
BY GLENDA THOMPSON

30 DAY "HEALTH RESET" CARNIVORE DIET SHOPPING LISTS

Complete shopping lists with amounts for all the ingredients you need for each week of the '30 Day Health Reset Carnivore Diet'. Eating nose-to-tail has never been simpler.



Disclaimer

The carnivore diet is a very low-carbohydrate, high-protein diet that consists of eating only animal foods and products, such as meat, fish, eggs, and cheese. Some people claim that this diet can help with weight loss, inflammation, and chronic diseases, but it is also very controversial and may have some risks and drawbacks.

The information and recipes in this cookbook are based on the personal experiences and opinions of the author, and are not intended as medical advice or diagnosis. The author is not a licensed nutritionist, dietitian, or medical professional, and does not guarantee the accuracy, completeness, or suitability of the information and recipes for any individual or purpose.

The carnivore diet may not be suitable or safe for everyone, especially for people with certain medical conditions, allergies, or dietary restrictions. It may also cause some side effects, such as nutrient deficiencies, digestive issues, high cholesterol, and kidney problems. Therefore, it is highly recommended that you consult your doctor before starting the carnivore diet, and monitor your health and blood tests regularly while following it.

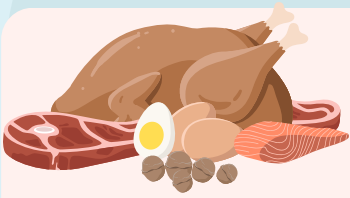
The author and publisher of this cookbook are not responsible or liable for any adverse effects, injuries, or damages that may result from following the carnivore diet or using the recipes in this cookbook. The readers are advised to use their own judgment and discretion when following the carnivore diet or using the recipes in this cookbook, and to seek professional medical advice if they have any concerns or questions.

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Week 1 - Shopping List



Bacon: 500g (for multiple recipes & bacon-wrapped eggs)

Eggs: 2 dozen (for breakfasts, snacks, and as a binder in recipes)

Breakfast sausage: 500g (for sausage and egg skillet)

Pork belly: 400g (for pork belly benedict)

Steak (for steak and eggs): 200g x 2 (for two mornings)

Ground beef: 500g (for spiced ground beef skillet)

Filet mignon: 200g (for one lunch)

Chicken livers: 200g (for chicken liver with bacon)

Duck breast: 200g (for one lunch)

Venison loins: 200g (for one lunch)

Fish heads: 2 heads (for fish head soup)

Beef minute steaks: 400g (200g per meal, for lunches)

German pork knuckle: 1 large knuckle

Korean style short ribs: 500g (for one dinner)

Picanha steak: 500g (will be used across two meals)

Chicken thighs or breasts (for yakitori): 500g

Osso buco cuts (veal shanks): 500g (for Italian Osso Buco)

Other Ingredients:

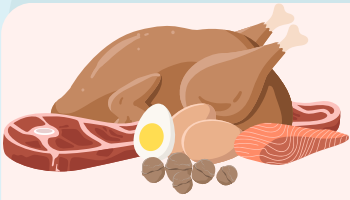
Bone marrow: 100g (for filet mignon sauce)

Coffee beans: 100g (for duck breast rub; assumes other uses)

Juniper berries: 20g

Animal fat: 200g (for frying and cooking)

Salt, pepper, and specialty seasonings (specific to recipes, like herbs for the herb butter, etc.): Assorted as needed



Week 2 - Shopping List



Proteins:

Pork belly: 400g

Tuna steaks: 400g

Lamb liver: 200g

Chicken breasts: 400g (for pan-searing and yakitori)

Duck legs: 400g (for confit)

Turkey legs: 2 large legs

Venison loins: 200g

Fish heads: 2 heads

Dairy & Eggs:

Eggs: 14 (for breakfast and omelets)

Butter: 200g (for frying and herb butter)

Other:

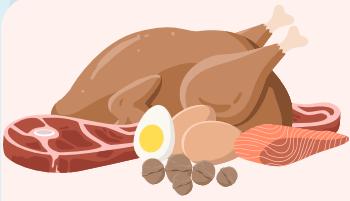
Animal fat: 200g (for cooking)

Bone marrow: 100g (for any recipe that may require it again or as a fat source)

Juniper berries: 20g

Bacon: 300g (for breakfast and wrapping chicken livers)

Vegetables and herbs: Minimal, focusing on those acceptable within a carnivore diet for flavoring broths or as garnishes, such as green onions for the yakitori.



Week 3 - Shopping List



Proteins:

Bacon: 500g

Eggs: 2 dozen

Breakfast sausage: 500g

Pork belly: 400g

Duck breast: 200g

Fish heads: 2

Tuna steaks: 400g

Lamb liver: 200g

Chicken breasts: 400g

Pork knuckle: 1 large

Korean style short ribs: 500g

Venison steaks: 400g

Dairy & Eggs:

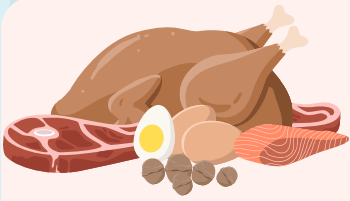
Butter: 200g (for frying and herb butter)

Other:

Animal fat: 200g (for cooking and frying)

Coffee: 100g (for duck breast rub; assuming other uses)

Bone marrow: Optional, if additional recipes requiring it are chosen



Week 4 - Shopping List



Proteins:

Bacon: 400g

Eggs: 2 dozen

Steak: 800g (for steak and eggs and filet mignon)

Pork belly: 400g

Filet mignon: 200g

Turkey legs: 2 large

Chicken breasts or thighs: 600g (for yakitori and pan-seared chicken)

Venison steaks/loins: 600g

Fish heads: 2

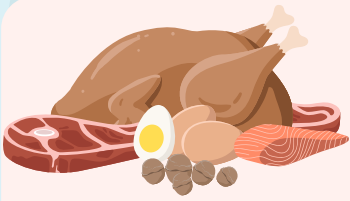
Duck breast: 200g

Ground beef: 500g

Dairy & Fats:

Butter: 250g (for herb butter and other cooking needs)

Animal fat: 200g (for frying and cooking)



Week 5 - Shopping List



Proteins:

Bacon: 250g (for breakfast and snacks)

Eggs: 1 dozen (for breakfast and snacks)

Beef minute steaks: 200g

Pork knuckle: 1 large

Filet mignon: 200g

Short ribs: 500g

Dairy & Fats:

Butter: 100g (for cooking and omelets)

Animal fat: 100g (for frying eggs and steaks)



30 Day Carnivore Diet Plan Shopping Lists

These printable shopping lists guide you in exactly what ingredients to stock up on for each week of the '30 Day Health Reset Carnivore Diet Meal Plan'.

These shopping lists makes stocking up on everything you need fast & easy. You also get the amounts you need for each ingredient, so you don't buy too much.

In fact, you could even email the shopping list to your local butcher or farm store, and allow them to put together everything you need for each week. With this weekly shopping cheat sheet, eating nose-to-tail has never been simpler.