



♥ Molly Moo ♥

CKAL Lion Diet

♥ Shopping List ♥

Keep it simple: Ruminant Meat • Salt • Water



BEEF

- ☐ Ground beef
- ☐ Hamburger patties — check ingredients for beef only
- ☐ Ribeye
- ☐ Chuck roast
- ☐ Brisket
- ☐ Short ribs
- ☐ Beef ribs
- ☐ Sirloin
- ☐ New York strip
- ☐ Tenderloin
- ☐ Flank steak
- ☐ Skirt steak
- ☐ Tri-tip
- ☐ Picanha
- ☐ Stew meat
- ☐ Beef shanks
- ☐ Beef cheeks
- ☐ Oxtail
- ☐ Beef heart
- ☐ Beef liver or other beef organs — optional

LAMB

- ☐ Lamb chops
- ☐ Lamb shoulder
- ☐ Leg of lamb
- ☐ Ground lamb
- ☐ Lamb ribs
- ☐ Lamb shanks
- ☐ Lamb heart or liver — optional

OTHER RUMINANT MEATS

- ☐ Bison
- ☐ Buffalo
- ☐ Venison
- ☐ Elk
- ☐ Moose
- ☐ Goat

SALT

- ☐ Plain salt
- ☐ Sea salt
- ☐ Redmond Real Salt
- ☐ Pink Himalayan salt

Check flavored salts carefully — no herbs, spices, sugar, or other added ingredients.

WATER

- ☐ Tap water
- ☐ Filtered water
- ☐ Spring water
- ☐ Plain sparkling or mineral water with no flavors, sweeteners, or added ingredients

HELPFUL THINGS TO LOOK FOR

- ☐ 100% meat
- ☐ No sugar
- ☐ No seasoning blends
- ☐ No marinades
- ☐ No fillers or binders
- ☐ No vegetable or seed oils
- ☐ No sauces
- ☐ No artificial flavors

LEAVE THESE AT THE STORE

- ☐ Eggs
- ☐ Bacon and pork
- ☐ Chicken, turkey, and other poultry
- ☐ Fish and seafood
- ☐ Butter, cheese, cream, yogurt, and other dairy
- ☐ Sauces and condiments
- ☐ Spices and seasoning blends
- ☐ Sweeteners
- ☐ Coffee and tea
- ☐ Electrolyte drinks or flavored beverages
- ☐ Packaged keto or carnivore products

REMEMBER

You do not need expensive steaks every day to do the Lion Diet successfully. Ground beef, chuck roast, brisket, stew meat, and other economical ruminant cuts can make this challenge simple, satisfying, and much easier on the grocery budget.

Beef. Salt. Water. Keep it simple.

♥ Simple is enough. Consistency matters more than perfection. ♥