

# Carnivore Diet

## Grocery list

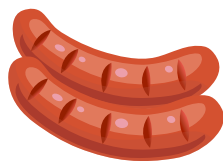
### Beef

- Ribeye steak
- Ground beef
- Sirloin steak
- Beef brisket
- Beef ribs
- Beef liver
- Beef heart
- Beef tongue
- Beef bones (for bone broth)



### Pork

- Pork chops
- Pork ribs
- Pork belly
- Ground pork
- Bacon
- Pork liver
- Pork sausages (check for no additives)



### Game Meat

- Venison
- Bison
- Elk
- Rabbit

### Eggs

1. Chicken eggs
2. Duck eggs
3. Quail eggs

### Lamb

- Lamb chops
- Lamb shanks
- Ground lamb
- Lamb liver
- Lamb ribs

### Poultry

- Chicken thighs
- Chicken breasts
- Whole chicken
- Chicken wings
- Chicken liver
- Duck
- Turkey

### Other Animal Products

1. Bone broth (beef, chicken, etc.)
2. Animal fats (tallow, lard)
3. Gelatin (unflavored)

### Optional

1. Organ meats (kidneys, sweetbreads, etc.)
2. High-quality deli meats (check for additives)
3. Fermented dairy (if tolerated)

### Fish

- Salmon
- Tuna
- Cod
- Mackerel
- Sardines
- Halibut

### Shellfish

- Shrimp
- Lobster
- Crab
- Scallops
- Mussels
- Oysters

