

# CARNIVORE GROCERY LIST

Courtesy of [KetogenicWoman.com](http://KetogenicWoman.com)

## MEAT (RUMINANTS)

- Beef
- Lamb
- Bison
- Goat
- Game (Elk, Deer, Moose)
- Organs (Liver, Heart)
- Use Fresh or Frozen
- Use Ground Meats, Ribs, Steaks, Chops, Roasts, Sausages
- Bones, Bone Marrow
- Suet

## Extras

- Beef Protein Isolate
- Egg White Powder
- Redmond's Salt
- Meat Flours
- Carnivore Crisps

## POULTRY

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

## SEAFOOD

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

## FATS

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

## PORK

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

## OTHER

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

## DAIRY

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