

Carnivore Diet Shopping List

Meat

- Beef
- Bone Marrow
- Chicken
- Organ meat
- Brain
- Heart
- Kidneys
- Liver
- Lungs
- Tongue
- Pork
- Turkey

Fish & Shellfish

- Cod
- Herring
- Haddock
- Mackerel
- Oysters
- Salmon
- Shrimp
- Whitebait

Dairy & Eggs

- Butter
- Cheese
- Eggs
- Heavy cream/full-fat milk

Seasoning

- Salt

Drinks

- Bone broth
- Water

