

CARNIVORE SHOPPING LIST

‘Ancestral Carnivore’

MEAT	SEAFOOD
<ul style="list-style-type: none"> ▪ Beef ▪ Veal ▪ Lamb ▪ Goat ▪ Bison ▪ Pork ▪ Chicken ▪ Turkey ▪ Duck ▪ Quail ▪ ▪ ▪ 	<ul style="list-style-type: none"> ▪ Sardine ▪ Trout ▪ Mackerel ▪ Salmon ▪ Basa ▪ Barramundi ▪ Cod ▪ Tuna ▪ Fish roe ▪ Shrimp ▪ Squid ▪ Oysters ▪ Mussel ▪ Lobster ▪ ▪ ▪
ORGAN MEAT	DAIRY
<ul style="list-style-type: none"> ▪ Liver ▪ Heart ▪ Kidney ▪ Tongue ▪ Tripe ▪ Gizzard ▪ Brain ▪ Lung ▪ Oxtail ▪ Trotter ▪ ▪ ▪ 	<ul style="list-style-type: none"> ▪ Raw milk ▪ Cream ▪ Kefir ▪ Full fat yoghurt ▪ Sour cream ▪ Hard cheese ▪ ▪ ▪
FAT	OTHER
<ul style="list-style-type: none"> ▪ Butter ▪ Ghee ▪ Lard ▪ Duct fat ▪ Beef tallow ▪ Beef suet ▪ ▪ ▪ 	<ul style="list-style-type: none"> ▪ Eggs ▪ Bone marrow ▪ Bones for broth ▪ Beef jerky ▪ Pork crackle ▪ Salt & seasonings ▪ Honey ▪ ▪ ▪
PLANT FOOD	TIPS
<p>Seasonal fruits</p> <p>Seasonal nuts</p> <p>Seasonal vegetables</p>	<ul style="list-style-type: none"> ▪ Eat a variety of foods ▪ Eat Nose-to-tail ▪ Get grass-fed or pasture-raised ▪ Eat whole, unprocessed food ▪ Eat cooked, lightly cooked and raw food