

CARNIVORE

Shopping List



 Carb Manager®



Meats & Organs



- Beef
- Pork
- Lamb
- Wild game: deer, elk, bison
- Chicken
- Turkey
- Fish (Salmon, cod, tuna, etc)
- Shellfish (crabs, lobster, shrimp, scallops, clams, mussels, etc)
- Eggs
- Liver
- Kidney
- Heart
- Tongue
- Tripe
- Sweetbread

Dairy & Fats



- Heavy cream
- Hard Cheeses (Parmesan, cheddar, etc)
- Lard
- Tallow
- Butter
- Ghee
- Bone marrow
- Duck fat

Miscellaneous



- Salt
- Black pepper
- Bone broths