



# ER Shred Recommended Grocery List

You will need to buy:

- High Quality Fatty Meats
    - Beef: Grass Fed/Grass Finish (when possible)
    - Wild game (moose, venison etc)
    - Chicken Thighs: Free Range (when possible)
    - Fish (Salmon, ) Wild Caught (when possible)
    - Seafood: (shrimp/scallops, lobster etc.)
    - Pork: Pasture Raised (when possible)
    - Bacon - No Nitrates or Sugar (Please read labels!)
    - Hot Dogs - Grass Fed Nitrate Free
- Disclaimer: If you use lean cuts of chicken, beef, fish, etc., be sure to add LOTS of fat to your meal with grass fed butter, bacon fat, tallow, etc.**
- Eggs - Pasture raised (when possible)
  - Grass fed butter and/or ghee
  - Himalayan Pink Salt

## Optional Snacks

- Jerky or Beef Sticks - Gluten Free, Soy Free, Sugar Free (Please read labels!)
- Pork Skins/Rinds/Chicharrones/Cracklin - Please read labels to avoid triggers in spices.

For Best Results:

*You will **not** add seasonings, sauces, veggies or fruits during the 11 days, but you will learn how to incorporate these things when you are through your 11 days*