

Carnivore Shopping List: Costco



Hey, friend!

My name's Rosemary. I'm a Functional Nutritional Therapy Practitioner and the face behind Real Food Carnivore.

When you're first getting started with carnivore, you need plenty of ease and convenience to make sure you stick with it in those first few days! That's why I created this Costco shopping list to take with you, so you can easily know **what to buy** and **what to ignore**.

A few things to note about the list:

- You'll see "pure" carnivore foods that are 100% animal, like beef, bison, pork, lamb, poultry, and seafood.
- You'll also see "carnivore-friendly" foods (marked with *) like, eggs, bacon, or meats with spices.
- The "carnivore-friendly" foods' palatability can help make the transition to carnivore easier.
- For autoimmune issues, gut issues, or addiction-like food habits, consider sticking to just the "pure" list. (Hint: Dairy is *especially* tempting, but also pernicious, and can exacerbate cravings!)

Wishing you the best of luck on your carnivore journey!

xoxo

Rosemary

PS. This list isn't comprehensive, as grocery store selections change frequently. For any other products, read your labels for undesirable ingredients!

Carnivore Shopping List: Costco

Beef

- Kirkland Signature Organic Ground Beef
- Plain beef (all cuts)

Bison

- Great Range Ground Bison

Pork

- Plain pork (all cuts)

Lamb

- Kirkland Signature Lamb (all cuts)

Poultry

- Foster Farms Organic Ground Turkey
- Kirkland Signature Organic Chicken (all)
- Plainville Farms Oven Roasted Organic Turkey Breast

Seafood

- Fresh crab
- Pacific Fresh Dungeness Crab Meat
- Hilton's Pacific Oysters

Frozen Foods

- Kirkland Signature 100% Grass Fed Beef Patties
- Kirkland Signature Wild Alaskan Pacific Cod
- Kirkland Signature Wild Alaskan Salmon
- Kirkland Signature Wild Alaskan Halibut
- Kirkland Signature Wild Alaskan Mahi-Mahi
- Kirkland Signature Raw Tail-On Shrimp
- Kirkland Signature Raw Sea Scallops

Canned Foods

- Wild Planet Albacore Wild Tuna
- Kirkland Signature Wild Alaskan Pink Salmon
- Season Skinless & Boneless Sardines in Olive Oil *

Convenience Meats

- Citterio Prosciutto Di Parma
- Amylu Chicken Breakfast Links *
- Greenridge Farm Beef Snack Stick *
- Greenridge Farm Chicken Snack Stick *
- TruGrill Grilled Chicken Strips *
- Teton Waters Ranch Polish Sausage *
- Sabatino's Paleo Organic Basil & Cracked Black Pepper Smoked Chicken Sausage *
- Sabatino's Paleo Organic Tomato & Basil Chicken Meatballs *

Dairy

- Kerrygold Butter *
- Kerrygold Dubliner Cheese *
- Horizon Organic Half & Half *
- Horizon Organic Heavy Whipping Cream *

Eggs

- Kirkland Signature Organic Eggs *
- Kirkland Signature Organic Hard-Boiled Eggs *

Other

- Vital Proteins Collagen Peptides

Resources

- ◉ [EatWild.com](https://eatwild.com): Save TONS of money by buying your meat in bulk, and vote with your dollars to support regenerative agriculture at the same time. Eat Wild helps you find farmers in your area.
- ◉ [MyGroceryDeals.com](https://mygrocerydeals.com) lets you find the best deals in your local grocery stores. Especially useful when ribeye steak goes on sale. 🥰

More resources for carnivore beginners at realfoodcarnivore.com/resources.