

# Hardcore Carnivore Diet Foods Shopping List

## Meats, etc.

- Beef (steak, ground beef, ribs)
- Veal
- Lamb (chops, leg, ground lamb)
- Bison

## Organ Meats

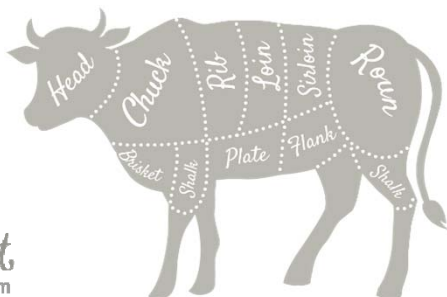
- Liver (beef)
- Heart (beef)
- Tongue (beef, lamb)
- Kidneys (beef, lamb)
- Brain (beef)
- Tripe

## Broths and Stocks

- Bone broth or bones for broth (beef)
- Beef stock

## Fats

- Tallow
- Butter
- Lard
- Ghee



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