Professional FATMAN

CARNIVORE SHOPPING LIST

A PRACTICAL 100% CARNIVORE SHOPPING GUIDE

By Jason Stewart | The Professional Fat Man

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STANDARD CARNIVORE STAPLES

A practical shopping list built around simple animal-based essentials.

1. BEEF

- ☐ Ribeye
- ☐ Striploin / NY strip
- ☐ Sirloin
- ☐ Ground beef
- ☐ Chuck roast
- ☐ Stew beef
- ☐ Short ribs
- ☐ Beef liver

2. POULTRY & EGGS

- ☐ Eggs
- ☐ Chicken thighs
- ☐ Chicken drumsticks
- ☐ Chicken wings
- ☐ Whole chicken
- ☐ Turkey
- ☐ Duck
- ☐ Quail
- ☐ Cornish hen

3. PORK

- ☐ Pork chops
- ☐ Pork shoulder
- ☐ Pork belly
- ☐ Bacon (no sugar if possible)
- ☐ Ham (least processed)
- ☐ Sausage (cleanest ingredients possible)

4. SEAFOOD

- ☐ Salmon
- ☐ Sardines
- ☐ Tuna
- ☐ Mackerel
- ☐ Cod or white fish
- ☐ Shrimp
- ☐ Lobster and other shellfish

5. FATS

- ☐ Beef tallow
- ☐ Lard
- ☐ Butter
- ☐ Ghee
- ☐ Olive oil
- ☐ Coconut oil

6. SALT & BASICS

- ☐ Pink Himalayan salt
- ☐ Sea salt
- ☐ Baja Gold salt
- ☐ Redmond Real Salt
- ☐ Celtic salt

Carnivore reminder: Do not look for low-sodium products. Salt is essential on a carnivore lifestyle.

THIS IS A 100% CARNIVORE SHOPPING LIST.

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JAMAICAN/CARIBBEAN OPTIONS

Local favorites and region-friendly carnivore picks.

1. RED MEAT

- ☐ Oxtail
- ☐ Goat
- ☐ Beef liver
- ☐ Kidney
- ☐ Minced beef
- ☐ Stew beef
- ☐ Cow foot
- ☐ Cow skin
- ☐ Cow head

2. POULTRY & EGGS

- ☐ Eggs
- ☐ Whole chicken
- ☐ Chicken back
- ☐ Chicken neck
- ☐ Chicken feet
- ☐ Turkey neck

3. PORK

- ☐ Pork shoulder
- ☐ Pork chops
- ☐ Pork belly
- ☐ Pork ribs
- ☐ Bacon (check for sugar)
- ☐ Sausage (choose the cleanest option)
- ☐ Pig trotters
- ☐ Pork hock

4. SEAFOOD

- ☐ Mackerel
- ☐ Sardines
- ☐ Saltfish
- ☐ Snapper
- ☐ Shrimp
- ☐ Lobster

5. FATS

- ☐ Lard
- ☐ Beef tallow
- ☐ Butter
- ☐ Ghee
- ☐ Olive oil
- ☐ Coconut oil

6. SALT & BASICS

- ☐ Pink Himalayan salt
- ☐ Sea salt
- ☐ Baja Gold salt
- ☐ Redmond Real Salt
- ☐ Celtic salt

Jamaican reminder: Buy the plain version whenever possible. Avoid pre-seasoned meats, sugary marinades, and sauce.

KEEP IT SIMPLE. BUY THE PLAINEST VERSION YOU CAN.

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SMART SHOPPING RULES

Simple label checks that keep your cart truly carnivore.

1. BUY MORE OF THIS

- ☐ Single-ingredient animal foods
- ☐ Fattier cuts of meat
- ☐ Eggs
- ☐ Plain fish and seafood
- ☐ Tinned fish in water or brine
- ☐ Approved fats: tallow, lard, butter, ghee, olive oil, coconut oil
- ☐ Salt: Himalayan, sea salt, Baja Gold, Redmond Real Salt

2. USE CAUTION

- ☐ Processed sausage
- ☐ Bacon with added sugar
- ☐ Ham with fillers
- ☐ Cheese and dairy if they trigger cravings
- ☐ Spam and similar products
- ☐ Corned beef and other highly processed meats

3. AVOID

- ☐ Corn oil
- ☐ Canola oil
- ☐ Soy oil
- ☐ Rapeseed oil
- ☐ Vegetable oil blends
- ☐ Tomato sauce
- ☐ Sweet sauces
- ☐ Flavored canned fish
- ☐ Low-sodium versions

100% carnivore means no vegetables or salads in this shopping list.
Keep the focus on animal foods, clean fats, and salt.

Jason is not a licensed medical professional. This guide is based on personal experience and is for educational purposes only.

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DISCLAIMER

Important information before changing your diet.

EDUCATIONAL PURPOSES ONLY

This guide is for educational and informational purposes only.

NOT A DOCTOR

I am not a doctor or licensed medical professional.

BASED ON MY EXPERIENCE

This shopping list is based on my personal experience, research, and what has worked for me.

NOT MEDICAL ADVICE

Nothing in this guide should be taken as medical advice, diagnosis, or treatment.

CONSULT A HEALTHCARE PROFESSIONAL

Before making major changes to your diet, especially a drastic change such as a carnivore or very low-carbohydrate way of eating, consult your doctor or a qualified healthcare professional.

MEDICATION CONSIDERATIONS

If you are diabetic, taking blood pressure medication, insulin, or any medication that may be affected by dietary changes, speak with your doctor before starting.

POTENTIAL SIDE EFFECTS

Transitioning to a low-carb or carnivore diet may lead to fluid loss, electrolyte loss, dehydration, fatigue, headaches, or other temporary symptoms, especially in the early stages.

HYDRATION & ELECTROLYTES

Proper hydration and adequate salt/electrolyte intake are important.

EXTRA CAUTION

Extra caution is needed for people with kidney issues, liver issues, eating disorders, pregnancy, breastfeeding, or other medical conditions.

INDIVIDUAL RESULTS WILL VARY

Individual results will vary.

YOUR RESPONSIBILITY

You are responsible for your own health decisions.

Please do your own research, work with your healthcare provider where necessary, and make the best decision for your own health.