

Grocery List (Carnivores)

Ruminants and Seafood

Ribeye steak	
New York strip	
T-bone / Porterhouse	
Sirloin (top & bottom)	
Chuck roast / chuck eye steak	
Brisket	
Short ribs, Back ribs	
Flank steak	
Skirt steak	
Flat iron steak	
Tri-tip	
Ground beef (various fat ratios)	
Stew meat	
Beef shanks	
Oxtail	
Beef cheeks	
Beef tongue	
Beef heart, beef kidney	
Beef liver	
Beef suet (raw fat)	
Lamb chops (loin & rib)	
Leg of lamb	
Lamb shoulder	
Ground lamb	
Lamb shank	
Lamb ribs	
Lamb liver	
Lamb heart, Lamb kidney	
Bison ribeye	
Ground bison	
Bison stew meat	
Sardines	
Mackerel	
Herring	
Anchovies	
Wild salmon (sockeye, coho)	
Trout	
Halibut	
Cod	
Black cod (sablefish)	
Arctic char	
Shrimp	
Prawns	
Scallops	
Mussels	
Clams	
Oysters (zinc powerhouse)	
Crab	
Lobster	

Poultry, Pork, Dairy, etc

Whole chicken	
Chicken thighs (skin-on)	
Chicken drumsticks	
Chicken wings	
Chicken breast	
Ground chicken	
Turkey (whole or ground)	
Turkey thighs	
Duck (whole or breast)	
Pork belly	
Bacon (sugar-free if possible)	
Pork chops	
Pork shoulder (butt)	
Pork ribs	
Ground pork	
Ham (minimally processed)	
Pork tenderloin	
Pork hocks	
Chicken eggs (pasture-raised ideal)	
Duck eggs	
Quail eggs	
Butter	
Ghee	
Heavy cream	
Sour cream	
Cream cheese, Cottage cheese, ricotta	
Full-fat yogurt (plain, unsweetened)	
Kefir	
Hard cheeses (cheddar, parmesan)	
Soft cheeses (brie, camembert)	
Raw milk (if accessible, trusted source)	
Beef tallow	
Lamb tallow	
Pork lard	
Duck fat	
Goose fat	
Butter	
Ghee	
Bone Marrow	
Sea salt	
Himalayan pink salt	
Redmond Real Salt	
Celtic sea salt	
Electrolyte Salt	
Bone broth (beef, chicken, lamb)	
Gelatin	