

TOP TIPS TO SAVE\$ ON MEAT



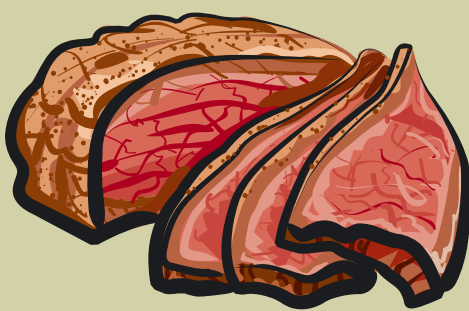
ANIMAL BASED ON A BUDGET

Ketogenic Woman
Eat Well. Be Satisfied. Live Life.



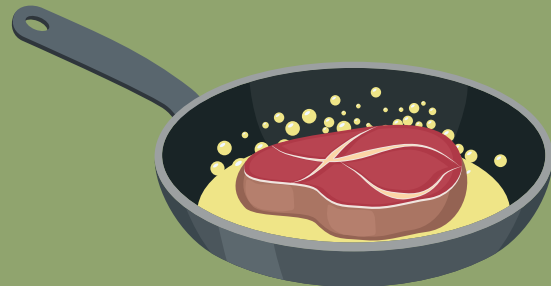
SHOP SALES AND FLYERS

Stock up when things go on sale!
When there are limits enlist a family member!



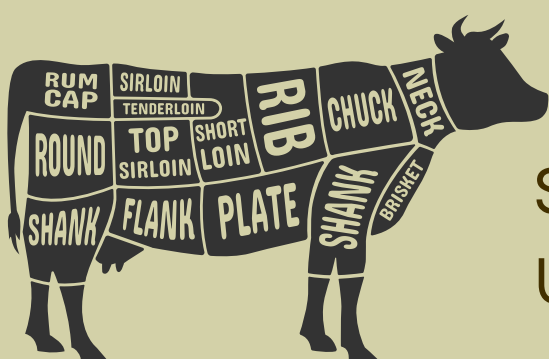
BUY WHOLE CUTS AND SLICE YOURSELF!

The savings are tremendous and all you need
is a big knife!



SAVE MEAT BONES AND FAT!

You can use the bones for bone broth
Fat can be used for cooking, baking and
making carnivore mayonnaise



BUY WHOLE BEEF, LAMB OR PIG

Share the purchase with family or friends
Use an extra freezer in garage or basement



LEARN HOW TO COOK CHEAPER CUTS

Know where to get things like ground beef,
chicken and pork. Use a crockpot, pressure
cooker, sous vide for less tender cuts