



Carnivore Diet Shopping List



Meat and Poultry

- Beef (steak, ground beef, ribs)
- Pork (bacon, pork chops, pork belly)
- Lamb (chops, leg, ground lamb)
- Chicken (breasts, thighs, wings)
- Turkey (breasts, ground turkey)
- Duck (breasts, confit)

Seafood

- Salmon
- Tuna
- Shrimp
- Lobster
- Crab
- Mackerel
- Sardines

Organ Meats

- Liver (beef, chicken, pork)
- Heart (beef, chicken)
- Kidneys (beef, lamb)
- Brain (beef, pork)
- Tongue (beef, lamb)

Processed Meats

- Bacon
- Sausages (beef, pork, chicken)
- Pepperoni
- Salami
- Jerky (beef, turkey)s

Fat and Oil

- Tallow
- Lard
- Duck fat
- Olive oil

Broths and Stocks

- Bone broth (beef, chicken, fish)
- Chicken stock
- Beef stock

Seasonings and Condiments

- Salt
- Pepper
- Mustard
- Hot sauce
- Apple cider vinegar
- Spices (mixed dried herbs and paprika powder)

Processed Meats

- Eggs (chicken, duck)
- Butter
- Cheese (cheddar, brie, blue cheese)
- Heavy cream



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

