_ref=4640195.BcczucCpuT)

Patreon or membership gift to the individuals favorite YouTube Influencer

## **Things to Consider:**

- Know the individual's way of eating, are they carnivore, keto, low carb or SAD
- Are they already eating this way, or just looking into it, just starting, etc.
- If they are reaching milestones/goals on their journey consider a 'reward gift'
  - Spa Day, Makeover, Manicure/Pedicure, Hair Cut/Style
- Do not be afraid to ask them if there is something specific that would help with their journey