Hardcore Carnivore Diet Foods Shopping List

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Meats, etc.	Meats, etc.
Beef (steak, ground beef, ribs)	Beef (steak, ground beef, ribs)
Veal	Veal
Lamb (chops, leg, ground lamb)	Lamb (chops, leg, ground lamb)
Bison	Bison
Organ Meats	Organ Meats
Liver (beef)	Liver (beef)
Heart (beef)	Heart (beef)
Tongue (beef, lamb)	Tongue (beef, lamb)
Kidneys (beef, lamb)	Kidneys (beef, lamb)
Brain (beef)	Brain (beef)
Tripe	Tripe
Broths and Stocks	Broths and Stocks
Bone broth or bones for broth (beef)	Bone broth or bones for broth (beef)
Beef stock	Beef stock
Fats	Fats
Tallow	Tallow
Butter	Butter
Lard	Lard
Ghee Head Par Salar Pour Plate Glank Plate Glank Plate Glank	Ghee Hold Chart Plate Plank Plate Www.creft-mart.com