

PRINTABLE CARNIVORE DIET FOOD LIST

Your Quick Start Carnivore Grocery Guide

CARNIVORE KETO HUB

Your essential guide to stocking your carnivore pantry. Print it and take it to the grocery store!

For detailed explanations, tips, and diet levels, visit our complete guide: [The Ultimate Carnivore Diet Food List](#)

CARNIVORE STAPLES / ESSENTIAL FOODS

Red Meats (Ruminants)

- ☐ Beef (ground, steaks, roasts) - *Prioritize Grass-Fed*
- ☐ Lamb (chops, leg, shoulder)
- ☐ Bison/Buffalo
- ☐ Venison/Deer meat

Other Meats

- ☐ Pork (chops, sugar-free bacon)
- ☐ Chicken/Turkey (thighs/wings preferred)
- ☐ Fatty Fish (Salmon, Sardines, Mackerel - *Wild-Caught preferred*)

Eggs

- ☐ Chicken Eggs (*Pasture-Raised preferred*)
- ☐ Duck Eggs

Animal Fats

- ☐ Tallow (Beef fat)
- ☐ Lard (Pork fat)
- ☐ Butter/Ghee (*Grass-Fed preferred*)
- ☐ Duck Fat
- ☐ Bone Marrow ([Recipe](#))

Bone Broth

- ☐ Homemade Bone Broth ([See recipe](#))
- ☐ Beef Bone Broth ([Recipe](#))

- ☐ Chicken Bone Broth ([Recipe](#))
 - ☐ Meat Stock ([Recipe](#))
-

OPTIONAL FOODS / INTRODUCE WITH CAUTION

Dairy (Low Lactose)

- ☐ Butter/Ghee
- ☐ Hard Aged Cheeses
- ☐ Heavy Cream
- ☐ Cream Cheese (check for additives)

Organ Meats (Highly Nutritious)

- ☐ Liver
- ☐ Heart
- ☐ Kidneys

Seafood

- ☐ Shrimp
- ☐ Oysters
- ☐ Mussels
- ☐ Scallops

Extras

- ☐ Pork Rinds (no additives) ([Recipe](#))
 - ☐ Crispy Skin
 - ☐ Carnivore-Friendly Snacks ([Ideas](#))
-

STRICTLY AVOID / OFF LIMITS!

ALL Plant Foods

- Fruits, Vegetables
- Grains, Legumes
- Nuts, Seeds

Sugars & Sweeteners

- All types (including honey, maple syrup)

- Artificial sweeteners

Vegetable/Seed Oils

- All types (canola, soybean, corn, etc.)

Processed Meats with Additives

- Always read labels

Most Beverages

- Sodas, Juices
 - Plant Milks
 - Beer and most alcohol
-

KEY REMINDERS

Water & Salt

Essential! Your needs increase on carnivore.

[More about Electrolytes](#)

Quality Matters

Look for Grass-Fed, Pasture-Raised, Wild-Caught when possible.

Listen to Your Body

Especially with dairy and organ meats.

Read Labels

Avoid hidden sugars and additives.

TAKE YOUR CARNIVORE JOURNEY TO THE NEXT LEVEL!

Ready to Cook?

Discover our delicious and easy [Carnivore Diet Recipes](#) and [Keto-Carnivore Recipes](#).

Need Inspiration?

- [Carnivore Breakfast Ideas](#)
- [Carnivore Diet Snacks](#)
- [Juicy Steaks Guide](#)
- [Ground Beef Recipes](#)

Visit carnivoreketohub.com for complete guides, science, and more recipes.

© 2025 CarnivoreKetoHub.com | All Rights Reserved

Disclaimer: This guide is for informational purposes only and is not intended as medical advice. Always consult with a healthcare professional before starting any new diet or nutrition program.