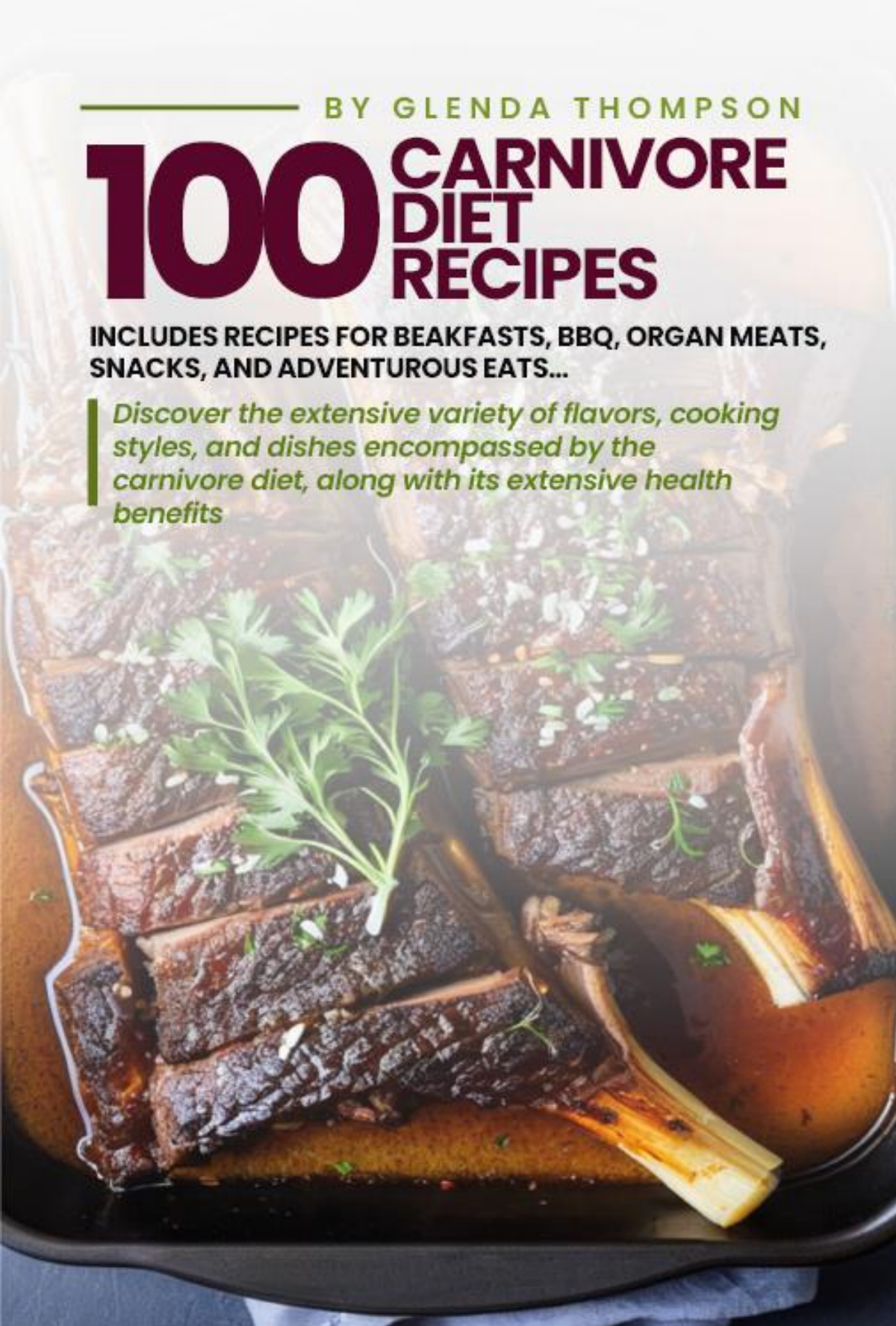


BY GLENDA THOMPSON

100 CARNIVORE DIET RECIPES

INCLUDES RECIPES FOR BEAKFASTS, BBQ, ORGAN MEATS,
SNACKS, AND ADVENTUROUS EATS...

Discover the extensive variety of flavors, cooking styles, and dishes encompassed by the carnivore diet, along with its extensive health benefits



100 Carnivore Diet Recipes

Discover an extensive selection of carnivore diet recipes for transitioning to the “meat only” way of eating, and experience all the remarkable health benefits it has to offer.

By Glenda Thompson

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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Introduction

Inside this cookbook you'll find an extensive selection of delicious, nutritious carnivore diet recipes.

From grass-fed steaks to wild salmon to carnivore snacks, you're about to discover the immense variety and flavor available with the "meat only" approach to dieting.

Inside you'll find plenty of different carnivore options for satisfying your cravings while enjoying a variety of meats.

I've also included my best tips for selecting high quality cuts, understanding portion sizes, and mastering

different cooking methods to maximize nutrition in every bite. Because when it comes to the carnivore diet, sourcing and preparation matter just as much as the cooking!

So whether you're a seasoned carnivore eater or just getting started in going meat only, you'll find tons of recipes to try in this cookbook. And soon you can also discover the remarkable health benefits the carnivore diet has to offer.

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Please note calories, fat, and protein are calculated per serving.



Basic Beef Steaks

Serves: 1 | **Prep time:** 5 mins | **Cook time:** 6–8 mins

Calories	Fats	Protein
500 kcal	35 grams	55 grams

INGREDIENTS

- 1 lb grass-fed ribeye, strip, tenderloin or sirloin steak
- 2 tbsp butter, ghee or tallow
- Pink Himalayan salt and black pepper to taste

INSTRUCTIONS

1. coat both sides of the steak with sea salt, pressing . Grind ample black pepper over the top too.
2. Preheat your skillet over high heat until searing hot, for at least 6 minutes. The heavier the pan, the better, for even heat distribution.
3. Add the cooking fat and let it melt, shimmering but not smoking. Lay the steak in the pan and listen to it sizzle!
4. After 2 minutes, lift a corner to check how well its cooked. If it has lovely brown tones, flip and repeat on the other side, basting the top with the fat.
5. After 4 minutes, lift the steak to test for doneness. Rare feels soft and giving, medium has more resistance.
6. For precision, check the steaks temperature with a thermometer. It should read 115°F and 125°F.
7. Transfer the steak to a board or plate to rest, resisting the urge to cut right away. Let it relax for 5 minutes while the juices distribute evenly. Now grab your best fork and steak knife and dig in!



Poultry 101

Serves: 2 | **Prep time:** 10 min | **Cook time:** 40–60 mins

Calories	Fats	Protein
150 kcal	9 grams	21 grams

INGREDIENTS

- 1 whole chicken or 2 bone-in, skin-on chicken breasts
- 1 lemon
- 2 tablespoons rendered duck fat or uncured bacon drippings
- Pink Himalayan salt flakes and black pepper to taste

INSTRUCTIONS

1. Remove the chicken from the fridge. Sprinkle salt flakes and freshly cracked pepper all over the skin.
2. Put the lemon halves inside the chicken along with the duck fat or bacon drippings to baste from the inside out.
3. Preheat the oven to 350°F. Place the chicken breast side up on a rack in a roasting pan.
4. Roast 40–60 minutes, basting frequently, until juices run clear and the temperature in the thickest part of the thigh reaches 165°F.
5. When finished, wrap the chicken inside foil and let rest 10 minutes before carving it and serving it with pan juices.



Fish and Seafood Fundamentals

Serves: Varies | **Prep time:** 10 mins | **Cook:** 8-15 mins

Calories	Fats	Protein
150-250 kcal	10-25 grams	15-30 grams

INSTRUCTIONS

1. Store thick fillets or steaks of wild-caught fish, like salmon, trout, tuna or halibut, at room temperature for 20 minutes out of the fridge. Coat both sides of the fish with sea salt and freshly cracked pepper.
2. For grilling/broiling, lightly oil the hot grates or a broiler pan with bacon fat or ghee to prevent sticking.
3. Cook over direct high heat 8-15 minutes until the fish skin flakes easily.
4. For pan-frying, choose a heavy cast iron or skillet. Heat over medium-high heat and add just 1 tbsp of cooking fat. Cook until browned, then flip once to finish on the second side.
5. For sashimi or poke, soak wild fish briefly in lemon, lime or yuzu citrus juice to “cook”. Chill thoroughly before slicing or dicing into bite-sized chunks.



Egg Mastery

Serves: Varies | **Prep time:** 2 mins | **Cook time:** Varies

Calories	Fats	Protein
100 kcal	5 grams	6 grams

Fried/Scrambled

1. Crack the eggs into a glass bowl. Whisk with a fork, and season with salt and pepper.
2. Heat cooking fat, or bacon grease, in a heavy skillet over medium-low heat. Test the pan temperature by adding a small spoonful of the egg. When the egg bubbles around the edges, add the rest of the mixture.
3. Let the eggs fry for 15–20 seconds, allowing the yolks to set before pushing the edges toward the center with a spatula.
4. Remove from heat when the eggs have achieved their desire texture.

Poached

1. Fill a saucepan with 3 inches of water and bring to a simmer. Add 1 teaspoon of vinegar, which helps the eggs hold their shape rather than feathering out.
2. crack an egg into a small bowl before sliding it into the poaching liquid.
3. Use a spoon to swirl the water around the egg white. Repeat with remaining eggs, allowing space between each.

4. Cook for 3–5 minutes until the whites are just set but the yolks still run warm and yellow.
5. remove with a slotted spoon. Trim ragged edges with kitchen shears if desired.

Hard Boiled

1. Place cold eggs into a saucepan and cover with an inch of water.
2. Boil over high heat.
3. As soon as the water reaches boiling, remove the pan from the heat, cover tightly and allow the eggs to steep for 12 full minutes.
4. Prepare an ice bath. Drain the hot water from the pan with the eggs and transfer the eggs immediately into the ice water for one minute to halt the cooking process.
5. Peel the eggs under cool running water. Then enjoy on their own or use in other dishes.

Notes: Choose the best eggs available from free range chickens. You'll see the difference in the more vibrant orange yolks, which indicate superior nutrition, including omega-3 fatty acids and fat soluble vitamins A, D3, E and K2.





Homemade Bone Broth

Cups: 8-10 | **Prep time:** 15 mins | **Cook time:** 18-24 mins

Calories	Fats	Protein
35 kcal	0 grams	8 grams

INGREDIENTS

- 3-4 pounds grass-fed beef marrow bones, knuckles or oxtails
- Carcass or whole chicken
- Vegetable scraps like onions, carrots, celery etc. (optional)
- 2 tablespoons raw apple cider vinegar
- Handful of fresh parsley stems
- 2 bay leaves
- 1 head garlic, halved crosswise

INSTRUCTIONS

1. Preheat the oven to 450°F. Place beef and chicken bones on rimmed baking sheets.
2. Roast for 30 minutes until well browned. Transfer to a large pot or slow cooker, scraping up any browned bits stuck to the pan.
3. Add your vegetable scraps, apple cider vinegar, bay leaves and parsley.
4. Add water so it's 2 inches above the ingredients.
5. Bring to a boil then immediately reduce heat to a simmer, while skimming off any scum that rises to the top.
6. Partially cover and cook for 18-24 hours, adding more water only if absolutely necessary to keep bones submerged.
7. Allow the broth to cool slightly before pouring through a fine mesh strainer. Discard solids or pick remaining meat from the bones.
8. Let the bone broth stand so the fat solidifies on top, then scrape off and reserve for cooking or making tallow.
9. Transfer strained broth to storage containers and refrigerate up to 1 week or portion into freezer bags.



Bacon-Wrapped Eggs

Serves: 1 | **Prep time:** 2 mins | **Cook time:** 15 mins

Calories	Fats	Protein
300 kcal	24 grams	20 grams

INGREDIENTS

- 2 eggs
- 4 strips uncured bacon

INSTRUCTIONS

1. Preheat your oven to 375°F (190°C). Lightly grease a muffin tin with butter or bacon fat.
2. Crack an egg into each well of the prepared muffin tin.
3. Cut 4 strips of uncured bacon in half. Place 2 half-strips crisscross across each egg in the muffin tin.
4. Bake the bacon-wrapped eggs for 12-15 minutes, or until the egg whites are set but the egg yolks are still runny in the center.
5. Transfer each bacon-wrapped egg to a plate, sliding a spatula around the edges of each muffin well to loosen.
6. Season with black pepper and serve immediately while hot.
7. (Optional) Pair with sautéed greens, pork sausage, or grilled tomatoes for a hearty carnivore-lite breakfast.



Sausage and Egg Skillet

Serves: 2 | **Prep time:** 5 mins | **Cook time:** 10 mins

Calories	Fats	Protein
500 kcal	40 grams	35 grams

INGREDIENTS

- 8 oz of sausage, sliced
- 6 eggs, beaten
- 2 tbsp ghee or bacon grease
- Salt and pepper to taste
- (Optional) salsa, avocado, sautéed tomatoes, or a dollop of sour cream

INSTRUCTIONS

1. Slice the sausages into 1/4-inch pieces. Place in a large cast iron skillet over medium-high heat.
2. Brown the sausage for approximately 5 minutes, stirring occasionally, until cooked through and crisp around the edges.
3. Transfer the cooked sausage to a paper towel to drain excess grease.
4. In the leftover sausage grease, crack the eggs into the hot skillet. Stir and scramble the eggs.
5. Continue stirring for 2-3 minutes until the eggs achieve their desired texture. Then remove the skillet from the heat.
6. Return the browned sausage slices to the skillet and toss to combine them with the scrambled eggs.
7. Season with salt and black pepper to taste.
8. Serve the sausage and egg skillet hot, with optional added toppings like salsa, avocado, sautéed tomatoes, or a dollop of sour cream if desired.



Pork Belly Benedict (No Bread)

Serves: 2 | **Prep time:** 10 mins | **Cook time:** 25 mins

Calories

800 kcal

Fats

70 grams

Protein

40 grams

INGREDIENTS

- 8 oz pork belly, sliced 1/4" thick
- 4 eggs
- Hollandaise sauce
- Teaspoon of butter
- 1 clove crushed garlic
- (Optional) 2 cups chopped asparagus
- 2 tbsp white vinegar

INSTRUCTIONS

1. Slice the pork belly into 1/4-inch slices. Place the slices in a large skillet over medium-high heat.
2. Fry for 8 minutes, turning once.
3. Transfer the pork belly to a paper towel to drain excess grease.
4. Fill the same skillet with water and add white vinegar. Bring to a simmer.
5. Crack 4 eggs into the simmering water. Poach for 3-4 minutes until the whites are set.
6. Remove eggs with a slotted spoon and briefly drain on paper towels.
7. (Optional) Quickly sauté asparagus with garlic in butter or bacon grease until just wilted.
8. Place pork belly slices atop the asparagus, and top each with a poached egg.
9. Finish with a generous drizzle of hollandaise sauce over the entire dish.



Steak and Eggs with Butter

Serves: 1 | **Prep time:** 5 mins | **Cook time:** 10 mins

Calories	Fats	Protein
700 kcal	55 grams	50 grams

INGREDIENTS

- 1 ribeye, strip, sirloin or filet steak
- 2 eggs
- 1 tbsp ghee
- 1 tbsp butter
- Salt and pepper

INSTRUCTIONS

1. Pat dry a thick, juicy steak (ribeye, strip, sirloin or filet). season with salt and pepper.
2. In a hot cast iron skillet, sear steak for 4 minutes per side for medium-rare doneness.
3. Transfer seared steak to a plate. Wrap loosely in foil and allow to rest for 5 minutes.
4. Melt 1 tablespoon of ghee in the same skillet.
5. Crack 2 eggs into the skillet and fry sunny-side up or over easy.
6. Place rested steak on a plate and top with fried egg.
7. Add a tablespoon of butter, allowing it to melt over the steak and egg.
8. Sprinkle with flaky sea salt and freshly cracked pepper before serving.



Animal Fat–Fried Omelets

Serves: 1 | **Prep time:** 5 mins | **Cook time:** 2 mins

Calories	Fats	Protein
350 kcal	30 grams	20 grams

INGREDIENTS

- 3 eggs
- 1 tbsp ghee, tallow, lard or duck fat
- 2 oz filling: cheese, meat, veggies etc.
- Salt and pepper to taste
- (Optional) Avocado slices or sour cream

INSTRUCTIONS

1. Whisk together 3 eggs and add salt and black pepper.
2. Melt 1 tablespoon of ghee, tallow, lard or duck fat in a skillet over medium-high heat.
3. When the fat begins to shimmer, pour in the whisked eggs. As the bottom starts to set after about 1 minute, use a spatula to push the cooked edges inward.
4. When the omelet is mostly set after about 2 minutes, sprinkle 2 ounces of your desired filling (cheese, meat, veggies) over half of the omelet.
5. Use the spatula to fold the empty half of the omelet over the filled half and cook for 30 minutes.
6. Slide the finished omelet onto a plate, keeping the seam side facing down for presentation.
7. (Optional) Serve with extra fillings like avocado slices or sour cream on the side.



Slow-Cooked Beef Ribs

Serves: 2-4 | **Prep time:** 10 mins | **Cook time:** 6-8 hours

Calories	Fats	Protein
500 kcal	35 grams	35 grams

INGREDIENTS

- 3 pounds beef back ribs or short ribs, trimmed of excess fat
- 1 yellow onion, chopped
- 1 cup homemade beef bone broth
- 2 garlic cloves, smashed
- 2 tablespoons tomato paste
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- 1 whole jalapeño pepper
- Chopped scallions, cilantro and lime wedges

INSTRUCTIONS

1. Rub chili powder, cumin, salt and pepper all over the meat.
2. Arrange ribs in a slow cooker.
3. (Optional) Add onion, garlic, jalapeño and tomato paste over the top.
4. Pour bone broth around the ribs.
5. Cover and cook on low heat for 6-8 hours, until meat shreds easily.
6. Transfer ribs to a plate, and spoon some of the cooking liquid on top.
7. Garnish with chopped scallions, cilantro, and lime wedges.



Beef Liver Pâté

Yields: 2 cups | **Prep time:** 10 mins | **Cook time:** 8 mins

Calories	Fats	Protein
150 kcal	12 grams	8 grams

INGREDIENTS

- 1 pound beef or chicken liver
- 4 ounces of butter
- 1 small yellow onion, chopped
- 3 garlic cloves, smashed
- 2 eggs
- 1/4 cup beef bone broth
- Juice of 1 lemon
- 1 teaspoon fresh thyme leaves
- 1/2 teaspoon ground allspice
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

INSTRUCTIONS

1. Melt rendered fat in a large cast iron skillet over medium heat.
2. While simmering, add the onion and garlic. Sauté for 2–3 minutes until softened but not browned, then set aside on a plate.
3. In a food processor, combine the liver, eggs, broth, lemon juice and spices. Purée until smooth. Taste and adjust seasonings as desired.

4. Return onion mixture to skillet and add the liver mixture.
5. Cook over a low heat, stirring until thickened to a spreadable consistency, which is normally about 3-5 minutes.
6. Transfer the pâté to 6 oz ramekins or canning jars. Use the back of a spoon to smooth the tops.
7. Cover and chill overnight.
8. Before serving, let the pâté come to room temperature for 30 minutes.
9. Store covered in the refrigerator for up to 1 week.





Tallow-Roasted Beef Heart

Serves: 6 | **Prep time:** 15 mins | **Cook time:** 1 hour 15 minutes at 400°F + overnight for marinade

Calories	Fats	Protein
250 kcal	15 grams	25 grams

INGREDIENTS

- 1 whole grass-fed beef heart (3-4 lbs)
- 1 cup rendered beef tallow for basting
- 1 tablespoon apple cider vinegar
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- Salt and pepper

INSTRUCTIONS

1. Trim away any visible excess fat from the beef heart. Slice into 1-inch wide strips about 2-inches long.
2. In a bowl, combine the apple cider vinegar and dry spices. Add the beef strips and coat thoroughly.
3. Drizzle with 1/2 cup of melted tallow and turn several times to evenly distribute.
4. Cover and refrigerate the beef strips overnight.
5. Preheat the oven to 400°F. Arrange the beef strips in a broiler pan or rimmed baking sheet.
6. Roast for 20 minutes, then baste strips with tallow.
7. Continue roasting for approximately 40-60 minutes, basting with pan juices every 20 minutes, until the beef is deeply browned on the outside but still slightly rosy inside when sliced.
8. If you check the temperature with a thermometer, it should read 135-145°F.
9. Allow the beef heart strips to rest for 10 minutes before serving.



Spiced Ground Beef Skillet

Serves: 4 | **Prep time:** 5 mins | **Cook:** 10 mins

Calories	Fats	Protein
300 kcal	15 grams	35 grams

INGREDIENTS

- 1 pound 100% grass-fed ground beef
- 2 tablespoons beef tallow
- 1 small yellow onion, finely diced
- 4 garlic cloves, minced
- 2 teaspoons ground cumin
- 2 teaspoons smoked paprika
- 1 teaspoon dried oregano
- Juice from 1 lime
- Flaky sea salt and black pepper to taste
- Chopped cilantro, avocado and hot sauce

INSTRUCTIONS

1. Heat a skillet over a medium-high heat. Add the ground beef and cook until nicely browned.
2. Drain the fat and transfer the beef to a plate.
3. Reduce the heat to medium, add the tallow.
4. Add the onion and garlic and sauté for 1 minute.
5. Return the beef to the skillet with the spices and lime juice. Toss thoroughly to combine.
6. Serve the beef spiced ground beef garnished with chopped cilantro, avocado, and hot sauce.
7. (Optional) The spiced beef also tastes fabulous tucked into lettuce leaf tacos or spooned over riced cauliflower.



Beef Tongue Tacos

Serves: 3-4 | **Prep time:** 5 mins | **Cook time:** 3-4 hours

Calories

300 kcal

Fats

15 grams

Protein

35 grams

INGREDIENTS

- 1 beef tongue (2-3 lbs)
- 1 onion, peeled and quartered
- 4 garlic cloves, crushed
- 2 chipotle peppers canned in adobo sauce
- 2 cups beef bone broth
- 1 tablespoon apple cider vinegar
- 2 teaspoons ground cumin
- 1 1/2 teaspoons salt
- 1 teaspoon black pepper
- Lime wedges, cilantro leaves, avocado slices for serving

INSTRUCTIONS

1. With a sharp knife, peel off the beef tongue's outer skin. Trim away any glands or fatty bits.
2. Place the trimmed tongue in a slow cooker along with onion, garlic, chipotles, broth, vinegar and spices.
3. Cook on low heat for 6-8 hours until tender.
4. Place the warm tongue on a chopping board and slice into 1/4 inch strips and season with salt.
- 5.. Serve immediately while hot with lime wedges, fresh cilantro and sliced avocado.



Duck Confit

Serves: 4 | **Prep time:** 10 mins | **Cook time:** 2–3 hours

Calories	Fats	Protein
550 kcal	45 grams	40 grams

INGREDIENTS

- 2 duck leg quarters, skin on
- 1 cup rendered duck fat or grass-fed beef tallow
- 4 fresh thyme sprigs
- 4 garlic cloves, smashed with flat side of knife
- 2 teaspoons salt
- 1 teaspoon black pepper

INSTRUCTIONS

1. With a sharp knife, score the skin of the duck legs in a crosshatch pattern down to the meat, being careful not to cut into the flesh. This allows the fat to render from the skin.
2. Season with salt and pepper
3. Arrange duck legs in a ceramic dish and cover with rendered duck fat or beef tallow.
4. Press thyme sprigs and smashed garlic into the fat as well.
5. Cover the dish tightly with plastic wrap and foil.
6. Refrigerate overnight or up to 48 hours.
7. When ready to cook, preheat the oven to 200°F. Remove duck legs from marinade, scraping off and reserving fat.
8. Place the duck legs in a dish skin side up and top with reserved fat, garlic and thyme.
9. Bake the duck legs for 2–3 hours until tender but not falling off the bone.
10. Increase the temperature to 450°F and roast for 10 minutes more until the skin is crispy and browns.
11. Remove from the oven and allow the duck legs to rest for 5 minutes before serving atop an optional salad of baby greens or roasted radishes dressed with lemon juice and extra virgin olive oil.



Smoked Turkey Legs

Serves: 4 | **Prep time:** 5 mins | **Cook time:** 2-3 hours at 225°F + 2-12 hours brine time

Calories	Fats	Protein
350 kcal	15 grams	40 grams per leg

BRINE INGREDIENTS

- 4 turkey legs
- 2 quarts cool filtered water
- 1/2 cup salt
- 1/2 cup sugar-free maple syrup
- 2 bay leaves
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 teaspoon ground sage

INSTRUCTIONS

1. In a bowl, combine all the ingredients and stir until salt fully dissolves.
2. Add 4 turkey legs, submerging them in the brine liquid.
3. Cover the bowl tightly and refrigerate for 2 hours up to overnight.
4. When ready to cook, remove legs from the brine and rinse running water.
5. Prepare a smoker or grill for low and slow indirect cooking, maintaining a temperature around 225°F.
6. Use apple, cherry, pecan or hickory wood chips if desired for an aromatic smoke flavor.
7. Place the legs on grill grates or smoker racks.
8. Smoke the turkey legs until the skin is browned and crisp and internal temp reaches 175°F, after about 2-3 hours.
9. Transfer the turkey legs to a cutting board and cover loosely with foil.
10. Allow to rest 10 minutes before slicing and serving.



Chicken Liver with Bacon

Serves: 2 | **Prep time:** 15 mins | **Cook time:** 15 mins

Calories	Fats	Protein
150 kcal	5 grams	15 grams

INGREDIENTS

- 8 ounces of chicken livers
- 4 strips uncured bacon, chopped
- 1 small yellow onion, thinly sliced
- 2 tablespoons of ghee
- 1 garlic clove, minced
- 1 tbsp schmaltz or chicken fat
- 2 fresh thyme sprigs
- Salt and black pepper to taste

INSTRUCTIONS

1. Season the chicken livers with salt and pepper.
2. Heat a skillet over medium-high heat. Add chopped bacon and cook for about 5 minutes, stirring occasionally, until crisp. Use a slotted spoon to transfer cooked bacon pieces to a paper towel to drain. Then pour off and reserve the bacon fat.
3. Return skillet to medium heat and add 1 tbsp schmaltz and sliced onion. Sauté for about 5 minutes until the onion is soft. Clear a space in the center of the pan and add garlic, cooking for 1 minute.
4. Increase to medium-high heat. Add the chicken livers and remaining 1 tbsp schmaltz to the skillet along with fresh thyme sprigs. Cook for 2 minutes to sear the bottoms.
5. Using tongs or a spatula, flip chicken livers and cook 2-3 minutes longer, turning frequently, until just barely pink inside.
6. Transfer chicken livers to plates and top with crispy cooked bacon bits.



Grilled Chicken Thighs with Skin

Serves: 4 | **Prep time:** 5 mins + overnight marinade | **Cook time:** 25 mins

Calories	Fats	Protein
250 kcal	15 grams	28 grams

INGREDIENTS

- 4 chicken thighs
- Zest and juice from 1 lemon
- 2 garlic cloves, minced
- 2 tablespoons extra virgin olive oil
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- 1 teaspoon salt

INSTRUCTIONS

1. In a bowl, combine all ingredients, except for the chicken, and whisk thoroughly.
2. Add the chicken to the bowl, turning several times to evenly coat with marinade.
3. Cover the bowl tightly and refrigerate for 8-12 hours.
4. When ready to cook, heat the grill to medium-high heat.
5. Place chicken thighs skin-side down and cook for 15 minutes until skin becomes crispy. Flip thighs once and continue grilling until cooked through after about 5-10.
5. Transfer thighs to a plate and cover loosely with foil.
6. Allow to rest 5 minutes before serving.
7. (Optional) Pair the chicken thighs with grilled vegetables like zucchini, summer squash, radishes or mushrooms.



Turkey and Chicken Bone Broth

Yield: 6 quarts | **Prep:** 10 mins | **Cook time:** 12-24 hours

Calories

35 kcal

Fats

5 grams

Protein

8 grams

INGREDIENTS

- Bones from 2 roasted chickens
- Bones from 4 turkeys
- Chicken feet, necks or wings (optional)
- 2 yellow onions, peeled and quartered
- 3 large carrots, chopped
- 3 celery stalks with leaves, chopped
- 8 garlic cloves, smashed
- One 2-inch knob fresh ginger, sliced
- 2 tablespoons apple cider vinegar
- 2 dried bay leaves
- 1 large bunch Italian parsley

INSTRUCTIONS

1. Place all bones into a large pot or slow cooker, along with any chicken wings, necks or feet.
2. Add in chopped vegetables, garlic, ginger, bay leaves and parsley. Add enough water to cover by 2 inches.
3. Bring to a boil over high heat. Then reduce to a simmer.
4. Skim off any scum that rises to the top.
5. Partially cover the pot and simmer for 12-24 hours.
6. Strain the pot through a large mesh sieve into a clean pot. Pick remaining meat for other recipes.
7. Allow the broth to cool so fat solidifies on top. Skim off and reserve fat for cooking.
8. Transfer strained broth into storage containers and refrigerate up to 1 week or portion into bags and freeze.



Seared Scallops

Serves: 2 | **Prep time:** 5 mins | **Prep time:** 5 mins

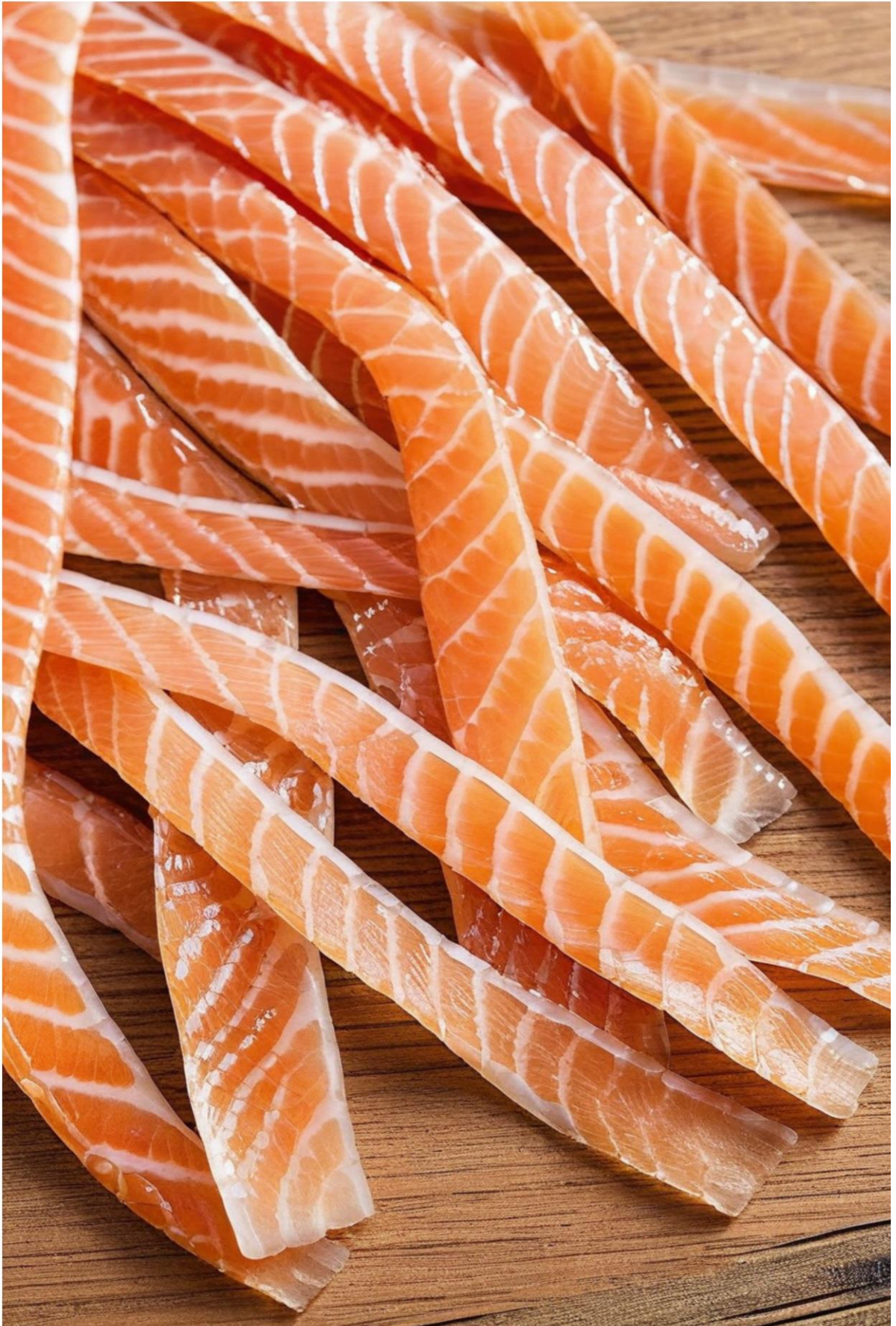
Calories	Fats	Protein
250 kcal	6 grams	40 grams

INGREDIENTS

- 1 lb sea scallops
- 2 tbsp olive oil or butter, divided
- 2 cups mixed greens
- 1 tbsp lemon juice
- Salt and pepper to taste

INSTRUCTIONS

1. Season the scallops on both sides with salt and pepper. Heat 1 tablespoon of oil in a large nonstick skillet over high heat until very hot but not smoking.
2. Working in batches, add scallops to pan in a single layer. Sear for 2 minutes per side until deeply golden brown.
3. Transfer seared scallops to a clean plate as they finish cooking.
4. (Optional) In a bowl, toss 2 cups mixed salad greens with 1 tablespoon fresh lemon juice.
5. Add salad to a plate and top with seared scallops.
6. Add lemon wedges on the side to squeeze over the salad and scallops. Drizzle with extra virgin olive oil as desired.



Salmon Belly Strips

Serves: 2 | **Prep time:** 5 mins | **Cook time:** 10 mins

Calories	Fats	Protein
300 kcal	20 grams	25 grams

INGREDIENTS

- 1 lb salmon belly strips
- 2 tbsp olive oil or butter, divided
- 1 tbsp soy sauce
- 1 tbsp honey
- Salt and pepper to taste
- 1 tsp sesame seeds (optional)
- 1 tsp finely chopped fresh ginger (optional)

INSTRUCTIONS

1. Season the salmon belly strips with salt and pepper.
2. Mix the soy sauce, honey, and chopped ginger in a small bowl to create a marinade.
3. Heat 1 tablespoon of oil in a skillet over medium-high heat until hot.
4. Add the salmon belly strips to the pan in a single layer. Cook for 2-3 minutes per side until golden brown and crispy.
5. If using the marinade, brush the salmon belly with the soy sauce mixture during the last 2 minutes of cooking.
6. Transfer the cooked salmon belly strips to a clean plate.
7. If desired, sprinkle sesame seeds over the salmon for garnish.



Tuna Steaks with Animal Fat

Serves: 2 | **Prep time:** 10 mins | **Cook time:** 6 mins

Calories 350 kcal	Fats 15 grams	Protein 50 grams
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INGREDIENTS

- 2 tuna steaks (about 6 oz each)
- 2 tbsp animal fat (such as beef tallow or duck fat)
- Salt and freshly ground black pepper to taste
- 1 tbsp fresh rosemary, finely chopped (optional)
- 1 tsp garlic powder (optional)
- 2 cups arugula or spinach leaves
- 1 tbsp balsamic vinegar

INSTRUCTIONS

1. Season the tuna steaks with salt, pepper, garlic powder, and rosemary (if using). Ensure they are evenly coated.
2. Heat 1 tablespoon of animal fat in a skillet over high heat until the fat is shimmering but not smoking.
3. Place the tuna steaks in the pan. Sear for about 2-3 minutes on one side until a golden crust forms.
4. Flip the tuna steaks, adding the remaining tablespoon of animal fat to the pan. Cook for an additional 2-3 minutes for medium-rare.
5. Once the tuna steaks are cooked to your liking, transfer them to a plate and let them rest for a couple of minutes.
6. (Optional) Serve with arugula or spinach leaves and a drizzle of balsamic vinegar
6. Enjoy a rich, succulent tuna steak with the unique flavor that only animal fat can impart.



Carnivore Sushi

Serves: 2 | **Prep time:** 20 mins | **Cook time:** 0 mins

Calories 400 kcal	Fats 25 grams	Protein 45 grams
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INGREDIENTS

- 8 oz thinly sliced rare roast beef
- 4 oz cream cheese, softened
- 2 tbsp mayonnaise
- 1 small avocado, sliced thinly
- 1/2 cucumber, julienned (optional)
- Salt and freshly ground black pepper to taste
- Soy sauce or coconut aminos for serving (optional)
- Wasabi paste for serving (optional)

INSTRUCTIONS

1. In a bowl, mix the cream cheese and mayonnaise until well combined. Season with a pinch of salt and pepper.
2. Spread the cream cheese mix across the roast beef.
3. Place a few slices of avocado (and cucumber if using) on top of the cream cheese layer.
4. Carefully roll the beef slices tightly around the filling, creating a sushi roll shape. If the beef doesn't stick to itself to seal the roll, you can use a toothpick to secure it.
5. Repeat the process with the remaining ingredients until all the sushi rolls are prepared.
6. To serve, cut each beef roll into bite-sized pieces, akin to sushi. Arrange on a plate.
7. (Optional) Serve your carnivore sushi with soy sauce or coconut aminos and a small amount of wasabi paste on the side for dipping.



Lobster Tail with Melted Butter

Serves: 4 tails | **Prep time:** 5 mins | **Cook time:** 5-7 mins

Calories	Fats	Protein
100 kcal	5 grams	20 grams

INGREDIENTS

- 4 lobster tails, thawed if frozen
- 4 tbsp butter
- 1 garlic clove, minced
- Juice of 1 lemon
- 2 tbsp fresh parsley, chopped
- Salt and pepper to taste

INSTRUCTIONS

1. Cut along the lobster shells lengthwise to expose the meat inside while keeping the shells fully intact.
2. Loosen the lobster meat from the bottom of the shells using your fingers or the handle of a spoon.
3. Season the lobster meat with salt and pepper.
4. Arrange tails shell-side down on a broiling pan. Broil on high heat for 5-7 minutes until lobster meat firms up.
5. Melt butter in a skillet over medium-low heat. Add minced garlic and lemon juice.
6. Once cooked, transfer the lobster tails onto plates, keeping the shells intact.
7. Spoon the hot butter sauce over the lobster meat.
8. Garnish with parsley and serve with lemon wedges.



Pan-Fried Kidneys with Butter

Serves: 2 | **Prep time:** 10 mins | **Cook time:** 5 mins

Calories	Fats	Protein
150 kcal	10 grams	15 grams

INGREDIENTS

- 4 lamb kidneys
- 3 tbsp ghee or butter, divided
- 1 small onion, diced
- 2 garlic cloves, minced
- 2 sprigs thyme
- 2 tbsp cooking sherry
- SALT AND PEPPER to taste

INSTRUCTIONS

1. Slice each kidney in half. Remove any white fat tissue you see.
2. Rinse the kidneys under cold water and pat dry with kitchen towels.
3. Season the kidneys with salt and pepper on both sides.
4. Heat 2 tablespoons of ghee in a cast iron skillet over high heat.
5. Once hot, sear the kidneys for 2 minutes on each side.
6. Remove from the pan to a plate and set aside.
7. Reduce the heat to medium and add the remaining tablespoon of ghee to the pan.
8. Add the diced onion, minced garlic, and thyme sprigs, sautéing them for about 3-4 minutes.
9. Return the kidneys to the pan and add the cooking sherry. This will deglaze the pan, lifting up all those delicious crispy bits stuck to the bottom.
10. Cook for an additional 2 minutes until the kidneys are pink inside. Then serve while hot.



Heart Kebabs

Serves: 2 kebabs | **Prep:** 20 mins | **Cook:** 8–12 mins

Calories	Fats	Protein
150 kcal	5 grams	25 grams

Marinade Ingredients

- Beef or bison heart
- 1/4 cup olive oil
- 3 tbsp lemon juice
- 4 garlic cloves, minced
- 1 tsp each cumin, paprika, oregano
- Salt and pepper to taste

INSTRUCTIONS

1. Start by cutting the beef or bison heart into 1-inch size cubes and place them in a bowl.
2. In a separate bowl, whisk together the marinade ingredients: The olive oil, lemon juice, minced garlic, cumin, paprika, oregano, salt, and pepper.
3. Pour this marinade over the heart cubes and mix until they're well coated.
4. Cover the bowl and let it marinate for anywhere between 1 to 12 hours in your refrigerator.
5. When you're ready to cook, skewer the marinated heart cubes onto stick kebabs.
6. Grill or broil these kebabs for about 8–12 minutes, turning occasionally until you have a slightly charred exterior while cooked through the middle.



Braised Pig Feet

Serves: 4 | **Prep time:** 10 mins | **Cook time:** 3 hours

Calories	Fats	Protein
300 kcal	15 grams	45 grams

INGREDIENTS

- 4 split pig feet
- 1 onion, chopped
- 3 celery stalks, chopped
- 3 garlic cloves, smashed
- 2 bay leaves
- 1 cup chicken bone broth
- 2 tbsp ACV
- 1 tbsp tomato paste
- 1 tsp each thyme, sage, salt and pepper

INSTRUCTIONS

1. Give the pig feet a good rinse under cold water.
2. Place them in the slow cooker insert along with the rest of the ingredients.
3. Set your slow cooker to low and cook for about three hours, until the pig feet are tender.
4. Remove the cooked pig feet to a serving platter.
5. At this point, you will have a lot of flavorful braising liquid in the slow cooker. Blend this liquid into a smooth sauce and pour it over the feet to serve.



Stuffed Intestines (Sausages)

Yield: 1 lb | **Prep time:** 30 mins | **Cook:** 15–20 mins

Calories	Fats	Protein
100 kcal	10 grams	5 grams per link

INGREDIENTS

- 1 lb ground pork
- 1 tbsp dried sage
- 1 tsp each salt, pepper, thyme
- 1/4 tsp allspice
- Optional: Diced pork fat chunks
- Fresh hog casings, soaked and rinsed

INSTRUCTIONS

1. In a bowl, mix together the ground pork with the sage, salt, pepper, thyme, and allspice.
2. Put the mixture in your fridge to chill.
3. After rinsing the hog casing, thread one onto the sausage stuffing tube. Twist the linker to seal the end of the casing.
4. Load some of the seasoned pork into the stuffer and start to pump the meat mixture to fill the casing.
5. Every 4 inches, twist the casing to form links. Continue until all the meat mixture is used up.
6. With a pin, prick the casings to remove any trapped air.
7. Grill or pan fry these fresh sausages for 15–20 minutes, until they're browned and firm.



Brain Omelet

Serves: 1 | **Prep time:** 5 mins | **Cook time:** 5 mins

Calories	Fats	Protein
200 kcal	15 grams	12 grams

INGREDIENTS

- 2 eggs
- 1 calf, lamb or pig brain, rinsed (or 4-6 oz canned)
- 1 tsp ghee, tallow or bacon grease
- 2 tbsp onion, diced
- 1 garlic clove, minced
- 2 tbsp fresh parsley, chopped
- Salt and pepper to taste

INSTRUCTIONS

1. Heat a skillet over medium heat and add the ghee.
2. Add in the diced onions and minced garlic and sauté soft.
3. Add the brain and continue cooking for 5 minutes.
4. In a separate bowl, whisk the eggs with salt and pepper.
5. Pour the eggs into the skillet and let them cook.
6. As the eggs begin to set, push the cooked edges toward the middle so that any uncooked egg can flow underneath.
7. When the eggs are mostly set, spoon the cooked brain mixture onto one half of the omelet.
8. Fold the empty half of the omelet over the filled half and then slide the omelet onto a plate to serve.
9. Garnish with freshly chopped parsley.



Venison Steak

Serves: 1 | **Prep time:** 5 mins + optional marinade | **Cook time:** 3-5 mins per side

Calories	Fats	Protein
250 kcal	8 grams	40 grams

INGREDIENTS

- 1 venison steak, 1-inch thick
- 1-2 tablespoon(s) of Ghee, tallow, or duck fat
- Salt and pepper

INSTRUCTIONS

1. Season with salt and pepper.
2. Heat a heavy iron skillet over high heat until very hot.
3. Add your chosen fat (Ghee, tallow, or duck fat) to the skillet.
4. As soon as the fat begins to smoke, add the venison steak to the skillet. Do not move or lift the steak immediately after placing it in the skillet. Allow it to create a good sear, about 2-3 minutes.
5. Flip the steak over and sear the other side. Sear for 2-3 minutes for medium-rare, 3-4 minutes for medium, and 4-5 minutes for medium-well.
6. Remove the venison steak from the skillet and let it rest for 5 minutes.
7. Slice the steak against the grain in thin, even slices to maximize tenderness.



Bison Burgers

Serves: 4 patties | **Prep:** 10 mins | **Cook time:** 6–8 mins

Calories	Fats	Protein
250 kcal	15 grams	25 grams per patty

INGREDIENTS

- 1 lb ground bison
- 2 tbsp tallow, melted
- 1 tsp each garlic powder, onion powder
- 1/2 tsp each salt and pepper
- (Optional) Avocado, lettuce, or arugula salad

INSTRUCTIONS

1. Place your ground bison in a bowl. Add the melted tallow to give it additional flavor.
2. Sprinkle the garlic and onion powders, salt, and pepper over the meat and then combine the spices and tallow with the ground bison.
3. Divide the meat into four equal patties roughly 6 oz. each and $\frac{3}{4}$ -inch to 1-inch thick.
4. Get your grill or skillet smoking hot, over high heat. Now place your patties onto the grill or the skillet.
5. Cook the patties until they reach your preferred level of doneness. This should be about 3–4 minutes per side for a medium to medium-rare burger. Remember that bison is leaner than beef, so it cooks faster and can dry out if overcooked.
6. (Optional) Serve your bison burgers on lettuce wraps, an arugula salad, or any other low-carb base of your choice. Add a slice or two of ripe avocado for extra creaminess and flavor.



Rabbit Stew

Serves: 6 | **Prep time:** 20 mins | **Cook time:** 1 hour 20 mins

Calories	Fats	Protein
300 kcal	12 grams	28 grams

INGREDIENTS

- 2 rabbits, cut into pieces (or 4 rabbit legs)
- 4 strips bacon, chopped
- 3 celery stalks, sliced
- 2 medium onions, chopped
- 4 garlic cloves, minced
- 4 cups chicken bone broth
- 1 tbsp fresh thyme
- 2 bay leaves
- Salt and pepper to taste

INSTRUCTIONS

1. Season the rabbit with salt and pepper.
2. Warm a large pot over medium-high heat and cook the bacon until it has rendered out much of its fat. Remove the cooked bacon, leaving the rendered fat.
3. Keeping the heat medium-high, add the seasoned rabbit pieces to the pot. Cook until well browned.
4. Add the sliced celery and chopped onions. Sauté in the remaining bacon fat and rabbit drippings for 5 minutes.
5. Add the minced garlic and sauté for an extra minute.
6. Return the rabbit pieces and cooked bacon bits to the pot.
7. Add the chicken bone broth, fresh thyme, and bay leaves.
8. Bring the stew to a boil, then reduce the heat to low, cover, and allow it to simmer for about 1 hour. The stew is finished when the rabbit meat is very tender.
9. Taste the stew and adjust the seasoning with extra salt and pepper as needed.



Grilled Elk Loin

Serves: 4 | **Prep time:** 5 mins | **Cook time:** 8–10 mins

Calories	Fats	Protein
250 kcal	8 grams	40 grams

Marinade INGREDIENTS

- 1/2 cup red wine vinegar
- 1/4 cup olive oil
- 3 garlic cloves, minced
- 2 tsp dried oregano
- 2 tsp coarse black pepper
- 1 tsp salt

INSTRUCTIONS

1. In a bowl combine the marinade ingredients: red wine vinegar, olive oil, minced garlic, dried oregano, coarse black pepper, and salt.
2. Add elk loin to the marinade, ensuring the loin is fully coated. Cover the bowl and refrigerate it overnight.
3. When ready to cook, turn up your grill to a high heat and lightly oil the grill grates with a high-smoking-point oil to prevent the loin from sticking.
4. Grill the elk loin for about 4–5 minutes per side.
5. Transfer the grilled elk loin to a cutting board and let it rest for 10 minutes.
6. Slice the rested elk loin into thin strips and serve.



Duck Breast with Crispy Skin

Serves: 4 | **Prep time:** 10 mins | **Cook time:** 6–8 mins

Calories

300 kcal

Fats

13 grams

Protein

34 grams

INGREDIENTS

- 4 boneless, skin-on duck breasts (6–8 oz each)
- 2 tbsp duck fat or ghee, divided
- 4 thyme sprigs
- 4 garlic cloves, peeled
- Salt and pepper
- (Optional) Radishes as a side dish

INSTRUCTIONS

1. Score skin of duck breasts in crosshatch pattern, cutting down to meat. Be careful not to cut into the flesh. Salt both sides.
2. Heat a skillet over medium-high heat. Add 1 tbsp duck fat.
3. Place duck breasts skin-side down and cook for 6–8 minutes until deep brown. Remove rendered fat as needed.
4. Turn duck breasts and cook for 2 minutes on second side. Transfer to baking sheet skin-side up.
5. Top each breast with thyme sprig, garlic clove and remaining duck fat.
6. Roast in oven at 400 degrees F for 10–12 minutes.
7. Rest 5 minutes before spooning pan juices over the top. (Optional) Serve with roasted radishes.



Homemade Beef Tallow

Yield: 3 cups | **Prep time:** 10 mins | **Cook time:** 2-5 hours

Calories	Fats	Protein
125 kcal	14 grams	0 grams

INGREDIENTS

- 3 lbs grass-fed beef fat trim, diced into 1-inch cubes
- 1 cup water

INSTRUCTIONS

1. Cut your beef fat into small chunks.
2. Place the chunks in a large pot and fill with enough water to cover the fat.
3. Turn on low heat. Cook until the fat has melted, it could take between two to five hours.
4. Once the fat has melted, strain it into a large bowl through a cheesecloth to remove any impurities.
5. Pour the strained tallow into a mason jar and let it cool until it turns into a solid white block.



Rendered Duck Fat

Yield: 2 cups | **Prep time:** 10 mins | **Cook time:** 2 hours

Calories	Fats	Protein
130 kcal	14 grams	0 grams

INGREDIENTS

- 1 lb duck fat, skin and trimmings diced
- 1/2 cup water

INSTRUCTIONS

1. Start by cleaning the duck skin and fat of any residual meat or blood. Then, dice it into small pieces for even rendering.
2. Add the diced duck fat and water to a slow cooker insert. The water will help to prevent the fat from burning before it renders fully.
3. Cook the mixture on low for approximately 2 hours. Leave the slow cooker uncovered to allow any water to evaporate.
4. Once the mixture is fully liquid and golden in color, strain it through a mesh sieve to remove the cooked skin pieces. For a clearer fat, line the sieve with cheesecloth which can capture any smaller particles that the mesh sieve missed.
5. Transfer the strained liquid into an airtight container and let it cool. Upon cooling, it will solidify to a creamy white color.
6. Store your rendered duck fat in the refrigerator. It should last up to six months.



Pork Lard Confections

Yield: 20 pcs. | **Prep time:** 10 mins | **Cook time:** 10 mins

Calories	Fats	Protein
150 kcal	14 grams	1 grams

INGREDIENTS

- 1/2 cup pure pork lard, room temperature
- 3 tbsp powdered erythritol sweetener
- 1 tsp vanilla extract
- 1/4 tsp salt
- (Optional) Unsweetened cacao nibs, citrus zest, spices

INSTRUCTIONS

1. In a bowl, cream together room temperature pork lard and erythritol using an electric mixer.
2. Add vanilla extract and salt to the creamed mixture. Continue to beat until the mixture is smooth, well combined and turns slightly fluffy.
3. If you wish to add more depth, feel free to fold in optional mix-ins like unsweetened cacao nibs, citrus zest or spices.
4. Spoon dollops of the mixture onto a parchment paper lined baking sheet, making sure they are adequately spaced.
5. Place the scooped confections in the refrigerator for about 30 minutes until they firm up.
6. Can be stored in an airtight container in the fridge for up to a month or in the freezer for longer shelf life.



Herbed Butters

Yield: 1 cup | **Prep time:** 10 mins | **Cook time:** 0min

Calories	Fats	Protein
100 kcal	11 grams	0 grams

INGREDIENTS

- 1 cup grass-fed butter, softened
- 2 tbsp fresh herbs such as parsley, dill, basil, thyme leaves stripped from stems
- 1 small shallot, minced
- 1 garlic clove, minced
- Zest of 1 lemon, orange or lime
- Salt and pepper to taste

INSTRUCTIONS

1. Using a hand mixer, beat the butter until it is smooth.
2. Finely chop the fresh herbs and add them to the butter.
3. Add the minced shallot, garlic, zest of your preferred citrus, salt, and pepper.
4. Scoop out the mixture onto parchment paper. Shape it into a log by rolling the parchment paper around the butter, creating a tube shape. Twist both ends of the parchment paper to seal the log.
5. Refrigerate the log for a couple of hours, allowing it to firm up and the flavors to meld.
6. When ready to use, simply slice off the amount you need from the butter log and place it on top of cooked meats, vegetables or any dish you would like to enhance with delightful herbed butter.



Bone Marrow Spread

Yield : 2 cups | **Prep time:** 10 mins | **Cook:** 15 mins

Calories

125 kcal

Fats

14 grams

Protein

3 grams

INGREDIENTS

- 8 large grass-fed beef marrow bones, about 3-inches long
- 2 shallots, minced
- 4 tbsp fresh parsley, chopped
- 2 tbsp lemon juice
- 1/2 tsp salt
- 1/4 tsp pepper
- Dash cayenne pepper

INSTRUCTIONS

1. Preheat your oven to 450°F. Arrange the marrow bones, cut-side up, on a foil-lined baking sheet.
2. Roast the marrow bones for about 15 minutes until the marrow softens and starts to bubble.
3. Remove the bones from the oven and cool.
4. Scoop out the marrow and add to a food processor.
5. Add the minced shallots, chopped fresh parsley, lemon juice, salt, pepper and a dash of cayenne pepper.
6. Process the mixture until it forms a smooth puree.
7. Transfer the puree to ramekins and put into the refrigerator to set.
8. Once firmly set, the bone marrow spread can be served on a charcuterie board with celery sticks, veggie-free crackers or spread on artisanal bread.



Beef Jerky

Yield : 8 oz | **Prep time:** 10 mins | **Cook time:** 3 hours

Calories	Fats	Protein
80 kcal	1 grams	15 grams

INGREDIENTS

- 1/4 cup coconut aminos
- 2 tbsp Worcestershire sauce
- 1 tbsp each onion powder, garlic powder
- 1 tsp liquid smoke
- 1/2 tsp black pepper

INSTRUCTIONS

1. Freeze the beef for around 1-2 hours. This makes it easier to slice into long strips, with a thickness of around 1/4 inch.
2. In a bowl, mix together the coconut aminos, Worcestershire sauce, onion powder, garlic powder, liquid smoke, and black pepper.
3. Place the beef in a sealable plastic bag and pour the marinade over it. Marinate in the refrigerator overnight, or for a minimum of 8 hours.
4. Preheat your dehydrator to 160°F. Remove the marinated beef strips from the bag, shaking off any excess marinade. Arrange the strips on the dehydrator trays.
5. Dry the beef at 160°F for about 3 hours. Halfway through, open the dehydrator and flip each strip to ensure even drying on both sides. The jerky is done when it is dry and leathery but still pliable.
6. Allow the jerky to cool at room temperature. This step is crucial for texture and to prevent moisture from condensing in the storage container.
7. Once cooled, transfer the beef jerky to an airtight container. Store in a cool, dry place for up to 1 month.



Chicken Skin Chips

Serves: 2 | **Prep time:** 5 mins | **Cook time:** 20 mins

Calories	Fats	Protein
320 kcal	36 grams	12 grams

INGREDIENTS

- Skin from 1 whole chicken
- 2 tbsp avocado oil or bacon grease
- Sea salt

INSTRUCTIONS

1. Preheat your oven to 375°F. Line a baking sheet with parchment paper for easy cleanup.
2. Remove the skin from a whole chicken in as large pieces as possible.
3. Lightly brush both sides of the chicken skin with avocado oil or bacon grease, then sprinkle with salt.
4. Arrange the chicken skin pieces, skin-side down, on the prepared baking sheet. Do not overcrowd them to ensure they crisp up properly.
5. Bake in the preheated oven for 15–20 minutes, or until they are golden brown and crisp.
6. Remove the baking sheet from the oven and let the chicken skin chips cool completely.
7. They will continue to crisp up as they cool. Store in an airtight container at room temperature for up to 5 days.



Pemmican

Yield : 10 oz | **Prep time:** 15 mins | **Cook time:** 0 min

Calories	Fats	Protein
150 kcal	12 grams	8 grams per oz

INGREDIENTS

- 8 oz grass-fed beef jerky, finely ground
- 4 oz rendered beef tallow
- 2 tbsp honey
- 1 tsp cinnamon

INSTRUCTIONS

1. Use a food processor to pulverize dry, unsalted beef jerky into a fine powder.
2. In a saucepan, heat rendered beef tallow over low heat until it melts.
3. Remove from the heat to prevent burning.
4. In a bowl, mix the finely ground beef jerky with the melted tallow. Add the honey and cinnamon, stirring thoroughly.
5. Pour the mixture into an airtight container.
6. Place the molded pemmican in the refrigerator to harden. This will take several hours, but it's best to leave it overnight.
7. Once solidified, cut the pemmican into bars.
8. Keep the pemmican in an airtight container in a cool, dark place. Under optimal storage conditions, pemmican can last for several months due to its natural preservation from the tallow.



Pork Rinds

Yield : 4 cups | **Prep time:** 5 mins | **Cook time:** 20–25

Calories	Fats	Protein
90 kcal	9 grams	8 grams per oz

INGREDIENTS

- Pork skin, cut into 2-inch pieces
- Baking sheet

INSTRUCTIONS

1. Dry the pork skin pieces with paper towels.
2. Cut the skin into 2-inch squares or strips.
3. Preheat your oven to 400°F. Line a baking sheet with parchment paper for easier cleanup.
4. Arrange the pork skins on the baking sheet and bake for 20–25 minutes. Keep a close eye on them after 15 minutes, as they can go from perfectly crisp to overdone quickly.
5. The pork rinds are ready when they are puffed up and golden brown.
6. (Optional) To add flavor, season the pork rinds with salt or your choice of seasoning immediately after they come out of the oven.
7. Allow the pork rinds to cool to achieve their maximum crispiness. Store the cooled pork rinds in an airtight container at room temperature for up to a week.



Air-Fried Fish Skin

Serves: As desired | **Prep time:** 2 mins | **Cook time:** 8 mins

Calories	Fats	Protein
130 kcal	11 grams	13 grams

INGREDIENTS

- Salmon, bass, snapper or other fish skin
- Salt

INSTRUCTIONS

1. Remove any excess fat from the fish skin and then thoroughly drying the skins with paper towels.
2. Preheat your air fryer to 390°F for about 3 to 5 minutes. A proper preheat helps in achieving a crispy texture.
3. Lightly mist the fish skin pieces with avocado oil spray if using. This is not necessary but can help in achieving an extra crisp finish.
4. Sprinkle the pieces with salt.
5. Arrange the fish skin pieces in a single layer in the air fryer basket.
6. Air fry at 390°F for about 8 minutes, shaking the basket halfway through.
7. Once crispy and golden, remove the fish skin chips from the air fryer and let them cool for a minute or two. They will continue to crisp up as they cool.
8. Serve immediately for the best texture.



Meatball Soup

Serves: 4 | **Prep time:** 15 mins | **Cook time:** 25 mins

Calories	Fats	Protein
300 kcal	20 grams	20 grams

INGREDIENTS

- 1 lb ground beef
- 1 egg
- 1/4 cup pork rinds crumbs
- 1 tsp each Italian seasoning and salt
- 4 cups beef bone broth
- 1 small onion, diced
- 2 celery stalks, sliced
- 2 garlic cloves, minced
- Salt and pepper to taste

INSTRUCTIONS

1. In a bowl, combine beef, egg, pork rind crumbs, Italian seasoning, and salt. Mix well and form into 1-inch balls.
2. In a large saucepan, bring the beef bone broth to a simmer over medium heat.
3. Add the diced onion, sliced celery, and minced garlic to the broth. Season with salt and pepper. Cook for about 5 minutes, until the vegetables are slightly tender.
4. Drop the meatballs into the broth.
5. Simmer for 10 minutes, or until the meatballs are cooked through.
6. Once the meatballs are fully cooked, ladle the hot soup into bowls. Serve the soup immediately, piping hot.



Fish Head Soup

Serves: 4 | **Prep time:** 10 mins | **Cook time:** 30 mins

Calories	Fats	Protein
150 kcal	5 grams	25 grams

INGREDIENTS

- 1 fish head (red snapper, sea bass, etc)
- 2 cups fish bone broth
- 1 tomato, diced
- 1 small onion, diced
- 2 garlic cloves, minced
- Chili flakes, cilantro, lime wedges

INSTRUCTIONS

1. In a large soup pot, combine the fish bone broth, diced tomato, diced onion, and minced garlic. place the cleaned fish head into the pot.
2. Bring the mixture to a gentle simmer over low-medium heat. Cover the pot and allow it to cook for about 30 minutes. During this time, the meat on the fish head will become tender and start to fall off the bone.
3. After cooking, remove the fish head from the broth. Allow it to cool slightly, then debone the meat, discarding the bones. Optionally, you can return the deboned fish meat back to the pot to distribute throughout the soup.
4. Serve the soup in bowls, garnished with a sprinkle of chili flakes, fresh cilantro, and a squeeze of lime juice for an added zesty flavor.



Beef Shank Bone Broth

Yield : 12 cups | **Prep:** 15 mins | **Cook time:** 24-48 hours

Calories	Fats	Protein
150 kcal	5 grams	6 grams

INGREDIENTS

- 3 lbs grass-fed beef marrow bones
- 2 lbs grass-fed beef knuckle/shank bones
- 3 quarts filtered water
- 2 onions, chopped
- 3 carrots, chopped
- 3 celery stalks, chopped
- 1 head garlic, halved
- 2" ginger, sliced
- 2 tbsp ACV
- 2 bay leaves
- Few sprigs thyme and parsley

INSTRUCTIONS

1. Arrange the beef marrow and knuckle/shank bones on a tray. Roast at 450°F for 30 minutes.
2. Add the roasted bones to a pot and add enough water to cover the bones. Bring to a boil, then reduce to a simmer.
3. Add the chopped onions, carrots, celery, halved garlic head, sliced ginger, apple cider vinegar, bay leaves, thyme, and parsley.
4. Simmer the broth at a low heat for 24-48 hours. Skim off any foam and add water as to keep the bones submerged.
5. Strain the broth and let it cool, then refrigerate.
6. Once chilled, skim off the hardened fat from the top.
7. Reheat your beef shank bone broth whenever you wish or store in the refrigerator for up to 5 days.



Chicken Heart Soup

Serves: 4 | **Prep time:** 10 mins | **Cook time:** 25 mins

Calories	Fats	Protein
200 kcal	10 grams	20 grams

INGREDIENTS

- 1 lb chicken hearts, rinsed
- 2 quarts chicken bone broth
- 1 onion, diced
- 2 celery stalks, sliced
- 4 garlic cloves, minced
- 2 bay leaves
- Salt and pepper to taste

INSTRUCTIONS

1. Rinse the chicken hearts under cold water and set aside.
2. In a large pot, combine the chicken bone broth, diced onion, sliced celery, minced garlic, and bay leaves. Bring the mixture to a gentle simmer over medium heat.
3. Add the rinsed chicken hearts to the pot. Season the soup with salt and pepper to taste.
4. Cover and simmer for 20-25 minutes, or until the chicken hearts are cooked through and tender.
5. Remove the bay leaves from the soup. You can choose to serve the chicken hearts whole within the soup or slice them into smaller pieces for easier eating.
6. Ladle the hot soup into bowls and serve immediately.



Slow-Cooked Oxtail Broth

Yield: 8 cups | **Prep:** 15 min | **Cook:** 12-24 hours

Calories	Fats	Protein
150 kcal	5 grams	15 grams

INGREDIENTS

- 3-4 lbs grass-fed oxtails
- 2 quarts beef bone broth
- 1 large onion, chopped
- 2 carrots, chopped
- 3 celery stalks, chopped
- 8 garlic cloves, smashed
- 2 bay leaves
- Few sprigs thyme and parsley

INSTRUCTIONS

1. Season the oxtails with salt and pepper.
2. Heat a skillet over medium-high heat and sear the oxtails until well browned.
3. Transfer the seared oxtails to a slow cooker. Add the chopped onion, carrots, celery, smashed garlic cloves, bay leaves, thyme, and parsley.
4. Pour the beef bone broth over the ingredients ensuring that the oxtails are submerged.
5. Set the slow cooker to low and cook for 12-24 hours.
6. Once cooked, remove the oxtails from the broth.
7. You can shred the meat from the bones and reserve it if desired.. Cool the broth in the refrigerator and then skim off the fat.
8. Reheat the clear broth and add back the shredded oxtail meat before serving.



Cured Meats and Charcuterie

Serves: | **Prep time:** Varies by meat | **Cook:** 0 mins

Popular carnivore choices

- Beef jerky
- Salami sticks
- Prosciutto
- Smoked salmon
- Gravlax
- Beef bacon Salt and pepper to taste

INSTRUCTIONS

1. Mix salt, a choice of spices, and optionally natural sweetener. The proportions of salt to spices and sweetener can vary based on personal preference and the type of meat being cured. Typically, for every pound of meat, start with 2–3 tablespoons of salt.
2. Coat the meat with the prepared curing mix.
3. Place the coated meat in a sealable plastic bag and store in the refrigerator for between 7 days for smaller cuts like jerky and 30 days for larger pieces such as ham or prosciutto. Flip the bag daily to spread the curing mix.
4. Remove the meat from the bag. If it appears too salty, rinse it under cold water.
5. Either dehydrate the meat for jerky or smoke it low and slow for items like salami sticks or beef bacon.

Safety Note: Curing meat requires strict food handling and storage practices to prevent the growth of bacteria.



Carpaccio and Other Raw Meats

Serves: 4 | **Prep time:** 10 mins + 2 | **Cook time:** 0

INSTRUCTIONS

1. Choose high-quality, fresh beef, game, fish, or shellfish for the best outcome. Wrap your selection tightly in plastic wrap to prevent freezer burn and freeze for 1-2 hours until firm but not solid, making it easier to slice thinly.
2. Remove the meat from the freezer and discard the plastic wrap. Using a sharp knife or a meat slicer, slice the meat paper-thin. The thinner the slice, the more delicate the texture and taste.
3. Arrange the slices on a chilled plate. Dress lightly with quality extra virgin olive oil, a squeeze of fresh lemon or lime juice, and a sprinkle of salt. Serve immediately to enjoy the freshness of the meat.

Pairings and Notes:

Complement your carpaccio with capers, mustard, horseradish, finely chopped fresh herbs, diced vegetables, or a drizzle of rendered animal fat for added flavor. Ensure raw meats are eaten shortly after preparation to avoid potential foodborne illnesses.



Exotic Organ Pâtés

Yield: 2 cups | **Prep time:** 15 mins | **Cook time:** Varies

INGREDIENTS

- 1 lb organ meat like liver, kidney, heart, brains or tongue
- 1 small onion, diced
- 1/4 cup butter, ghee or tallow
- 1/4 cup bone broth or wine
- 2 garlic cloves
- Fresh herbs to taste
- Salt and pepper

INSTRUCTIONS

1. Clean the organ meat under cold water, then pat dry with paper towels. Slice into pieces.
2. In a skillet over medium heat, melt butter, ghee, or tallow. Add diced onion and minced garlic, sautéing until they are soft.
3. Add the organ meat and cook until browned. For liver and other tender organs, this may take 5-7 minutes. Deglaze the pan with broth or wine, scraping up any browned bits, and simmer until the meat is cooked through.
4. Transfer the mixture to a food processor. Blend until smooth, adding more fat as needed to achieve a creamy consistency. Season with salt, pepper, and fresh herbs to taste.
5. The pâté can be enjoyed warm, at room temperature, or chilled. Garnish with additional fresh herbs before serving. Pâté can be stored in a covered container in the refrigerator for up to 5 days.



Offal Dishes

INSTRUCTIONS

1. Rinse the offal under cold water then dry with paper towels.
2. For organs like heart and tongue, trim any excess tissue.
3. Offal can vary greatly in texture and flavor, so choosing the right cooking method is crucial. For tender offal like liver or kidneys, slicing thinly and cooking hot and fast in a pan yields the best results. Tougher cuts like heart or oxtail benefit from slow cooking methods to break down tough fibers.
4. Offal has a robust flavor profile that pairs well with bold seasonings and marinades. Don't be shy with herbs, spices, and acids like vinegar or citrus juice to balance the inherent richness of the organ meats.

OPTIONS

Beef Heart Skewers: Marinate chunks of beef heart in a blend of olive oil, garlic, and herbs before grilling quickly over high heat.

Seared Duck Hearts: Season with salt and pepper, and sear in a hot pan for a quick, delicious appetizer.

Slow-Cooked Oxtail: Simmer oxtail with onions, garlic, and stock until the meat is fall-off-the-bone tender.

Roasted Bone Marrow: Roast bone marrow in the oven and serve with a side of sea salt and crusty bread.

Beef Tongue Tacos: Braise beef tongue until tender, then peel, chop, and serve in tacos with your favorite toppings.

Braised Pig Trotters: Slow-cook pig trotters with vegetables and herbs until the meat is gelatinous and tender.

Pan-Fried Chicken Livers & Gizzards: Quick-fry in butter or ghee and serve with onion gravy.

Lamb Kidney Kebabs: Marinate kidneys in a spicy mixture, then grill on kebabs until just cooked through.



Fermented Fish and Seafood

Prep time: 15 mins | **Ferment time:** 2-21 days

OPTIONS

- Lacto-fermented salmon or trout
- Fermented tuna salad
- Fish sauce
- Fermented shrimp paste
- Whole sardines
- Squid or octopus coveracles
- Seaweed

INSTRUCTIONS

1. Clean your choice of fish. For larger pieces, like salmon or trout, slice into manageable portions.
2. Mix the seafood with a solution of 2% sea salt brine.
3. Transfer your salt-coated seafood into a fermentation crock or a wide-mouth glass jar. To ensure the seafood stays submerged beneath the brine, weigh it down with a fermentation weight or a clean, smaller jar filled with water.
4. Introduce a starter culture or whey to kickstart the fermentation process, if you prefer, although it's not strictly necessary as the natural lactic acid bacteria present on the seafood and in the environment can facilitate fermentation.
5. Store your crock or jar in a cool, dark place to ferment for 2 to 21 days. The duration will depend on your taste preference for sourness.
6. Check periodically for signs of fermentation, such as bubbles and a slightly sour smell.
7. Once the fermentation reaches your desired level of sourness, transfer the container to the refrigerator. This halts the fermentation by greatly slowing down the activity of the bacteria.



Smoked Brisket

Serves: 8 | **Prep time:** 15 mins | **Smoke time:** 8-12 hours

Calories	Fats	Protein
450 kcal	35 grams	35 grams

INGREDIENTS

- 5 lbs beef brisket, trimmed
- Dry rub: Salt, pepper, garlic powder, paprika, onion powder

INSTRUCTIONS

1. The night before smoking, prepare your brisket by trimming excess fat.
2. Apply a generous amount of the dry rub, made from salt, pepper, garlic powder, paprika, and onion powder, covering all surfaces of the brisket for a harmonious layer of flavor.
3. Preheat your smoker to 225°F.
4. Place the brisket fat side up on the smoker.
5. To keep the brisket moist and flavorful, spritz it with broth, apple cider vinegar, or a mixture of both every hour.
6. After 8-12 hours of smoking, when the brisket reaches an internal temperature around 195°F to 205°F remove it from the smoker. Wrap it in butcher paper or foil and let it rest for at least 30 minutes. This allows the juices to redistribute throughout the brisket, ensuring every slice is moist and flavorful.



Grilled Lamb Chops

Serves: Varies | **Prep time:** 5 mins | **Cook time:** 3–5 mins

Calories	Fats	Protein
150 kcal	9 grams	15 grams

INGREDIENTS

- Lamb chops

INSTRUCTIONS

1. Preheat your grill to high.
2. Season the lamb on both sides with salt and pepper.
3. Place the lamb chops on the hottest part of the grill and grill each side for 3–5 minutes, depending on the thickness of the chops and your preference for doneness.
4. Once grilled to your liking, transfer the lamb chops to a plate and cover loosely with foil.
5. Let them rest for 5 minutes before serving to allow the juices to be reabsorbed into the meat, ensuring each chop is as flavorful and tender as possible.



Barbecue Pork Belly

Serves: 6-8 | **Prep time:** 15 mins | **Cook time:** 3 hours

Calories	Fats	Protein
600 kcal	48 grams	45 grams

INGREDIENTS

- 3 lbs pork belly
- 1 cup sugar-free barbecue sauce
- 1/4 cup apple cider vinegar
- 2 tbsp Worcestershire sauce
- 2 tsp each: garlic powder, onion powder, smoked paprika
- Salt and pepper

INSTRUCTIONS

1. Slice the pork belly into 1-inch thick strips. Season with salt, pepper, garlic powder, onion powder, and smoked paprika for a rich flavor profile.
2. Preheat your smoker to 275°F. While it warms, prepare your mop sauce by combining BBQ sauce with apple cider vinegar, Worcestershire sauce, and additional spices.
3. Place the seasoned pork belly strips on the smoker grates. Smoke for 2-3 hours, basting with your mop sauce every 30 minutes, until the pork belly achieves a deep brown color and the meat is tender.



Grilled Beef Kebabs

Serves: As desired | **Prep:** 30 mins | **Cook time:** 10 mins

Calories	Fats	Protein
150 kcal	5 grams	25 grams

INGREDIENTS

- Beef, bison, elk or lamb hearts
- Wooden skewers

INSTRUCTIONS

1. Clean the beef, bison, elk, or lamb heart, removing any fat and membranes for a pure meat experience.
2. Cube into 1-inch pieces for even cooking.
3. Soak wooden skewers in water to prevent them from burning on the grill.
4. Thread the heart cubes tightly onto the skewers, packing them closely to ensure even cooking. Season each skewer liberally with your chosen blend of spices, salt, and pepper.
5. Preheat the grill to high heat. Place the skewers on the grill, turning every 1-2 minutes to achieve an even sear on all sides.
6. Cook for 3-5 minutes, depending on the desired level of doneness. This quick, direct heat method will ensure the heart remains tender and juicy on the inside with a flavorful char on the outside.



Fire-Roasted Bone Marrow

Serves: 1-2 bones | **Prep time:** 10 mins | **Cook time:** 10-15 mins

Calories	Fats	Protein
104 kcal	11 grams	0.5 grams

INGREDIENTS

- 4 beef or veal marrow bones, cut crosswise into 2-inch segments
- 1/4 cup of fresh parsley leaves, chopped
- 2 tablespoons of capers, rinsed and drained
- 1/4 cup of breadcrumbs
- Zest of 1 lemon
- Salt and pepper, to taste

INSTRUCTIONS

1. Preheat your grill to high heat and oil the grates. Alternatively, you can preheat your oven to 450°F and line a baking sheet with foil.
2. Arrange the marrow bones on the grill or the baking sheet, marrow side up. Sprinkle some salt and pepper over the bones.
3. Grill or roast the bones for about 15 minutes, or until the marrow is soft and bubbly, but not melted.
4. In a small bowl, toss the parsley, capers, breadcrumbs, and lemon zest together. Season with salt and pepper, to taste.
5. Transfer the bones to a platter and sprinkle the parsley mixture over them.



Slow-Cooker Pulled Pork

Serves: 6 | **Prep time:** 10 mins | **Cook time:** 10 hours

Calories	Fats	Protein
450 kcal	36 grams	35 grams

INGREDIENTS

- 3 lb pork shoulder
- 1 cup chicken bone broth
- 1 onion, sliced
- 6 garlic cloves, crushed
- 2 tbsp ACV
- 2 tsp each: paprika, salt

INSTRUCTIONS

1. Slice 1 onion into thin strips and crush 6 cloves of garlic.
2. In a bowl, mix 2 teaspoons of paprika and salt. Rub this mixture all over the pork shoulder.
3. Place the sliced onion and crushed garlic at the bottom of the slow cooker, and lay the pork shoulder on top.
4. Pour 1 cup of chicken bone broth and 2 tablespoons of apple cider vinegar over the pork.
5. Set your slow cooker to low and cook for 10 hours.
6. Remove the pork shoulder from the slow cooker, transferring it to a large cutting board.
7. Using two forks, pull apart the meat, which should shred effortlessly.
8. If the meat seems dry, ladle a small amount of the cooking liquid over the shredded pork to reintroduce moisture and flavor.



Beef Cheek Ragu

Serves: 6 | **Prep time:** 10 mins | **Cook time:** 3 hours

Calories	Fats	Protein
300 kcal	12 grams	25 grams

INGREDIENTS

- 2 lbs beef cheeks, trimmed and cut into chunks
- 1 onion, diced
- 1 carrot, peeled and chopped
- 3 garlic cloves, minced
- 3 cups bone broth
- 1 bay leaf
- Few sprigs fresh thyme

INSTRUCTIONS

1. Trim any excess fat from the beef cheeks and cut them into large chunks.
2. Heat a skillet over medium-high heat and sear the beef cheek chunks until well browned.
3. Transfer the seared beef cheeks to the slow cooker. Add the diced onion, chopped carrot, minced garlic, 3 cups of bone broth, a bay leaf, and a few sprigs of fresh thyme.
4. Cook on Low for 3 hours or until the beef is so tender it falls apart at the touch of a fork.
5. Taste and season with salt and pepper according to preference. Serve the rich and hearty ragu over zoodles for a low-carb, nutrient-dense meal.



Braised Lamb Neck

Serves: 4 | **Prep time:** 10 mins | **Cook time:** 2 hours on Low

Calories

500 kcal

Fats

40 grams

Protein

35 grams

INGREDIENTS

- 4 lb lamb neck, trimmed into chunks
- 2 onions, sliced
- 4 garlic cloves, smashed
- Zest of 1 lemon
- 1 cup red wine (optional)
- 4 cups chicken bone broth
- 2 bay leaves
- Fresh rosemary and thyme

INSTRUCTIONS

1. Season the lamb with salt and pepper, then sear in a hot pan.
2. Place the browned lamb, sliced onions, smashed garlic cloves, and zest of 1 lemon in the slow cooker.
3. (Optional) Deglaze the pan with 1 cup of red wine, scraping up the browned bits for extra flavor. Pour this, along with 4 cups of chicken bone broth, over the lamb in the slow cooker. Add in the bay leaves and fresh rosemary and thyme.
4. Cook on low for 2 hours.
5. After cooking, remove the bay leaves and taste for seasoning, adjusting with salt and pepper as needed. The lamb should be beautifully tender, with a rich, flavorful sauce that's perfect for sopping up with crusty bread.



Oxtail Stew

Serves: 6 | **Prep time:** 15 mins | **Cook time:** 3-4 hours

Calories	Fats	Protein
550 kcal	45 grams	25 grams

INGREDIENTS

- 5 lbs oxtails, cut into chunks
- 2 onions, diced
- 4 carrots, chopped
- 4 celery stalks, sliced
- 6 garlic cloves, minced
- 1 cup red wine (optional)
- 6 cups beef bone broth
- 2 bay leaves
- Fresh thyme, parsley and rosemary

INSTRUCTIONS

1. Season the oxtail with salt and pepper. In a hot skillet, sear the meat on all sides until golden brown.
2. Add the browned oxtails to your slow cooker with the diced onions, chopped carrots, sliced celery, and minced garlic.
3. Use 1 cup red wine to deglaze the searing pan, then add to the slow cooker with 6 cups of bone broth.
4. Add 2 bay leaves along with fresh thyme, parsley, and rosemary sprigs.
5. Cook on low for 3-4 hours, until the meat is tender enough to fall off the bone.
6. Before serving, remove the bay leaves and season the stew to taste with additional salt and pepper.



Pork Shoulder Carnitas

Serves: 8 | **Prep time:** 5 mins | **Cook time:** 8-10 hours

Calories	Fats	Protein
300 kcal	18 grams	35 grams per wrap

INGREDIENTS

- 3 lbs bone-in pork shoulder, fat cap removed
- 1 onion, sliced
- 4 garlic cloves, crushed
- Juice of 2 limes
- 2 tsp each: cumin, oregano, salt
- 1 cup chicken broth

INSTRUCTIONS

1. Remove the fat from a 3 lb bone-in pork shoulder.
2. In a bowl, combine 2 teaspoons of cumin, oregano, and salt. Sprinkle this mixture all over the pork shoulder, ensuring it's evenly coated.
3. Place the sliced onion and crushed garlic cloves in the bottom of the slow cooker.
4. Squeeze the juice of 2 limes over the pork, then pour in 1 cup of chicken broth.
5. Cover and set the slow cooker to low, cooking for 8-10 hours. The low and slow cooking method ensures the pork will be tender enough to shred easily.
6. Once done, remove the pork from the slow cooker and transfer it to a cutting board. Use two forks to shred the meat into bite-sized pieces.
7. (Optional) Serve with extra lime wedges, hot sauce, and avocado slices to customize each bite.



Homemade Carnivore Salami

Yield: 2 lbs | **Prep time:** 30 mins | **Cure time:** 14–30 days

Calories	Fats	Protein
70 kcal	5 grams	8 grams

INGREDIENTS

- 5 lbs ground pork shoulder
- 3 tbsp sea salt
- 1 tbsp black pepper, crushed
- 1 tsp Prague Powder #2
- 1 cup red wine (optional)

INSTRUCTIONS

1. In a bowl, combine the ground pork shoulder with 3 tablespoons of sea salt, 1 tablespoon of crushed black pepper, and 1 teaspoon of Prague Powder #2. If opting to include red wine for added flavor, pour in 1 cup and mix thoroughly. Cover the bowl with plastic wrap and refrigerate overnight to allow the flavors to meld.
2. The next day, prepare the hog casings according to the package instructions. Stuff the seasoned meat tightly into the casings, being careful to avoid air pockets. Tie off the salami into 6–8 inch links.
3. Hang the salami links in a cool room to cure for 14–30 days. The curing process will gradually firm up the salami, concentrating the flavors. Periodically check the salami for any signs of bad mold (white mold is typically safe and expected, but any other colors or smells should be treated with caution).



Beef Bresaola

Serves: As desired | **Prep time:** 10 mins | **Cure time:** 14-21 days

Calories	Fats	Protein
130 kcal	5 grams	22 grams

INGREDIENTS

- 2-3 lb beef eye of round, fat trimmed
- 4 tbsp sea salt
- 3 tbsp black peppercorns, crushed
- 3 garlic cloves, minced
- 3 bay leaves, crumbled
- 2 cups red wine

INSTRUCTIONS

1. Trim any excess fat from the beef.
2. In a large airtight bag, combine the beef with 4 tablespoons of sea salt, 3 tablespoons of crushed black pepper, minced garlic cloves, crumbled bay leaves, and 2 cups of red wine. The red wine not only adds flavor but also helps to tenderize the meat throughout the curing process.
3. Seal the bag tightly and shake it well to ensure the beef is covered with the curing mixture. Place the bag in the refrigerator for 14-21 days, turning the bag over daily to ensure the cure is evenly distributed.
4. After the curing period, remove the beef from the bag, rinse it under cold water to remove the cure, and pat dry. The bresaola is now ready to be thinly sliced and served.



Dry-Cured Duck Breast

Serves: | **Prep time:** 5 mins | **Cure time:** 7 days

Calories	Fats	Protein
100 kcal	3 grams	22 grams

INGREDIENTS

- 2 duck breasts
- 2 tbsp kosher salt
- 1 tsp black pepper, crushed
- Few sprigs fresh thyme

INSTRUCTIONS

1. Start by rinsing the duck breasts under cold water and patting them dry with paper towels. This ensures that the cure will stick to the meat properly.
2. Place the duck breasts skin side down in a shallow dish. Evenly rub the kosher salt and crushed black pepper over the flesh, then top with a few sprigs of fresh thyme for an aromatic touch.
3. Leave the duck breasts uncovered in the refrigerator. This exposure to cold air helps to start the drying process. Turn the breasts once a day for 5-7 days, until the meat is firm to the touch.
4. Once cured, rinse the duck breasts to remove the salt and herbs, and pat dry. Slice the duck breast paper thin to enjoy the full flavor of the cure and the tender texture of the meat.



Corned Beef

Prep time: 15 mins | **Brine time:** 5-10 days | **Cook:** 3 hours

Calories	Fats	Protein
150 kcal	3 grams	30 grams

BRINE INGREDIENTS

- 2 quarts water
- 1 cup salt
- 1/2 cup brown sugar substitute
- 2 tbsp pickling spice

INSTRUCTIONS

1. In a large pot, combine 2 quarts of water with 1 cup of salt, 1/2 cup of brown sugar substitute, and 2 tablespoons of pickling spice. Stir over medium heat until the salt and sweetener are dissolved.
2. Place a 3-5 lb beef brisket into the brine. Make sure it is submerged, then cover and refrigerate. The brisket should brine for 5-10 days, absorbing the flavors of the spices and tenderizing in the process.
3. After brining, rinse the brisket under cold water and place it in a roasting pan. Add 2 cups of broth to the pan and cover tightly with foil to seal in the moisture. Roast at 325°F for 2 1/2 to 3 hours, or until the beef is fork-tender.
4. Let the corned beef rest for 20 minutes before slicing. This allows the juices to redistribute, ensuring a moist and flavorful slice. Cut against the grain for maximum tenderness.



Cured Egg Yolks

Serves: 1 | **Prep time:** 5 mins | **Cure time:** 1 week

Calories	Fats	Protein
70 kcal	7 grams	3 grams

INGREDIENTS

- 1 dozen pastured egg yolks
- 1/2 cup salt
- 2 tbsp monk fruit power (or natural sweetener of your choice)

INSTRUCTIONS

1. In a bowl, whisk together 1/2 cup of salt and 2 tablespoons of monk fruit powder. This combination will draw out moisture from the egg yolks, resulting in a firmer texture and a concentrated flavor.
2. Select a shallow dish that can comfortably fit all your egg yolks. Pour one-third of your salt and monk fruit mixture into the dish. Separate the egg yolks from the whites, and place each yolk on the salt bed, ensuring they are not touching. Poke a small hole in each yolk with a toothpick; this step helps the curing process by allowing moisture to escape. Cover them with the remaining salt mixture.
3. Store the dish in the refrigerator for one week.
4. After a week, remove the yolks from the salt. They will have noticeably hardened and changed in color. Rinse each yolk under cold water to remove any excess salt, then pat dry with paper towels. Use a microplane grater to zest the yolks over meat dishes for a delicious savory topping.



Steak Tartare

Serves: 1 | **Prep time:** 10 mins | **Cook time:** 0 mins

Calories	Fats	Protein
250 kcal	15 grams	25 grams

INGREDIENTS

- 6 oz grass-fed beef tenderloin
- 1 shallot, minced
- 1 tbsp capers
- 1 tbsp Dijon mustard
- 2 tsp horseradish (optional)
- 2 egg yolks
- Tabasco, Worcestershire, salt and pepper to taste

INSTRUCTIONS

1. Wrap the beef tenderloin in cling film and freeze for 1-2 hours until very firm but not frozen. This step makes it easier to cut the beef into fine pieces.
2. In a bowl, combine the finely diced beef with minced shallot, capers, Dijon mustard, and if desired, horseradish. Season with Tabasco, Worcestershire sauce, salt, and pepper according to your taste preferences. The egg yolks, added last, bind the mixture together and give it a creamy consistency.
3. Shape the mixture into patties or serve it as is, preferably on a chilled plate or over fresh salad greens. Tartare should be eaten immediately after preparation to ensure freshness and prevent any potential bacterial growth.



Lamb Carpaccio

Serves: 4 | **Prep time:** 10 mins + 2 hours freeze time

Calories	Fats	Protein
250 kcal	16 grams	28 grams

INGREDIENTS

- 1 lb lamb loin or leg, all fat/sinew removed
- 2 lemons
- Olive oil
- Salt and pepper
- Fresh mint

INSTRUCTIONS

1. Trim all fat and sinew from the lamb loin or leg to ensure a pure, clean taste. Wrap the meat tightly in plastic wrap and freeze for 1-2 hours until solid. This makes slicing the lamb paper-thin much easier, which is crucial for carpaccio.
2. Using a very sharp knife, slice the lamb as thinly as possible. Arrange the slices on a plate, slightly overlapping them for a visually pleasing presentation. Drizzle high-quality olive oil and fresh lemon juice over the lamb, then season with salt and pepper to taste.
3. To finish, add fresh mint leaves for a burst of freshness, and grate lemon zest over the dish for a citrusy aroma. The mint complements the lamb's richness, while the lemon zest brightens the overall dish.



Sashimi Varieties Beyond Fish

Serves: Varies | **Prep time:** 15 mins + freeze time

OPTIONS

- Beef tenderloin
- Venison backstrap
- Kangaroo
- Horse
- Whale
- Duck breast
- Chicken breast

INSTRUCTIONS

1. Choose your preferred type of meat, such as beef tenderloin, venison backstrap, or even more exotic varieties like kangaroo or duck breast.
2. Wrap the chosen meat tightly in cling film to protect its texture and flavor, then freeze for 1-2 hours until solid. This step is crucial to kill any potential parasites and make slicing the meat much easier.
3. Unwrap the frozen meat and use a sharp knife to slice it paper-thin.
4. Arrange the slices on a plate in a single layer. Serve the sashimi-style meat with tamari sauce and a small amount of wasabi. The tamari provides a salty depth, while the wasabi adds a fiery contrast to the rich meat.



Raw Beef Liver Shots

Yields: 2. oz servings | **Prep time:** 2 mins

Calories

77 kcal

Fats

2 grams

Protein

12 grams

INGREDIENTS

- 8 oz grass-fed beef liver, membranes removed
- 2 tbsp beef tallow, melted

INSTRUCTIONS

1. Carefully remove any membranes, then slice the liver into 1-inch cubes. This size is perfect for quick consumption in a "shot" format.
2. Skewer each liver cube with a toothpick. This makes them easy to dip and eat.
3. Warm 2 tablespoons of beef tallow in a small pan until melted. Dip each liver skewer into the melted tallow, coating it lightly. The tallow adds a smooth, rich flavor and makes the liver easier to swallow.
4. These raw beef liver shots should be eaten immediately. The unique preparation method makes for a novel way to include nutrient-rich organ meats in your diet.



Venison Tartare

Serves: 4 | **Prep time:** 15 mins + 2 hour freeze time

Calories	Fats	Protein
150 kcal	6 grams	25 grams

INGREDIENTS

- 1 lb venison tenderloin
- 2 shallots, minced
- 2 tbsp capers
- 1 tbsp Dijon mustard
- 1 tbsp horseradish
- 2 egg yolks
- Worcestershire sauce
- Hot sauce
- Salt and pepper

INSTRUCTIONS

1. Wrap the venison tenderloin in cling film. Try to squeeze out as much air as possible.
2. Once the tenderloin is firm, unwrap and slice against the grain. For tartare, the meat needs to be as fine as possible – consider dicing or slicing paper thin.
3. In a bowl, mix the venison with the minced shallots, capers, Dijon mustard, and horseradish. Adding Worcestershire sauce and hot sauce introduces depth, while fresh egg yolks act as a binder that enriches the tartare. Season with salt and pepper.
4. Mold the mixture into round patties using a ring mold or arrange loosely. Serve immediately for maximum freshness.



Filet Mignon with Bone Marrow Sauce

Serves: 2 | **Prep time:** 10 mins | **Cook time:** 10 mins

Calories	Fats	Protein
600 kcal	42 grams	40 grams

INGREDIENTS

- 2 filet mignon steaks
- 4 oz beef marrow bones
- 2 shallots, minced
- 1 cup beef bone broth
- 1 tbsp Dijon mustard
- 2 tbsp fresh parsley, chopped
- Salt and pepper

INSTRUCTIONS

1. Place the beef marrow bones on a baking sheet, cut-side up, and roast for 10 minutes at 450°F (232°C).
2. Scoop out the marrow into a bowl and mash it.
3. In a skillet over medium-high heat, sear the steaks for 4-5 minutes per side for medium-rare. Once cooked, transfer to a plate and cover with foil.
4. In the same skillet, add the minced shallots and sauté for about a minute.
5. Pour in the beef bone broth and Dijon mustard, stirring to combine and deglaze the pan, scraping up any browned bits from the bottom.
6. Allow the sauce to reduce by half. Remove the skillet from the heat and stir in the mashed marrow.
7. Season with salt and pepper, and stir in the chopped fresh parsley.
8. Ladle the hot bone marrow sauce over the steaks.



Seared Foie Gras

Serves: 2 | **Prep time:** 5 mins | **Cook time:** 2 mins per side

Calories	Fats	Protein
450 kcal	45 grams	15 grams

INGREDIENTS

- 8 oz foie gras
- Salt and pepper
- Finishing salt (Maldon or fleur de sel)

INSTRUCTIONS

1. Slice the foie gras into 1/2-inch thick slices.
2. Season both sides of the foie gras slices with salt and pepper.
3. Heat a skillet over high heat until it is smoking hot.
4. Add the seasoned foie gras slices to the skillet, searing each side for approximately 30-60 seconds or until they develop a rich crust.
5. Once seared, transfer the seared slices to a plate.
6. Top the foie gras with a sprinkle of finishing salt, such as Maldon or fleur de sel, enhancing the luxurious flavors.
7. For an extra indulgent experience, consider serving the seared foie gras with a drizzle of beef drippings or a balsamic reduction to complement its richness.



Beef Wellington (Modified for Carnivore)

Serves: 4 | **Prep time:** 30 mins | **Cook time:** 30 mins

Calories	Fats	Protein
800 kcal	60 grams	60 grams

INGREDIENTS

- 2 lb beef tenderloin
- 8 oz pork pâté
- 8 strips bacon
- 2 tbsp tallow

INSTRUCTIONS

1. Season the beef tenderloin with salt and pepper.
2. Wrap the tenderloin in plastic wrap, pressing tightly to eliminate any air pockets.
3. Freeze the tenderloin for 1 hour, or until it is very firm.
4. Unwrap the tenderloin and cut in half lengthwise.
5. Spread pâté evenly over one of the halves.
6. Top with the other half, pressing gently.
7. Wrap the tenderloin in bacon strips.
8. Place the bacon-wrapped tenderloin in the freezer for 15–20 minutes.
9. Preheat your oven to 400°F (200°C).
10. In a skillet over medium-high heat, sear the bacon-wrapped tenderloin until golden brown.
11. Transfer the seared tenderloin to the oven and bake for 15–25 minutes.
12. With a meat thermometer, check to ensure the internal temperature reaches 125°F (52°C) for rare, 130°F (54°C) for medium-rare, or 135°F (57°C) for medium.
13. Remove the tenderloin from the oven and let it rest for 10 minutes before slicing and serving.



Lobster Thermidor

Serves: 2 | **Prep time:** 10 mins | **Cook time:** 6 mins

Calories	Fats	Protein
300 kcal	12 grams	40 grams

INGREDIENTS

- 2 lobster tails, halved lengthwise
- 4 tbsp butter
- 1 shallot, minced
- 1 garlic clove, minced
- 1 tbsp brandy
- 1 tsp Dijon
- 1/4 cup bone broth
- Tarragon, parsley, salt and pepper

INSTRUCTIONS

1. Preheat the oven to 350°F (177°C)
2. Place the lobster tails on a baking sheet and brush them with some melted butter. Bake for 15 minutes.
3. Remove from the oven and let them cool. Carefully remove the meat from the shells and chop it into bite-sized pieces. Reserve the shells for later.
4. In a saucepan over medium heat, melt the remaining butter and cook the shallot and garlic until soft, about 5 minutes. Stir in the brandy and cook for another minute, then whisk in the Dijon, bone broth, and cream.
5. Bring the sauce to a boil, then simmer until slightly thickened, about 10 minutes. Season with salt, pepper, tarragon, and parsley to taste.
6. Spoon the sauce over the lobster meat and sprinkle with grated Parmesan cheese. Place the shells on the same baking sheet and fill them with the lobster mixture.
7. Broil for 3 to 4 minutes or until the cheese is golden and bubbly.



Truffle-Infused Venison Medallions

Serves: 2 | **Prep time:** 10 mins | **Cook time:** 6 mins

Calories	Fats	Protein
500 kcal	18 grams	60 grams

INGREDIENTS

- 2 venison tenderloin medallions
- 2 tbsp ghee
- 1 oz fresh black truffle, shaved (or truffle oil to taste)
- 2 garlic cloves, minced
- Fresh thyme and sage, chopped
- Salt and pepper

INSTRUCTIONS

1. Season the venison medallions with salt and pepper on both sides.
2. Heat a large skillet over high heat and add the ghee. When the ghee is hot, add the venison medallions and sear for about 3 minutes per side, or until browned and cooked to your liking. Transfer to a plate and keep warm.
3. In the same skillet, add the garlic, thyme, sage, and truffle (or truffle oil) and cook over medium heat, stirring, for about 2 minutes, or until fragrant and slightly reduced.
4. Spoon the truffle sauce over the venison medallions and serve



Pan-Seared Chicken Breast

Serves: 4 | **Prep time:** 5 mins | **Cook time:** 12 mins

Calories	Fats	Protein
230 kcal	15 grams	26 grams

INGREDIENTS

- 4 (6 oz) boneless, skinless chicken breasts
- 2 tbsp ghee or butter
- Salt and pepper to taste

INSTRUCTIONS

1. Pat 4 boneless, skinless chicken breasts dry with paper towels. Season with salt and pepper.
2. Choose a fat with high smoke point, ghee or clarified butter work well. Melt 2 tablespoons of the fat in a large skillet over medium-high heat until hot but not smoking.
3. When the fat is shimmering, carefully add the chicken breasts. Cook for 6 minutes per side, flipping only once. Resist the urge to remove the chicken until well browned.
4. Chicken is fully cooked when the internal temperature measured in thickest part reaches 165°F. Do not overcook or chicken will dry out.
5. Transfer the seared chicken breasts to a plate and wrap in foil. Allow to rest 5 minutes before serving.
6. (Optional) Pair with a fresh green salad dressed in a high-quality olive oil and vinegar.



Quick Lamb Liver Fry-Up

Serves: 1 | **Prep time:** 2 mins | **Cook time:** 5 mins

Calories	Fats	Protein
250 kcal	12 grams	28 grams

INGREDIENTS

- 4 oz lamb liver, membranes removed
- 1 tbsp ghee or butter
- 2 garlic cloves, minced
- 1 tbsp fresh parsley, chopped
- Salt and pepper
- (Optional) Radishes or arugula salad

INSTRUCTIONS

1. Rinse the lamb liver under cool water and pat dry with paper towels. With a sharp knife, remove any tough outer membranes for the most tender results.
2. Slice liver into 1/2-inch thick bite-sized pieces. Season both sides with salt and black pepper.
3. In a skillet over high heat, melt 1 tablespoon of ghee or high heat oil until shimmering. Carefully add liver slices in a single layer without overcrowding.
4. Fry for 2 minutes per side, then transfer seared liver slices to a plate.
5. Reduce heat to medium. Add 2 minced garlic cloves and sauté for 30 seconds until fragrant but not browned.
6. Pour the pan drippings over the liver slices on the plate.
7. Garnish liver with chopped fresh parsley.
8. Serve while hot with roasted radishes or a simple arugula salad.



Beef Minute Steaks

Servings: 1 | **Prep time:** 2 mins | **Cook time:** 3 mins

Calories	Fats	Protein
250 kcal	15 grams	25 grams

INGREDIENTS

- 1 (6 oz) beef tenderized/thinly sliced steak
- 1 tbsp butter or tallow
- Salt and pepper to taste
- (Optional) Roasted radishes, arugula salad, or a fried egg

INSTRUCTIONS

1. Coat both sides of the steak with salt and pepper.
2. Melt 1 tablespoon of a heat-stable cooking fat like butter, tallow or refined avocado oil in a skillet over high heat until very hot but not smoking.
3. When fat is shimmering, carefully lay steak in skillet. Sear for 1 1 minutes on first side without moving.
4. Flip steak and cook another 1 1 minutes on second side for medium doneness.
5. Resist urge to press or move steak to ensure the best possible browning.
6. Transfer steak to a plate and wrap in foil. Allow to rest for 2 minutes before slicing against the grain and serving.
7. (Optional) Serve with roasted radishes, a fresh arugula salad, or topped with a fried egg.



Simple Seared Scallop Salad

Servings: 2 | **Prep time:** 5 mins | **Cook time:** 5 mins

Calories

250 kcal

Fats

6 grams

Protein

40 grams

INGREDIENTS

- 1 lb sea scallops
- 2 tbsp olive oil or butter, divided
- 2 cups mixed greens
- 1 tbsp lemon juice
- Salt and pepper to taste

INSTRUCTIONS

1. Season scallops on both sides with salt and pepper.
2. Heat 1 tablespoon oil in a skillet over high heat until very hot but not smoking.
3. Add scallops to pan in a single layer. Sear for 2 minutes per side until deeply golden brown.
4. Transfer seared scallops to a clean plate as they finish cooking.
5. In a bowl, toss 2 cups mixed salad greens with 1 tablespoon fresh lemon juice and remaining oil. Season to taste.
6. Arrange greens on plates. Top with seared scallops before serving.
7. Offer lemon wedges on the side to squeeze over the salad and scallops. Drizzle with extra virgin olive oil as desired.



Microwave Pork Rinds (For Snacking)

Serves: 2 | **Prep time:** 2 mins | **Cook time:** 1-2 mins

INGREDIENTS

Pork skin, cut into 2-3 inch pieces

INSTRUCTIONS

1. Cut pork skin into 2-3 inch pieces. The smaller pieces will crisp up quickest in the microwave.
2. Arrange pork skin pieces in a single layer between paper towels on a microwave-safe plate.
3. Microwave on high power in 30 second intervals, checking after each.
4. Pork skins will start to puff up and render fat after 1-2 minutes total cooking time.
5. Cook until pork skins are fully puffed and become crispy cracklings.
6. Carefully remove the hot pork rinds from microwave using paper towels as they will be extremely hot.
7. While still hot, sprinkle pork rinds to taste with salt and vinegar powder if desired.
8. Let cool completely before storing in an airtight container to help retain crispness for snacking.
9. Enjoy microwave pork rinds on their own or crumbled atop carnivore-friendly soups, salads and entrees for added crunch and salty richness.
10. Refrigerate leftovers for snacking up to 1 week.



German Pork Knuckle (Schweinshaxe)

Serves: 4 | **Prep time:** 5 mins | **Cook time:** 3 hours

Calories	Fats	Protein
1400 kcal	100 grams	105 grams

INGREDIENTS

- 1 pork leg (8-10lbs)
- 8 garlic cloves, halved
- Fresh herbs like thyme, rosemary, sage
- Salt and pepper

INSTRUCTIONS

1. Using a sharp knife, score the skin of a 2lb pork knuckle (skin-on ham hock) in a crosshatch pattern, cutting through just the skin.
2. Season the skin with salt and pepper.
3. Place seasoned pork knuckle on a wire rack set in a sheet pan.
4. Roast at 425°F for 20 minutes to initially render fat and brown the skin. Reduce heat to 325°F and continue roasting approximately 2 hours.
5. Allow roasted knuckle to rest 20-30 minutes before carving.
6. Carve meat from the bone in slices or chunks. Chop up chunks of crispy skin to sprinkle over pork or enjoy on their own.
7. Pair roasted pork knuckle with sauerkraut, radishes, turnips, or a simple arugula salad.



Korean BBQ Short Ribs

Serves: 4 | **Prep time:** 10 mins | **Cook time:** 3 hours

Calories	Fats	Protein
600 kcal	45 grams	45 grams

INGREDIENTS

- 4 beef short ribs
- 1 Asian pear, pureed
- 6 tbsp tamari
- 3 tbsp honey
- 6 garlic cloves
- 1 tbsp fresh ginger, grated
- 2 tsp sesame oil
- 1 tsp black pepper

INSTRUCTIONS

1. In a blender, combine 1 pureed Asian pear, 6 tablespoons tamari, 3 tablespoons honey, 6 minced garlic cloves, 1 tablespoon grated fresh ginger, 2 teaspoons sesame oil and 1 teaspoon black pepper.
2. Blend until a smooth marinade paste forms.
3. Place the ribs in a baking tray and coat with the prepared marinade.
4. Cover dish and refrigerate overnight.
5. Preheat oven to 300°F. Roast marinated ribs for 2-3 hours, turning halfway, until nearly falling off the bone.
6. Place under a broiler for 5 minutes for crispy ribs.
7. Allow ribs to rest 10 minutes before dividing.
8. Serve ribs in sticky, sweet pan juices for dipping.
9. Korean BBQ ribs pair perfectly with kimchi and cucumber salad.



Brazilian Picanha Steak

Serves: 6 | **Prep time:** 5 mins | **Cook time:** 6 mins

Calories	Fats	Protein
450 kcal	27 grams	40 grams

INGREDIENTS

- 2 picanha sirloin cap steaks
- 1/4 cup olive oil
- 6 garlic cloves, minced
- 2 tbsp lime juice
- 2 tsp coarse sea salt
- 1 tsp black pepper

INSTRUCTIONS

1. In a shallow baking dish, combine 1/4 cup olive oil, 6 minced garlic cloves, 2 tablespoons fresh lime juice, 2 teaspoons coarse sea salt and 1 teaspoon black pepper.
2. Place 2 picanha sirloin cap steak in marinade dish. Turn steak to thoroughly coat all over.
3. Marinate steak for 1 hour, flipping halfway through.
4. Heat grill to very hot. Grill marinated steak for about 3 minutes per side, until charred outside but still pink inside.
5. Resist the urge to press or move steak until ready to flip.
6. Transfer grilled steak to a cutting board and let rest 5 minutes.
7. Slice very thin against the grain for tenderest results.
8. Serve immediately with chimichurri sauce and grilled vegetables.



Japanese Yakitori (Chicken Skewers)

Serves: 2 | **Prep time:** 30 mins | **Cook time:** 10 mins

Calories	Fats	Protein
50 kcal	2 grams	6 grams

INGREDIENTS

- 2 boneless chicken thighs
- 1/2 cup tamari
- 1/4 cup honey
- 1 tbsp garlic, minced
- 1 tbsp ginger, grated
- 1 tsp sesame oil
- (Optional) Onions, mushrooms, peppers and zucchini.

INSTRUCTIONS

1. In a blender or bowl, whisk together 1/2 cup tamari, 1/4 cup honey, 1 tablespoon each minced garlic and grated ginger, and 1 teaspoon sesame oil.
2. Cut chicken thighs into 1-2 inch pieces and place in a zip top bag.
3. Pour prepared marinade over chicken. Seal bag and massage marinade into chicken.
4. Refrigerate overnight to infuse chicken with marinade.
5. Soak bamboo skewers in water to prevent burning.
6. Thread marinated chicken onto skewers.
7. Preheat grill or grill pan over highest heat. Grill skewers 8-10 minutes, turning occasionally.
8. Brush with reserved marinade while hot.
9. Serve with grilled onions, mushrooms, peppers and zucchini.



Italian Osso Buco

Serves: 4 | **Prep time:** 15 mins | **Cook time:** 3 hours

Calories

550 kcal

Fats

36 grams

Protein

54 grams

INGREDIENTS

- 4 veal shanks, cross-cut 2" thick
- 2 tbsp olive oil
- 1 onion, diced
- 3 carrots, chopped
- 3 celery stalks, chopped
- 6 garlic cloves, minced
- 1 cup red wine (optional)
- 4 cups beef bone broth
- 1 tbsp tomato paste
- 2 bay leaves
- Fresh thyme, parsley

INSTRUCTIONS

1. In a large braising pot, heat 2 tablespoons olive oil over high heat.
2. Sear veal shanks for about 2 minutes per side.
3. Transfer seared shanks to a plate and set aside.
4. In the pot, sauté onion, carrots, celery stalks and garlic cloves over medium heat for 5 minutes.
5. Return seared shanks to the pot with beef bone broth, tomato paste and bay leaves.
6. Cover and simmer on low heat for 2 to 3 hours.
7. Discard bay leaves and spoon braising liquid over shanks.
8. Serve garnished with chopped fresh thyme and parsley.



Roast Turkey (No Stuffing)

Serves: 8 | **Prep time:** 15 mins | **Cook time:** 2-3 hours

Calories	Fats	Protein
750 kcal	36 grams	100 grams

INGREDIENTS

- 1 whole turkey (10-15 lbs), giblets removed
- 1/2 cup rendered duck fat
- Fresh herbs
- Salt and pepper

INSTRUCTIONS

1. Remove giblets from turkey. Pat skin and cavity dry with paper towels.
2. Season the turkey with salt, pepper and fresh herbs.
3. Evenly coat skin and underside with 1/2 cup rendered duck fat to baste the meat from the inside out as it roasts.
4. Wrap turkey loosely with foil and place turkey breast side up on a rack in a roasting pan.
5. Roast at 325°F for approximately 2-3 hours, basting occasionally with pan juices, until thickest part of thigh reaches 165°F on a meat thermometer.
6. Remove foil and let turkey rest at least 30 minutes before carving. This allows juices to redistribute back into the meat.
7. Carve turkey and serve immediately with pan gravy for moist and flavorful holiday meal.



Prime Rib Roast

Serves: 6-8 | **Prep time:** 5 mins | **Cook time:** 2-3 hours

Calories	Fats	Protein
1200 kcal	90 grams	80 grams

INGREDIENTS

- 1 standing rib roast (6-8lbs)
- Fresh rosemary and thyme
- Coarse sea salt and black peppercorns, crushed
- Optional - Asparagus, brussels sprouts, or a fresh arugula salad.

INSTRUCTIONS

1. Remove the membrane covering the fat cap and tuck sprigs of fresh rosemary and thyme underneath.
2. Tie fresh herb sprigs to the roast to infuse flavor.
3. Season with salt and pepper.
4. Place rib roast onto a rack in a roasting pan.
5. Roast in the oven at 250°F for 2-3 hours.
6. Remove roast from oven and wrap with foil. Allow to rest for 30-60 minutes before slicing. The resting period also allows the juices to redistribute back into the meat for incredible tenderness and moisture.
7. Remove herb sprigs and string before slicing roast between rib bones into thick cuts.
8. Serve immediately with pan juices for dipping.
9. (Optional) Enjoy with grilled asparagus, Brussels sprouts, or a fresh arugula salad.



Leg of Lamb

Serves: 6 | **Prep time:** 10 mins | **Cook time:** 1.5 hours

Calories	Fats	Protein
650 kcal	42 grams	60 grams

INGREDIENTS

- 1 bone-in leg of lamb (5-7lbs)
- 1/4 cup olive oil
- 6 garlic cloves, sliced
- Fresh rosemary and thyme
- Salt and pepper

INSTRUCTIONS

1. Make small slits evenly over the leg of lamb using a paring knife.
2. Stuff slits with sliced garlic cloves and sprigs of fresh rosemary and thyme to infuse flavor.
3. Evenly brush lamb with 1/4 cup olive oil. Generously season all over with salt and pepper.
4. Place lamb bone-side down on a rack in a roasting pan.
5. Roast in a 375°F oven for approximately 1 1/2 hours, until an instant-read thermometer inserted into the thickest part registers 135°F for perfect medium-rare doneness.
6. Transfer roasted lamb to a cutting board, tent loosely with foil and allow to rest for 30 minutes which allows the juices to redistribute.
7. Carve against the grain into thin slices. Serve lamb drizzled with pan juices for maximum flavor and moisture.



Christmas Goose

Serves: 8 | **Prep time:** 15 mins | **Cook time:** 3 hours

Calories	Fats	Protein
1200 kcal	108 grams	72 grams

INGREDIENTS

- 1 whole goose (12-15 lbs)
- 1 orange, sliced
- Fresh herbs
- Salt and pepper

INSTRUCTIONS

1. Remove giblets from whole goose. Pat the skin and cavity dry with paper towels.
2. Season the cavity with salt, pepper and fresh herbs. Stuff with orange slices.
3. Use kitchen string to truss the legs together neatly.
4. Place goose breast side up in a large roasting pan.
5. Season the skin with salt and pepper.
6. Roast at 350°F in the oven for 3 hours, basting every 30 minutes with the rendered fat and pan juices until skin is browned and crispy.
7. Allow goose to rest for 30 minutes before carving.
8. Carve goose by slicing breast meat from bone, then leg quarters at the joint.
9. Serve immediately with pan gravy.



Pork Roast

Serves: 8 | **Prep time:** 10 mins | **Cook time:** 3 hours

Calories	Fats	Protein
600 kcal	48 grams	36 grams

INGREDIENTS

- 1 bone-in pork shoulder (5-7 lbs)
- 1/4 cup mustard
- 1 tbsp each garlic powder, paprika, salt
- 1 tsp black pepper

INSTRUCTIONS

1. In a bowl, mix together 1/4 cup mustard, 1 tablespoon each garlic powder, paprika, salt and 1 teaspoon pepper.
2. Massage spice paste all over pork to evenly coat. Cover and marinate in fridge up to 24 hours to intensify flavor.
3. Place seasoned pork bone-side in a roasting pan.
4. Roast uncovered at 300°F for approximately 2 to 3 hours, until deeply browned outside. A thermometer inserted in thickest part should reach 200-205°F.
5. Transfer roast pork to a cutting board and wrap loosely with foil. Allow to rest 30 minutes before shredding.
6. Using two forks, shred and pull pork apart before serving with pan juices.
7. Pair with your favorite barbecue sauce or enjoy as-is.



Bone Marrow with Sea Salt and Cacao

Serves: 4 | **Prep time:** 5 mins | **Cook time:** 15 mins

INGREDIENTS

- 8 center-cut beef marrow bones, 3-4 inches long
- Sea salt or fleur de sel
- Cacao nibs

INSTRUCTIONS

1. Place 8 marrow bones, cut-side up, in a single layer on a foil-lined baking sheet.
2. Preheat oven to 450°F.
3. Roast bones for 15 minutes, until marrow is softened but still intact and beginning to separate from the bones.
4. Arrange roasted bones on a serving platter.
5. Season with salt or fleur de sel and cacao nibs as garnishes.
6. (Optional) Pair with grilled rustic bread or vegetables like radishes and asparagus for scooping extra marrow.
7. Savor this simple, luxurious appetizer with a bold red wine before a special meal.



Duck Breast with Coffee Rub

Serves: 4 | **Prep time:** 5 mins | **Cook time:** 15 mins

Calories	Fats	Protein
600 kcal	42 grams	60 grams

INGREDIENTS

- 4 duck breasts
- 1/4 cup ground coffee
- 2 tbsp coconut sugar
- 1 tbsp salt
- 2 tsp black pepper
- 1 tsp cayenne pepper
- (Optional) Roasted vegetables or a salad.

INSTRUCTIONS

1. In a bowl, combine 1/4 cup ground coffee, 2 tablespoons coconut sugar, 1 tablespoon salt, 2 teaspoons black pepper and 1 teaspoon cayenne pepper.
2. With a sharp knife, score the skin of 4 duck breasts in a tight crosshatch pattern, cutting down to the meat.
3. Rub spice mixture all over duck.
4. Chill duck uncovered in the fridge for 2 hours.
5. Place duck skin-side down in a dry skillet over medium heat. Cook for 8 minutes, rendering fat slowly, until skin is browned and crispy.
6. Flip duck and place skillet into a 400°F oven. Roast 5-7 minutes more until duck reaches desired doneness.
7. Allow duck to rest 5 minutes before thinly slicing.
8. Serve with roasted vegetables or atop a fresh salad.



Spiced Rabbit with Bacon Wrap

Serves: 4 | **Prep time:** 15 mins | **Cook time:** 40 mins

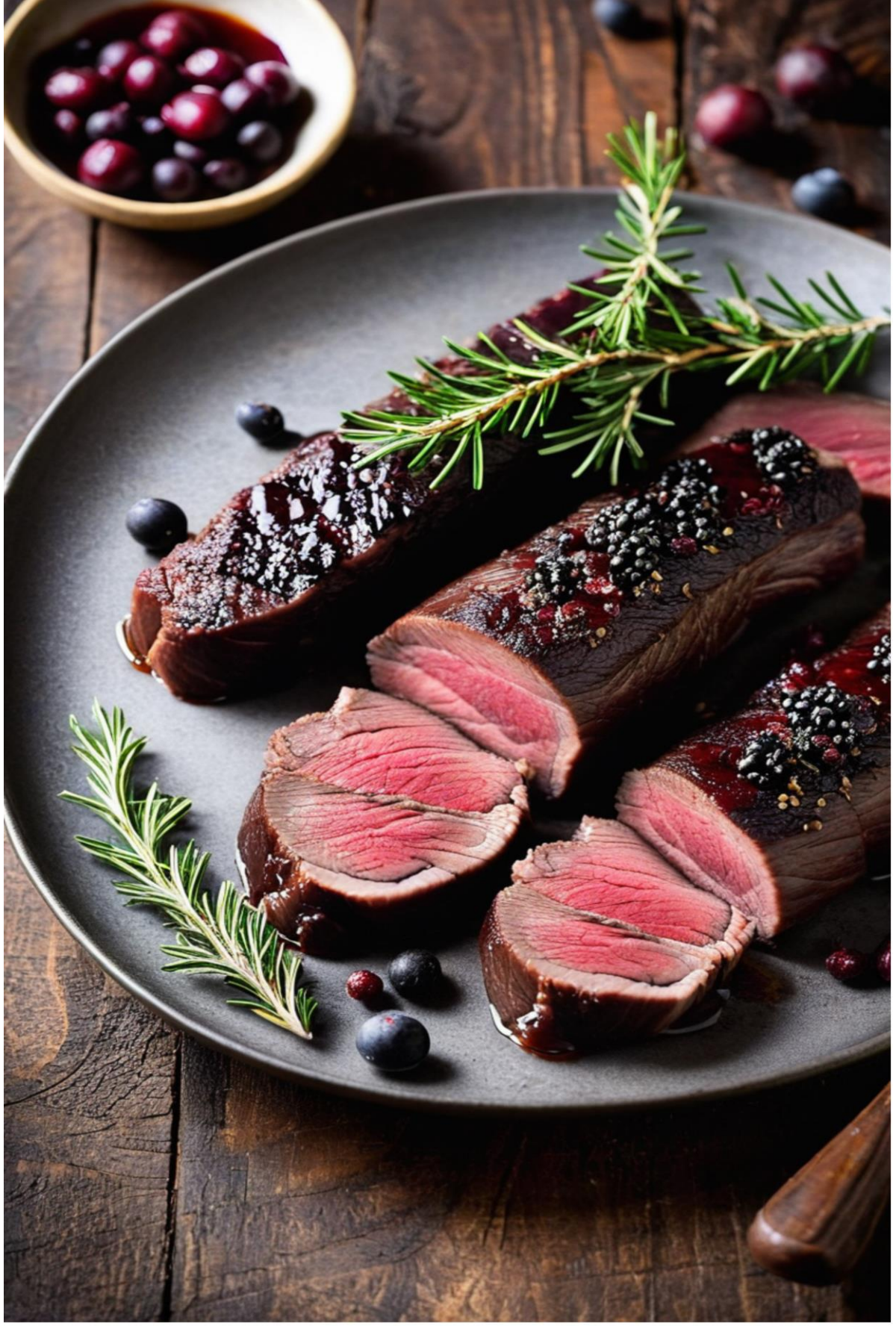
Calories	Fats	Protein
600 kcal	36 grams	60 grams

INGREDIENTS

- 2 whole rabbits, quartered
- 8 strips bacon
- 2 tbsp Cajun seasoning
- 1 tbsp garlic powder
- 1 tbsp paprika
- 2 tsp onion powder
- 1 tsp cayenne pepper
- (Optional) Roasted vegetables

INSTRUCTIONS

1. In a bowl, mix together Cajun seasoning, garlic powder and paprika, onion powder and cayenne pepper.
2. Coat rabbit all over with the spice rub mixture.
3. Cut 8 strips of bacon in half. Wrap a bacon slice around each rabbit leg and loin section.
4. Secure bacon with toothpicks.
5. Arrange bacon-wrapped rabbit on a wire rack set over a foil-lined baking sheet.
6. Roast at 375°F for 35–40 minutes, until rabbit is cooked through and bacon is crispy.
7. Allow rabbit to rest for 10 minutes before removing toothpicks and serving.
8. Serve with roasted root vegetables and pan juices for a rustic, flavorful meal.



Venison Loins with Juniper Berries

Serves: 4 | **Prep time:** 10 mins | **Cook time:** 15 mins

Calories	Fats	Protein
350 kcal	12 grams	60 grams

INGREDIENTS

- 2 lbs venison loins
- 1 cup red wine
- 1/4 cup olive oil
- 3 tbsp crushed juniper berries
- 6 garlic cloves, minced
- 2 tbsp rosemary, chopped
- 2 tsp coarse black pepper

INSTRUCTIONS

1. In a bowl, whisk together red wine, olive oil, juniper berries, garlic cloves, rosemary and black pepper.
2. Place venison loins in a baking dish and coat on all sides with prepared marinade.
3. Cover and refrigerate for 2 hours, flipping meat halfway through to maximize flavor infusion.
4. Remove venison from fridge, and allow to come to room temperature.
5. Preheat grill or broiler to high heat. Cook venison about 6-8 minutes per side.
6. Let rest 10 minutes before slicing into medallions.
7. Serve venison slices over a bed of peppery arugula.
8. Spoon reserved marinade over the top for added moisture and flavor.
9. Garnish with orange slices and extra juniper berries.



Egg Yolk with Shaved Truffle

Serves: 1 | **Prep time:** 2 mins | **Cook time:** 0 mins

INGREDIENTS

- 2 pastured egg yolks
- Fresh black or white truffle
- Finishing salt (Maldon, fleur de sel)

INSTRUCTIONS

1. Seek out the highest quality pastured egg yolks from free-range, vegetable-fed hens for the richest flavor and vibrant orange color.
2. Splurge on fresh black or white truffles in season for their exquisite aromatic quality.
3. Use a premium finishing salt like Maldon or fleur de sel.
4. Gently place 2 egg yolks side-by-side in small ramekins or decorative bowls, taking care not to break the yolks.
5. Arrange several paper-thin shavings of fresh truffle delicately over the egg yolks.
6. Finish with a small pinch of finishing salt over each.
7. Offer slices of grilled rustic bread for dipping.
8. Savor this simple preparation as the start of an incredible multiple course fine dining experience.
9. Accompany with a crisp sparkling wine or elegant white Burgundy.



100 Carnivore Diet Recipes

Are you ready to experience the benefits of eating only animal foods? Do you want to lose weight, reduce inflammation, improve your digestion, and boost your mood? If so, this cookbook is for you!

In this cookbook, you will find 100 delicious and easy recipes that follow the carnivore diet principles. You will learn how to prepare mouthwatering meals with meat, eggs, cheese, and seafood, without any plants or carbs. You will also discover tips and tricks to make your carnivore journey easier and more enjoyable.

Whether you are new to the carnivore diet or a seasoned carnivore, this cookbook will help you satisfy your hunger and cravings, while nourishing your body and mind. Order your copy today and unleash your inner carnivore!