



CARNIVORE DIET SHOPPING LIST

RED MEAT

Beef, bison, mutton, lamb, goat, and game meats. Fresh, frozen, or dry aged.

Ground meat (*the fattier the better*)

Steaks (*ribeye, strip, all kinds*)

Roasts (*prime rib, chuck, brisket*)

ORGANS AND BONES

From beef, lamb, sheep, goat, bison, pork, and poultry. Fish bones make good broth.

Bones	Brain
Bone Broth	Kidney
Heart	Roe
Liver	Tongue

POULTRY

Chicken	Duck
Goose	Guinea Fowl
Quail	Turkey

FATS

Raw, fresh fat or rendered

Duck fat	Goose fat
Lard	Schmaltz
Suet	Tallow

EGGS

Chicken	Duck
Emu	Goose
Quail	Turkey

FISH & SEAFOOD

Fresh, frozen, or canned

Cod	Crab
Herring	Lobster
Mackerel	Mussels
Oysters	Salmon
Sardines	Scallops
Shrimp	Swordfish
Trout	

PORK

Bacon	Chops
Ribs	Roasts
Sausage	

DAIRY

Always full fat; raw if possible

Butter
Hard cheese
Soft cheese

Cream
Ghee
Yogurt



SALT

SOURCE DIRECT

Save some money and get fresh food by sourcing direct from local producers.

SOURCE ANIMAL FOODS IN YOUR AREA

1. Check out the local farmer's market
2. Visit nearby co-ops
3. Contact regional farmers directly (can you buy wholesale?)

SET GOALS TO

1. Strive to buy as direct from the producer as possible
2. Ask about current and upcoming deals and discounts on bulk/wholesale orders

Search these online directories that serve to connect hungry customers with small scale producers. This list is by no means complete. If you have others to recommend, share on Instagram by tagging **@primaledgehealth** and use the hashtag **#primaledgehealth**.

BUY DIRECT & IN BULK

- [Eat Wild](#) Meat, eggs, and (raw) dairy products. Listings for supermarkets, farmer's markets, and local farmers in your area, as well as organic food delivery services. (US and Canada)
- [Buy A Cow](#) UK Farm-to-Fork beef; ethically raised, quality meat delivered. (UK)
- [Co-op Directory Service Listing](#) Buying clubs and co-ops. (US, Canada, Australia, and UK)
- [Crowd Cow](#) Get connected with healthy, high-quality meat from independent farms in your area by crowd sharing beef and other animals. Save \$25 off your first order.
- [Farms That Are Delivering](#) Entries listed by state and city; search your location to find local and regional farms near you. Get farm fresh food delivered. (US)
- [Local Harvest](#) Farms, farmer's markets, CSA, restaurants, grocery and co-ops, U-pick, meat processors, and wholesalers. (US)
- [Real Milk](#) Raw dairy suppliers by state. (US)
- [8 Best Ethical Farm Boxes](#) Delivered fresh to your door. Beef, pork, chicken, eggs, and offal. (UK)

ONLINE RETAILERS

These are trusted brands that we work with. They all have online storefronts so you can order from home and have high-quality food delivered to your door.

We affiliate with these companies, which means if you click on a link and make an order, we will receive a small commission at no extra cost to you.

WHITE OAK PASTURES

A 6th generation family farm that produces [an extensive selection of animal foods](#) by the means of regenerative land management and humane animal husbandry.

ALDER SPRING FARM

A family farm from Idaho, committed to [regenerative beef](#) from wild mountain pastures.

US WELLNESS MEATS

Grass-fed butter, meaty and marrow bones, organ meats, raw dairy, grass-fed beef, organic poultry, lamb, pastured pork, and more from [US farmers](#).

BUTCHER BOX

[A subscription meat service](#) that specializes in 100% grass-fed and grass-finished beef, free range organic chicken, and heritage breed pork.

VITALCHOICE

[Fish and seafood](#) caught under high purity standards and ethics of sustainability.

ANCESTAL SUPPLEMENTS

Encapsulated blends of desiccated [grass-fed organ meats](#) so you can get some of the nutrients and benefits of organ meats in the convenience of a vitamin pill.

MOUNTAIN ROSE HERBS

Purveyors of our favorite [mineral rich salts](#) and various other organic botanical items.

REAL PLANS

The BEST [meal planning app](#) for multi-diet households we've ever seen!

