

The Carnivore Diet Cookbook: A Health & Weight Loss Guide for Everyone – Especially Beginners, Seniors & Active Lifestyles



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Introduction

I'm so excited to welcome you to this book — one that might just change the way you think about food and how you feel every day! This isn't just a collection of recipes — it's a whole system based on animal-based nutrition that can help you feel better, have more energy, and feel confident in your choices.

A diet built primarily — or even entirely — on meat has strong historical and scientific foundations. For thousands of years, our ancestors relied on animal-based foods as their primary source of nutrition, and modern research continues to confirm its many benefits. Whether your goal is to **improve your health, boost your energy, or lose weight**, this diet provides a sustainable and effective approach.

This book is designed for beginners, as it breaks down the core principles of the carnivore diet and helps you get started with the simplest recipes. At the same time, it will be valuable for those already familiar with the carnivore lifestyle and looking for fresh, exciting recipes to diversify their menu. Additionally, this book is a great resource for older individuals interested in trying the carnivore diet and optimizing their nutrition.

In this book, you'll find everything you need to make the carnivore diet simple, enjoyable, and delicious:

- Core nutrition principles
- Scientific facts & research
- **Tasty recipes for every day**, ranging from simple to more advanced
- A **four-week meal plan** to guide you through your journey
- The flexibility to **create your own customized meal plan** using the recipes provided

I truly believe that proper nutrition isn't about restrictions — it's about freedom. Freedom from constant snacking, blood sugar crashes, and the endless struggle with hunger. So let's take this journey together and unlock a new level of health and energy!

Are you ready?
Let's dive in!

Chapter I

Introduction to the Carnivore Diet

The Carnivore Diet is a dietary regimen that consists exclusively of animal-based foods. This means that all plant-based products, including vegetables, fruits, grains, and legumes, are completely excluded. The diet primarily consists of meat, fish, eggs, and some dairy products.

Macronutrient Ratio:

- 60-70% of calories from fats (lard, butter, fatty meats).
- 30-40% from proteins (meat, fish, eggs).

Evolutionary Context of the Carnivore Diet

Many researchers suggest that human evolution was significantly influenced by meat consumption. When early humans began cooking meat over fire, their bodies adapted: digestive tracts became smaller (as less plant digestion was required), and brain development accelerated.

Humans are not like herbivorous cows or even gorillas. Our anatomy is closer to that of omnivorous chimpanzees. Predatory species are often more intelligent, lack bloated stomachs, and do not spend all day eating.

In a survival scenario, what is easier to find and provides more nourishment — rare edible plants or nutrient-dense meat? Most animals are edible, and their meat is highly satiating and nutritious.

Scientific Research

One of the earliest known studies on the Carnivore Diet dates back to 1929. Arctic explorer Vilhjalmur Stefansson was fascinated by the health of the Inuit people, who thrived on a diet consisting almost entirely of fatty meat.

Stefansson and a colleague followed the Inuit dietary principles for a year under medical supervision. The results showed that both remained healthy. They consumed fatty meat, organ meats, and even chewed on bones.

Currently, there are very few large-scale studies on the Carnivore Diet. However, reports from the Hungarian clinic Paleomedicina suggest that it has been used successfully to treat chronic diseases.

Key Principles of the Carnivore Diet:

- **Animal-Based**

Foods: Meat (beef, pork, chicken, lamb), fish, seafood, organ meats (liver, heart, etc.), eggs.

- **Fats:** Natural animal fats or butter.

- **Dairy Products:** Limited intake, especially for those with lactose intolerance.

- **No Carbohydrates:** Absolute exclusion of vegetables, fruits, grains,

sweets, nuts, and other plant-based foods.

- **Physical Activity:** Moderate exercise such as walking, yoga, or strength training is recommended.

- **Additional Notes:** Monitor how you feel. If experiencing fatigue or low energy, adding some salt to the diet may help maintain electrolyte balance. If extremely hungry, increase protein or fat intake.

Approved Foods in the Carnivore Diet

Meat The foundation of the Carnivore Diet includes:

- **Beef:** One of the best choices. Steaks, ground beef, ribs—rich in protein and beneficial fats that provide energy and maintain muscle mass.

- **Pork:** Chops, ribs, or ground pork are also excellent choices. It's important to select high-quality meat.

- **Poultry:** Chicken and turkey add variety. Bake chicken breasts, prepare wings, or stew turkey.

Fish and Seafood Fish and seafood are excellent sources of healthy fats and micronutrients:

- **Fish:** Salmon, tuna, and cod are rich in omega-3 fatty acids, supporting heart and brain health.

- **Seafood:** Shrimp, mussels, oysters, and squid add diversity to meals and provide essential minerals.

Organ Meats Organ meats are highly nutritious:

- **Liver:** Beef or chicken liver is rich in vitamins A, B, and iron.

- **Heart:** Beef or pork heart contains protein and coenzyme Q10, beneficial for heart and muscle health.

Eggs Eggs are a versatile food rich in protein, healthy fats, vitamins, and minerals. They can be boiled, fried, or poached to taste.

Dairy is allowed with certain limitations:

- **Milk and Cream:** Can be consumed if well tolerated.

- **Cheese:** Hard cheeses like cheddar or parmesan are preferable.

- **Butter:** Used for cooking or as an additive.

Benefits of the Carnivore Diet

- **Increased Muscle Mass and Improved Metabolism:** High protein intake supports muscle growth and recovery.

- **Higher Energy Levels:** Fats and proteins provide long-lasting satiety and stable energy without blood sugar spikes.

- **Stronger Immune System:** Zinc, iron, and other minerals in meat and fish help strengthen immunity.
- **Better Mood and Focus:** A protein- and fat-rich diet improves cognitive function, stabilizes blood sugar, and reduces mood swings.
- **Reduced Inflammation:** Eliminating carbohydrates may help lower systemic inflammation.
- **Digestive Improvement:** Some people experience better digestion after eliminating fiber.
- **Stable Blood Sugar Levels:** Low carbohydrate intake helps maintain stable glucose and insulin levels.
- **Weight Loss:** Protein and fats suppress appetite, reducing overall caloric intake.

Risks of the Carnivore Diet

- **Micronutrient Deficiencies:** Lack of plant-based foods may lead to vitamin and mineral deficiencies, such as vitamin C, fiber, and phytonutrients.
- **Cardiovascular Issues:** Excessive saturated fat intake may increase cardiovascular disease risk.
- **Ketosis:** The body often enters ketosis, which can cause temporary "keto flu" symptoms.
- **Long-Term Effects:** There is insufficient research on the long-term impact of the Carnivore Diet.

Who Should Avoid the Carnivore Diet?

- **People with Cardiovascular Disease:** High saturated fat intake may increase cholesterol levels.

- **Individuals with Chronic Kidney Disease:** Excessive protein can strain the kidneys.
- **Pregnant Women:** A restrictive diet may impact fetal development.
- **Individuals with Eating Disorders:** A highly restrictive diet can exacerbate food-related psychological issues.

General Recommendations:

Before starting the carnivore diet, it is important to consult a doctor or nutritionist, as this diet is quite radical and may not be suitable for everyone.

- Drink enough water throughout the day (2-2.5 liters).
- Black coffee or tea without added sugar is allowed but in moderate amounts.
- Avoid snacking if you do not feel hungry, allowing your body to burn fat reserves.
- Once you reach your desired weight, gradually increase portions to avoid excessive calorie deficits.

Basic Meal Plan Rules:

- Three main meals a day with a combination of at least two different products.
- Two snacks during the day (if hungry).
- Use natural salt to maintain electrolyte balance.
- Focus on satiety while avoiding overeating.

Chapter II

Baked and Braised Dishes

Pork Ribs in Aromatic Sauce

 Cooking Time: 2-2.5 hours ♦ Difficulty: 3/5

Ingredients:

- 1 kg high-quality pork ribs
- 2 tsp dried garlic

- 2 tsp salt

Instructions:

1. Rinse the ribs, remove membranes, pat dry with paper towels, and cut into portions.

2. Rub with salt and dried garlic.

3. Line a baking dish with 2-3 layers of foil, place the ribs inside, and wrap tightly.

4. Bake at 160-170°C for 1.5-2 hours. After 40-50 minutes, carefully open the foil, baste with juices, check doneness, rewrap, and continue baking.

5. For the last 10 minutes, open the foil to allow the ribs to brown. Serve hot.



Salt-Baked Chicken



Cooking Time: 1-1.5 hours ♦ Difficulty: 2/5

Ingredients:

- 1 whole chicken (1.3 kg)
- About 1 kg rock salt
- 2 tsp dried garlic
- Black pepper to taste

Instructions:

1. Wash and pat dry the chicken inside and out.
2. Rub with dried garlic and black pepper.
3. Spread salt evenly (about 1 cm thick) on a baking tray and place the chicken breast-side up.
4. Tie the legs with twine and cover wing tips with foil.
5. Bake at 190°C for 1-1.5 hours. Check doneness by piercing with a knife—clear juices should run out.
6. Remove from salt and serve hot.

Butter-Baked Chicken



Cooking Time: 1 hour 15 minutes ♦ Difficulty: 3/5

Ingredients:

- 6-8 chicken thighs
- 150 g butter
- Salt to taste
- 1 tsp poultry seasoning

Instructions:

1. Pat chicken dry and season with salt. Refrigerate for 2 hours.
2. Soften butter to room temperature, mix with spices.
3. Brush chicken thighs with butter and bake at 180°C for 15 minutes.

4. Remove, baste again, and return to oven. Repeat this process 3 more times.
5. Total baking time is 1 hour 15 minutes. Serve hot.

"Royal Pork"

 Cooking Time: 80-90 minutes ♦ Difficulty: 3/5

Ingredients:

- 1 kg pork loin
- 1.5 tbsp salt
- 1 tbsp black pepper
- 50 ml melted pork fat

Instructions:

1. Rinse and pat dry the pork.
2. Rub with salt and pepper on all sides.
3. Place in a baking dish and coat with pork fat.
4. Bake at 190°C for 80-90 minutes.
5. Let it rest before slicing and serving hot.

Festive Duck

 Cooking Time: 12 hours (including marination) ♦ Difficulty: 4/5

Ingredients:

- 1 whole duck
- 50 g internal fat (or butter)
- 1 tbsp sea salt

Instructions:

1. Wash and pat dry the duck.
2. Rub evenly with salt.
3. Refrigerate for 12 hours.
4. Place the duck in a roasting dish.

5. Bake at 170°C for 2 hours, basting occasionally with rendered fat.

Turkey Drumsticks in Slow Cooker

⌚ Cooking Time: 2 hours ♦ Difficulty: 2/5

Ingredients:

- 4 turkey drumsticks
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp dried garlic
- 1/2 tsp red pepper
- 100 ml water



Instructions:

1. Rub drumsticks with salt and spices.
2. Place in the slow cooker and add water.
3. Set to "Stew" mode and cook for 2 hours.
4. Serve hot.

Tender Baked Pork Tenderloin

⌚ Cooking Time: ~48 hours (including marination and cooling)

♦ Difficulty: 3/5

Ingredients (10 servings):

- 1.5 kg pork tenderloin
- 50 g butter (for baking)
- 2 garlic cloves, minced

- 2 g dried basil
- 2 g dried thyme
- 2 g dried rosemary
- 30 g melted fat (for greasing the baking dish)
- Salt to taste
- Black peppercorns (optional)

Instructions:

1. Clean the meat, remove any membranes, and rinse well.
2. Rub with salt, pepper, garlic, basil, thyme, and rosemary.
3. Wrap in foil (2-3 layers) and refrigerate for 24-48 hours.
4. Preheat the oven to 250°C (or the highest setting available).
5. Place the meat in a greased baking dish and bake for 30 minutes.
6. Turn off the oven and leave the meat inside until fully cooled (e.g., overnight).
7. Transfer to the refrigerator for another 5-6 hours.
8. Serve chilled or reheated with butter for extra tenderness.

Slow-Cooked Salmon in Cream with Thyme & Rosemary

 Cooking Time: 20 minutes ♦ Difficulty: 2/5

Ingredients:

- 1.2 kg salmon
- 150 ml heavy cream (33% or higher)
- 50 g butter
- 4-5 sprigs of thyme
- 2-3 sprigs of rosemary
- 1 tsp sea salt
- 1/2 tsp pepper blend

Instructions:

1. Cut salmon into portion-sized pieces.
2. Melt butter in a pan, add thyme, and place the salmon fillets in the pan.

3. Season with salt and pepper, sear over medium heat for 5 minutes.
4. Add rosemary and pour in the heavy cream.
5. Cover and let simmer for 10 minutes.
6. Serve hot with the creamy sauce.

Baked Salmon with Sulguni

 Cooking Time: 35 minutes ♦ Difficulty: 2/5

Ingredients:

- 1 kg red fish (salmon, trout, or char)
- 200 g sulguni cheese (optional)
- 50 g butter
- 3 garlic cloves, minced
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1/2 tsp lemon juice

Instructions:

1. Mince garlic, grate cheese.
2. Place fish in a baking dish, season with salt, pepper, and lemon juice.
3. Add butter, cover with foil, and bake at 200°C for 25 minutes.
4. If using cheese, sprinkle grated sulguni on top and bake for another 10 minutes.

Pork Belly

 Cooking Time: 18 hours (including marination) ♦ Difficulty:

3/5

Ingredients:

- 600-800 g pork belly
- 150 g salt
- 2 L water

- 7-15 black peppercorns
- 3-5 bay leaves
- Garlic (to taste)

Instructions:

Meat Preparation:

1. rinse the pork belly thoroughly under cold running water.
2. Pat dry with paper towels to remove excess moisture.

Brine Preparation:

1. Pour 2 liters of water into a large pot.
2. Add salt, black peppercorns, and bay leaves.
3. Bring to a boil, ensuring the salt fully dissolves.

Cooking the Meat:

1. Place pork belly into the boiling brine.
2. Simmer on medium heat for 30-40 minutes, skimming off any foam.
3. Once cooked, remove from heat and let the pork belly cool in the brine.

Marination:

1. Take the pork belly out, pat it dry with paper towels.
2. Mince garlic and rub it evenly over the meat.
3. Wrap in plastic wrap or foil and refrigerate for 16-18 hours.

Serving:

1. Remove from the fridge 15-20 minutes before serving to reach room temperature.
2. Slice thinly and serve.

Hake in Creamy Mustard Sauce



Cooking Time: 1 hour ♦ Difficulty: 3/5

Ingredients (6 servings):

- 800g hake fillet
- 2 onions
- 150g sour cream (or heavy cream)
- 1 tbsp whole-grain mustard

- Salt, black pepper, dried garlic (to taste)
- 40g butter

Instructions:

1. Cut hake into portions and place in a bowl.
2. Add sour cream, mustard, salt, pepper, and garlic. Mix well and let marinate for 20 minutes.
3. Slice onions into half-rings.
4. Melt butter in a pan and sauté onions until golden.
5. Transfer onions to a baking dish and arrange hake pieces on top.
6. Pour remaining marinade over the fish.
7. Cover with foil and bake at 180°C for 30 minutes.
8. Remove foil and bake for another 10 minutes for a golden crust.

Oven-Baked Sea Bass Fillet

 Cooking Time: 30 minutes ♦ Difficulty: 2/5

Ingredients (4 servings):

- 4 sea bass fillets
- 2 tbsp butter
- Salt, pepper (to taste)

Instructions:

1. Rinse and pat dry the fillets.
2. Season with salt and pepper.
3. Melt butter and brush over the fish.
4. Place fillets skin-side down in a baking dish.
5. Bake at 200°C for 12-15 minutes until tender and juicy.

Slow-Baked Hake with Lemon

 Cooking Time: 1 hour ♦ Difficulty: 3/5

Ingredients (5 servings):

- 700-800g hake
- 8 lemon slices
- Butter
- Salt, pepper (to taste)

Instructions:

1. Cut hake into medium-sized pieces and season with salt and pepper.
2. Arrange fish in a baking dish, layering with lemon slices.
3. Drizzle with melted butter.
4. Cover with foil and bake at 180°C for 40 minutes.
5. Remove foil and bake for another 5-10 minutes for light browning.

Festive Roasted Pork

 Cooking Time: ~2 hours ♦ Difficulty: 3/5

Ingredients (10 servings):

- 2kg fatty pork (preferably neck cut)
- 5g salt
- 5g black pepper
- 4g smoked paprika
- 4g dried garlic
- 30g rendered fat (for coating)

Instructions:

1. Trim excess membranes from the meat and rinse.
2. Rub with salt, pepper, paprika, and garlic.
3. Let marinate at room temperature for 30 minutes.
4. Preheat grill or oven to 180°C.
5. Coat meat with rendered fat and grill or bake, flipping every 20 minutes.
6. Cook until the internal temperature reaches 80°C.
7. Let rest for 10 minutes before slicing.
8. Serve hot with melted butter for extra juiciness.

Sweet and Sour Chicken

🕒 Cooking Time: 40 minutes ♦ Difficulty: 4/5

Ingredients:

- 1 chicken breast

- 0.5 tsp salt
- 2 tbsp soy sauce

- 1 egg
- 2 tbsp starch

- Oil for frying

For the Sauce:

- 3 tbsp ketchup

- 2 tbsp apple or wine vinegar

- 2 tbsp sugar
- 1 tbsp soy sauce
- 1 tbsp starch
- 200 ml water



Instructions:

1. Slice chicken into thin strips and place in a bowl.
2. Add egg, salt, soy sauce, and starch. Mix well.
3. Heat oil in a pan and fry chicken until golden brown.
4. In a separate bowl, mix ketchup, vinegar, and sugar.
5. Add soy sauce, starch, and water, then stir well.
6. Pour the sauce into the pan and bring to a boil.
7. Add fried chicken and simmer until thickened.
8. Garnish with green onions and sesame seeds.

Chicken with Bacon in Soy Sauce



Cooking Time: 35 minutes ♦ Difficulty: 3/5

Ingredients:

- 500g boneless chicken thigh
- 150g fatty bacon
- 1 onion
- 3 garlic cloves
- 1 tbsp mustard
- 1 tbsp flour
- 500ml water or broth
- 1 tbsp soy sauce

Instructions:

1. Cut chicken into strips and fry until golden, then remove from the pan.
2. In the same pan, fry bacon until fat is rendered, then add onion and cook until golden.
3. Add garlic and mustard, frying for 1 minute.
4. Stir in flour, return chicken to the pan, and pour in water.
5. Add spices and simmer for 12-15 minutes.
6. Stir in soy sauce and cook for another 2 minutes.

Meat with Roasted Garlic Sauce



Cooking Time: 1 hour 20 minutes ♦ Difficulty: 3/5

Ingredients:

- 4-5 slices of pork neck
- 2 heads of garlic
- 1 onion
- 150 ml heavy cream
- 1 tsp meat seasoning
- Oil for frying
- Flour for coating

- Salt and pepper

Instructions:

1. Season the pork neck with salt and pepper, coat it in flour, and fry until golden brown.
2. Place the fried meat in a baking dish along with sautéed onions. Add seasoning, broth, and the halved garlic heads.
3. Bake at 200°C (392°F) for 1 hour.
4. Strain the cooking liquid, squeeze out the roasted garlic, thicken with cream or flour, and adjust the seasoning.

Turkey Ossobuco



Cooking Time: 50 minutes (plus marinating time) ♦ Difficulty: 2/5

Ingredients:

- 6 pieces of turkey (thigh or drumstick)
- 5 tbsp olive oil
- 5 tbsp soy sauce
- 1 tsp black pepper
- 1 tsp ginger (optional)

Instructions:

1. Marinate the turkey in olive oil, soy sauce, and spices for a few hours.
2. Sear on medium heat until golden brown.
3. Transfer to a baking dish, cover with foil.
4. Bake at 180°C (356°F) for 40 minutes.

Rabbit in Cream Sauce (Slow Cooker)



Cooking Time: 2 hours 30 minutes ♦ Difficulty: 3/5

Ingredients:

- 1-2 kg rabbit
- 3 onions

- 1 head of garlic
- Salt and pepper
- 2-3 tbsp butter
- 200 ml heavy cream (33%)

Instructions:

1. Cut the rabbit into pieces, rinse, and season with salt and pepper.
2. Melt butter in a pan, sauté onions and garlic.
3. Layer onions and rabbit in the slow cooker.
4. Pour in the cream, cover with a lid, and cook for 2 hours.

Fried Dishes and Those Cooked on the Grill or Pan

Garlic Pork

🕒 Cooking Time: 40 minutes ♦ Difficulty: 2/5

Ingredients:

- 700 g pork chops
- 1 tbsp garlic powder
- 2 garlic cloves
- 30 g butter
- 30 ml tallow (for frying)
- Salt to taste

Instructions:

1. Slice the pork into portions, season with salt and garlic powder, mix well, and let rest for 15-20 minutes.

2. Fry the pork in tallow on all sides until golden brown, then transfer to a plate.

3. In the same pan, add butter and minced garlic, sauté until fragrant.

4. Return the pork to the pan, stir for another 2-3 minutes.

5. Serve hot, drizzled with melted butter for extra juiciness.



Tuna Tataki



Cooking Time: 5 minutes ♦ Difficulty: 1/5

Ingredients:

- 2 tuna steaks
- 1 tsp ginger
- Salt and pepper to taste
- 1 tbsp sesame seeds

Instructions:

1. Pat the tuna dry with a paper towel to remove excess moisture.
2. Season with salt, pepper, and grated ginger.
3. Heat a skillet (preferably a grill pan) without oil.
4. Sear each side of the steak for 20 seconds to keep the center tender.
5. Transfer the tuna to a cutting board and let it rest for 2-3 minutes.
6. Slice thinly and plate.
7. Sprinkle with sesame seeds before serving.

Grilled Lamb with Parsley and Rosemary



Cooking Time: 1-2 hours (including marination) ♦ Difficulty: 3/5

Ingredients:

- 2 kg lamb fillet
- 1/3 cup olive oil
- 3-4 garlic cloves
- 1 tbsp chopped rosemary
- 1/3 tsp crushed red chili flakes
- 1 bunch parsley
- Salt and black pepper to taste

Instructions:

1. Rinse and dry the lamb, trim excess fat, and cut into 2.5-3 cm thick pieces.
2. Mix olive oil, parsley, rosemary, minced garlic, chili flakes, and salt to make a marinade.
3. Marinate the lamb for 1-2 hours (or up to a day) in the fridge, covered.
4. Grill for 8-10 minutes per side to desired doneness.

"Kalbi" Korean-Style Beef Ribs



Cooking Time: 3-4 hours ♦ Difficulty: 4/5

Ingredients:

- 1 kg beef ribs
- 1 tbsp mustard
- 1 tsp black pepper
- 1 tsp paprika
- 1 tsp cumin
- 1 tsp salt
- 1 tsp khmeli-suneli
- 1 tsp dried garlic
- 1 tsp dried onion

Instructions:

1. Rinse the beef, trim the membrane, and coat with mustard.
2. Grind all the spices together and rub onto the meat.
3. Wrap in foil and refrigerate for a few hours.
4. Bake at 160°C (320°F) for 3-4 hours.

Butter-Marinated Salmon Steaks



Cooking Time: 10 minutes (plus 2 hours marination) Difficulty:

2/5

Ingredients:

- 500 g salmon steaks
- 50 g melted butter
- 1 tsp sea salt
- 1/2 tsp white

pepper

Instructions:

1. Rinse and pat dry the salmon.

2. Mix melted butter with salt and pepper.

3. Coat the steaks with the marinade and refrigerate for 2 hours.

4. Fry over medium heat for 3-4 minutes per side or bake at 180°C (356°F) for 20 minutes.



Minced Pork Patties



Cooking Time: ~2 hours 30 minutes (including marination)

♦ Difficulty: 3/5

Ingredients:

- 600 g fatty pork shoulder (for better juiciness)
- 2 eggs
- 50 g homemade mayonnaise (egg yolk-based with animal fat)
- Salt, allspice to taste
- 50 g rendered fat (for frying)

Instructions:

1. Slightly freeze the pork to make it easier to cut, then dice it finely.

2. Blend the eggs with mayonnaise using a blender.

3. Add salt and spices to taste, mix until smooth.
4. Combine the meat with the egg mixture, mix well. Cover with plastic wrap and refrigerate for 2-3 hours.
5. Heat the rendered fat in a pan. Spoon the patties into the pan and fry on both sides until golden brown.
6. Serve hot with butter or extra fat for added juiciness.

Chicken with Salami



Cooking Time: 1 hour 10 minutes ♦ Difficulty: 3/5

Ingredients:

- 750 g chicken (thighs or breast)
- 30 ml ghee
- 200 g salami
- 5 garlic cloves
- 100 ml dry white wine
- 1 tsp black pepper
- 1 tsp salt

Instructions:

1. Season the chicken with salt and pepper.
2. Fry until golden brown in ghee.
3. Add minced garlic and sliced salami, sauté for a few more minutes.
4. Pour in the wine and simmer for 5 minutes.
5. Transfer to a baking dish, cover with foil.
6. Bake at 180°C for 1 hour.

Turkey Cutlets



Cooking Time: 20 minutes ♦ Difficulty: 2/5

Ingredients:

- 450 g turkey fillet
- 2 eggs

- Salt, pepper to taste
- Rendered animal fat for frying

Instructions:

1. Prepare the meat: Cut the turkey fillet into portions about 1-1.5 cm thick.
2. Tenderize each piece with a meat mallet.
3. Coating: Beat the eggs in a deep plate, season with salt and pepper.
4. Dip each piece of meat into the egg mixture, ensuring an even coat.
5. Frying: Heat a pan with rendered fat over medium heat.
6. Fry cutlets for 3-4 minutes per side until golden brown.
7. Transfer to paper towels to absorb excess fat.
8. Serve hot with optional sauce or butter.

Fried Liver with Butter

 Cooking Time: 20 minutes ♦ Difficulty: 2/5

Ingredients:

- 500 g beef or chicken liver
- 50 g butter
- Salt, pepper to taste

Instructions:

1. Rinse the liver, remove membranes, and slice into pieces.
2. Heat a pan, melt the butter.
3. Fry the liver over high heat for 3-5 minutes on each side.
4. Season with salt and pepper before serving.

Salmon Steak in Butter Sauce

 Cooking Time: 15 minutes ♦ Difficulty: 2/5

Ingredients:

- 2 salmon steaks
- 30 g butter
- Salt to taste

Instructions:

1. Heat a pan and melt the butter.
2. Place the salmon steaks in the pan and fry for 3-5 minutes on each side.
3. Season with salt before serving.

Beef and Chicken Patties



Cooking Time: ~1 hour 30 minutes (including chilling)

♦ Difficulty: 4/5

Ingredients (6 servings):

- 350 g beef fillet
- 300 g chicken fillet
- 1 egg
- 50 g butter (for filling)
- 30 g rendered fat (for greasing the baking dish)
- Salt, pepper to taste

Instructions:

1. Clean the meat, remove membranes, and cut into pieces.
2. Grind the beef and chicken using a meat grinder.
3. Add the egg, salt, and pepper, mix thoroughly.
4. Pound the mixture 15-20 times by lifting and slamming it into a bowl.
5. Chill in the refrigerator for 1 hour.
6. Cut the butter into cubes and freeze it.
7. Shape round patties with wet hands, placing a frozen butter cube inside each.
8. Grease a baking dish with rendered fat.

9. Place the patties in the dish and bake at 200°C for 30 minutes.

Steamed Pork Cutlets in a Multicooker



Cooking Time: 1 Hour ♦ Difficulty: 2/5

Ingredients:

- 1 kg ground pork
- 200 ml milk
- 2 eggs
- 2 small onions
- 20 ml oil
- 1/3 tsp black pepper
- 2 tsp salt

Instructions:

1. Sauté the onions until translucent, then blend them until smooth.
2. In a blender, mix milk, eggs, salt, and pepper, then combine with the ground pork.
3. Add the blended onions and mix well. Shape the mixture into cutlets.
4. Pour 1 liter of water into the multicooker bowl and place the steaming rack. Grease the rack with oil and arrange the cutlets.
5. Cook on the "Steam" mode for 15 minutes. Remove the cooked cutlets and repeat with the next batch.

Chicken in Creamy Sauce



Cooking Time: 30 Minutes ♦ Difficulty: 1/5

Ingredients (2 Servings):

- 250 g chicken fillet (or preferred cut)
- 150 ml heavy cream (33%)
- 50 g butter

- Salt, pepper to taste

Instructions:

1. Rinse, pat dry, and cut the chicken into bite-sized pieces.
2. Melt the butter in a pan and sauté the chicken until golden brown.
3. Add the heavy cream, season with salt and pepper, and simmer on low heat for 15 minutes.
4. Serve hot and enjoy!

Broths and Soups

Bone Broth

⌚ Cooking Time: 6-8 hours ♦ Difficulty: 2/5

Ingredients:

- 1 kg bones (beef, pork, or chicken)
- 3 L water
- Salt to taste

Instructions:

1. Place the bones in a pot and cover with water.
2. Bring to a boil, then skim off any foam.
3. Simmer on low heat for 6-8 hours.
4. Add salt to taste before serving.

Hot Meat Broth Drink

⌚ Cooking Time: 5 minutes (using ready-made broth) ♦

Difficulty: 1/5

Ingredients:

- 250 ml hot bone broth

- 10 g butter

Instructions:

1. Heat the broth.
2. Add butter and stir until fully melted.



3. Drink hot as a warming beverage.

Carnivore Sardine Soup

 Cooking Time: 30-40 minutes ♦ Difficulty: 2/5

Ingredients:

- 1 can sardines in brine or oil
- 500 g beef or chicken broth
- 1 egg
- 50 g butter
- Salt and pepper to taste

Instructions:

1. Bring the broth to a boil in a pot.
2. Open the sardine can and remove bones if desired.
3. Add sardines to the broth and simmer for 5-7 minutes.
4. Beat the egg in a bowl, then slowly pour it into the soup while stirring constantly.
5. Add butter, salt, and pepper to taste.
6. Simmer for another 5 minutes, then let rest for 5 minutes before serving.

Homemade Chicken Broth

 Cooking Time: 2 hours ♦ Difficulty: 2/5

Ingredients:

- 500 g home-raised chicken
- 2 L water
- Salt and pepper to taste

Instructions:

1. Wash the chicken and place it in a large pot.
2. Cover with cold water and bring to a boil.
3. Skim off any foam, then reduce heat to low.
4. Simmer for 1.5-2 hours with the lid on.

5. Add salt and pepper 10 minutes before finishing.
6. Strain the broth and serve hot.

Steamed Chicken Meatballs

 Cooking Time: 1.5 hours ♦ Difficulty: 3/5

Ingredients:

- 400 g chicken meat (thigh or breast)
- 30 g internal fat (or butter)
- 1 egg
- 5 g salt

Instructions:

1. **Preparation:** Chill all ingredients. Cut the chicken into small pieces.
2. **Making the Mince:** Grind the meat and fat together. Add salt and egg, then mix well.
3. **Forming Meatballs:** Wet your hands and shape the mixture into small balls (about 20 g each).
4. **Steaming:** Place the meatballs on a steamer rack and steam for 10 minutes at 80°C.
5. **Serving:** Drizzle with melted butter before serving.

Hearty Veal Brisket Broth

 Cooking Time: 2.5 hours ♦ Difficulty: 3/5

Ingredients:

- 1.5 kg veal brisket on the bone
- Salt to taste
- Black peppercorns
- Basil (optional)
- Water

Instructions:

1. Cut the meat into medium-sized pieces. Boil for a few minutes until foam forms, then drain and rinse under cold water.
2. Place the meat in a 5-liter pot, add water, and season with salt and spices.
3. Simmer on low heat for 1.5–2 hours.
4. Serve hot. If the broth is too rich, dilute it with boiled water.

Rooster Broth



Cooking Time: 2 hours ♦ Difficulty: 3/5

Ingredients:

- 1 rooster, cut into pieces
- 3 L water
- 1 large onion (for aroma, to be removed after cooking)
- 5 allspice berries
- 2 bay leaves
- Salt to taste

Instructions:

1. Place the rooster pieces in cold water, add the whole onion, and bring to a simmer.
2. Cook on low heat, avoiding a rolling boil, and skim off foam regularly.
3. Add spices and salt, then continue simmering for another 1.5 hours.
4. Remove the onion and strain the broth.
5. Serve hot with pieces of meat.

Basic Meat Broth



Cooking Time: 30–40 minutes ♦ Difficulty: 2/5

Ingredients:

- 400 g chicken meat (fillet, drumstick, thigh, or wings)
- 100 g chicken or beef skin (as a noodle substitute)

- 1.5 L water
- Salt to taste

Instructions:

1. Cut the chicken fillet into pieces, leaving the bone-in parts whole. Place them in a pot, add water, and bring to a boil. Skim off the foam.
2. Add chicken or beef skin to enrich the broth. Simmer for another 10 minutes.
3. Season with salt to taste. Optionally, add an egg yolk before serving for extra nutrition.
4. Enjoy your warm and hearty broth!

"Royal Meat Soup"



Cooking Time: 40-50 minutes ♦ Difficulty: 3/5

Ingredients:

- 300 g chicken fillet
- 100 g bones for broth
- 1 L water
- 1 egg
- 50 g chicken fat (for thickness)
- Salt to taste

Instructions:

1. Boil the broth using bones and chicken fillet for 30-40 minutes, skimming off any foam.
2. Add chicken fat for a richer taste and simmer for another 10 minutes.
3. Hard-boil the egg, peel it, and cut it in half.



4. Place the cooked meat in a bowl, pour over the hot broth, and add the egg.
5. Serve hot and enjoy!

"Meaty Delight"

 Cooking Time: 1-1.5 hours ♦ Difficulty: 3/5

Ingredients:

- 600 g chicken feet
- 1 onion (optional, for aroma, to be removed after cooking)
- Salt and black pepper to taste
- 3 bay leaves
- 3 black peppercorns
- 1.5 L water

Instructions:

1. Place the chicken feet in a pot, add water, and bring to a boil.
2. Add the onion (if using), bay leaves, and peppercorns. Simmer on low heat for 1-1.5 hours.
3. Remove the onion and strain the broth if needed.
4. Separate the meat from the bones and serve with the broth.
5. Add salt to taste and enjoy!

Homemade Sausages, Hot Dogs, and Cured Meat

Homemade Jerky

🕒 Cooking Time: 6 hours ♦ Difficulty: 3/5

Ingredients:

- 500 g beef (thin slices)
- 1 tbsp salt

Instructions:

1. Salt the beef and let it rest for 30 minutes.
2. Place the meat on an oven rack.
3. Dry at 70°C for 5-6 hours, leaving the oven door slightly open.



Meat Sticks

🕒 Cooking Time: 2.5 hours ♦ Difficulty: 3/5

Ingredients:

- 450 g chicken fillet
- 2 garlic cloves
- 1/2 tsp salt
- A pinch of black pepper

Instructions:

1. Cut the fillet, blend with garlic and spices.
2. Use a piping bag to shape thin sticks.
3. Bake at 50°C for 1 hour with the oven slightly open, then another hour at 75°C.
4. Cool and serve as a snack.

Homemade Carnivore Sausage

 Cooking Time: 60 minutes ♦ Difficulty: 4/5

Ingredients:

- 1 kg pork neck
- 500 g pork shoulder
- 150 g pork fat
- Salt, pepper, garlic to taste
- 100 ml water
- Natural casings

Instructions:

1. Cut the meat and fat into small pieces.
2. Add salt, pepper, garlic, and water; mix well.
3. Rinse the casings and stuff with the meat mixture, leaving the ends open.
4. Place the sausages on a baking tray.
5. Bake at 180°C for 40-60 minutes.

Chicken Jerky

 Cooking Time: 4 hours ♦ Difficulty: 3/5

Ingredients:

- 1 kg chicken fillet
- 100 g salt
- 1 L water
- 1 garlic head (fresh or dried)

Instructions:

1. Cut the fillet into thin strips.
2. Soak in saltwater for 2-3 hours.
3. Rub with garlic.
4. Dry at 60°C for 5-6 hours in an oven or dehydrator.

Dried Chicken Fillet



Cooking Time: 4 hours ♦ Difficulty: 3/5

Ingredients:

- Chicken fillet
- Salt, garlic, pepper
- Worcestershire sauce (optional)

Instructions:

1. Slice the fillet into thin strips.
2. Rub with spices and let marinate for 30 minutes.
3. Skewer the strips.
4. Dry in the oven at 60°C until done.

Biltong/Jerky



Cooking Time: 12-24 hours ♦ Difficulty: 4/5

Ingredients:

- 1 kg beef or turkey (tenderloin, thigh)
- 2 tbsp salt
- 1 tsp ground black pepper
- 1 tsp dried garlic (optional)
- 1 tsp dried chili pepper (optional)

Instructions:

1. Slice the meat into thin strips (3-5 mm).
2. Season with salt, pepper, and optional spices; mix well.
3. Place in a container and refrigerate for 3-4 hours.
4. Lay the strips on a rack or parchment-lined baking sheet.

5. Dry in the oven at 50-60°C with the door slightly open for 6-12 hours (or use a dehydrator).
6. The meat should be dry but not brittle.
7. Store in an airtight container or vacuum-sealed bag.

Juicy Roasted Turkey

🕒 Cooking Time: 2.5-3 hours ♦ Difficulty: 3/5

Ingredients:

- 1.5 kg turkey fillet
- 1 L water
- 4 tbsp salt
- 1 tsp mustard
- 2 tbsp butter
- Spices to taste

Instructions:

1. Dissolve salt in water and soak the turkey for 2-3 hours.
2. Remove, pat dry, and rub with butter and spices.
3. Roast in the oven at 200°C for 40 minutes.

Dry Chicken Sausages

🕒 Cooking Time: 4 hours ♦ Difficulty: 3/5

Ingredients:

- 600 g ground chicken
- Salt to taste
- Pepper to taste
- 0.5 tsp dried garlic
- 0.5 tsp sweet paprika
- 0.5 tsp dried chili



Instructions:

1. Mince chicken fillet using a meat grinder.
2. Add salt and spices, mix thoroughly.
3. Place the mixture into a ziplock bag.
4. Form sausages on parchment paper and dry at 60–70°C for 3–4 hours in the oven with the door slightly open.

Boiled or Baked Homemade Sausage



Cooking Time: 2-3 hours ♦ Difficulty: 4/5

Ingredients:

- 1 kg pork (shoulder or brisket, with fat)
- 1 tbsp salt
- 1 tsp black pepper
- 1 tsp dried garlic
- 2-3 m natural casing (or baking wrap for casing-free version)

Instructions:

1. Mince pork with a coarse grinder or chop finely.
2. Add salt, pepper, garlic, and mix well.
3. Stuff the natural casing with the meat mixture and tie the ends.
4. If using a baking wrap, shape into a log.
5. **Option 1:** Boil at 80°C for 1.5-2 hours.
6. **Option 2:** Bake at 160°C for 1.5 hours, then brown at 200°C for 10-15 minutes.
7. Let cool before slicing.

Carnivore Sausages



Cooking Time: 1.5 hours ♦ Difficulty: 3/5

Ingredients:

- 1 kg ground chicken or beef
- 1 tbsp salt

- ½ tsp white pepper
- 2 eggs
- 50 ml heavy cream
- 2-3 m natural casing or plastic wrap

Instructions:

1. Mix ground meat with salt, pepper, eggs, and cream.
2. Stuff into natural casings or roll into sausages using plastic wrap.
3. Boil at 75-80°C for 40-50 minutes.
4. **For baking:** Cook at 160°C for 40 minutes.
5. Let cool before slicing.

Meatloaf



Cooking Time: 1 hour 20 minutes ♦ Difficulty: 3/5

Ingredients:

- 1 kg mixed meat (500 g pork-beef ground meat, 500 g chopped chicken)
- 2 raw eggs
- Salt to taste
- Favorite spices (dill, poultry seasoning)

Instructions:

1. Grind 500 g of meat into mince, chop the other 500 g into small pieces.
2. Combine all ingredients in a bowl, mix thoroughly.
3. Transfer to a parchment-lined loaf pan, press and smooth the surface.
4. Bake at 180°C for 1 hour 20 minutes, covering with foil for the first hour.
5. Remove foil and bake uncovered for the final 20 minutes.
6. Let cool completely before slicing.

Roulades, Pâtés, and Meat Appetizers

Quail Egg & Chicken Appetizer

 Cooking Time: 25-30 minutes ♦ Difficulty: 2/5

Ingredients (10 servings):

- 1/2 chicken fillet
- 10 quail eggs
- 1 tsp ghee

Instructions:

1. Cut chicken fillet into cubes and fry in ghee until fully cooked.
2. Boil and peel quail eggs.
3. Skewer a piece of chicken followed by a quail egg.
4. Ready to serve.

Cod Liver Toast

 Cooking Time: 15 minutes ♦ Difficulty: 2/5

Ingredients:

- 1 can cod liver
- 2 boiled eggs
- 100 g hard cheese
- 2 toast slices

Instructions:

1. Boil eggs for 10 minutes, cool, and peel.
2. Grate eggs and cheese.
3. Drain excess oil from the cod liver and mash with a fork.
4. Mix liver with eggs and cheese until smooth.
5. Toast bread until crispy.
6. Spread the mixture on the toast.

7. Garnish with herbs if desired and serve.

Cold Meat Skewers "Chilled Kebab"

🕒 Cooking Time: 2 hours ♦ Difficulty: 3/5

Ingredients:

- 500 g veal tenderloin
- 2 medium onions

Instructions:

1. Boil meat with salt and spices, let it cool in the broth, then cut into chunks.

2. Slice onions into half-rings and mix with meat.

3. Pour over a brine of water, salt, and vinegar, then refrigerate for 2 hours.

4. Serve chilled.



Chicken Fillet Appetizer

🕒 Cooking Time: 30-40 minutes ♦ Difficulty: 3/5

Ingredients:

- 500 g chicken fillet
- 100 g butter
- 1 garlic clove

Instructions:

1. Boil chicken fillet and cut into pieces.

2. Sauté onion, add chicken, butter, and minced garlic.
3. Blend until smooth.
4. Wrap in plastic wrap, shape into a roll, and freeze.
5. Slice and serve cold.

Melted Cheese Roll with Meat Filling



Cooking Time: 20 minutes ♦ Difficulty: 3/5

Ingredients:

- 150 g hard cheese (Gouda, Cheddar, Mozzarella)
- 200 g minced meat (pork, beef, or mix)
- 1 egg
- Salt, pepper to taste

Instructions:

1. Grate cheese, melt in the oven on parchment at 180°C for 5-7 minutes.
2. Fry minced meat with salt and pepper.
3. Spread meat over melted cheese and roll up.
4. Let cool for 3-5 minutes, slice.
5. **Bonus:** Bake for 5 more minutes for a crispy crust.

Classic Liver Pâté



Cooking Time: 20 minutes ♦ Difficulty: 2/5

Ingredients:

- 300 g beef liver
- 100 g butter
- 1 egg yolk
- Salt to taste

Instructions:

1. Clean liver, remove membranes, cut into pieces.
2. Sauté in butter until fully cooked.
3. Add yolk, salt, and mix.

4. Blend until smooth.
5. Refrigerate before serving.

Salmon Tartare



Cooking Time: 4 hours + 20 minutes ♦ Difficulty: 3/5

Ingredients:

- 2 pieces fresh salmon
- Salt, fish seasoning, dried garlic
- 1 tsp lemon juice

Instructions:

1. Pat dry the salmon, rub with salt, seasoning, and garlic.
2. Drizzle with lemon juice and refrigerate for 4 hours.
3. Dice and serve.

Veal Tartare



Cooking Time: 15 minutes ♦ Difficulty: 2/5

Ingredients:

- 120 g veal
- 1 egg yolk
- 1/2 tsp sea salt
- 1/2 tsp black pepper

Instructions:

1. Finely dice the veal.
2. Add egg yolk, salt, and pepper, and mix well.
3. Plate and serve.

Salmon Breakfast



Cooking Time: 10 minutes ♦ Difficulty: 2/5

Ingredients:

- 70 g salmon

- 1 egg
- 10 g butter
- Salt, pepper to taste

Instructions:

1. Melt butter and fry salmon for 2-3 minutes.
2. Fry the egg in butter.
3. Serve together.

Creamy Duck Liver Pâté

 Cooking Time: 25 minutes ♦ Difficulty: 3/5

Ingredients:

- 300 g duck liver
- 150 ml heavy cream
- 50 g ghee
- Salt to taste

Instructions:

1. Slice liver and sauté in ghee.
2. Add cream and simmer for 5 minutes.
3. Blend until smooth.
4. Chill before serving.

Salmon Rolls with Caviar

 Cooking Time: 10 minutes ♦ Difficulty: 2/5

Ingredients:

- 100 g thinly sliced salmon
- 50 g red caviar
- 50 g butter

Instructions:

1. Soften butter.
2. Spread a thin layer of butter on salmon slices.
3. Top with caviar and roll up.

4. Serve chilled.

Crispy Salmon Chips

 Cooking Time: 30 minutes ♦ Difficulty: 3/5

Ingredients:

- 300-400 g thinly sliced salmon
- 2 eggs
- Salt, pepper, dried garlic to taste
- 50 g grated Parmesan (optional)

Instructions:

1. Slice salmon thinly, season with salt, pepper, and garlic.
2. Dip each piece in beaten egg.
3. Place on parchment paper, sprinkle with Parmesan if using.
4. Bake at 120°C for 20-30 minutes until crispy.

Homemade Salted Salmon

 Cooking Time: 25 minutes + overnight ♦ Difficulty: 2/5

Ingredients:

- 700 g fresh or thawed salmon
- Juice of 1 small lemon
- 1 tbsp sea salt
- 1/2 tsp white pepper

Instructions:

1. Place salmon in a container, add salt, pepper, and lemon juice.
2. Seal the container and shake well.
3. Refrigerate overnight.
4. Taste in the morning and adjust seasoning if needed.

Liver Pâté with Bone Broth



Cooking Time: 30 minutes ♦ Difficulty: 3/5

Ingredients:

- 300 g pork liver
- 100 ml bone broth
- 50 g ghee
- Salt to taste

Instructions:

1. Slice liver and sauté in ghee.
2. Add bone broth and simmer for 10 minutes.
3. Blend until smooth.
4. Chill before serving.

Goose Liver Pâté with Butter



Cooking Time: 20 minutes ♦ Difficulty: 3/5

Ingredients:

- 250 g goose liver
- 100 g butter
- 1 egg yolk
- Salt to taste

Instructions:

1. Sauté liver in butter.
2. Add yolk and mix well.
3. Blend until smooth.
4. Chill before serving.

Rolled Pork Knuckle



Cooking Time: 4 hours ♦ Difficulty: 4/5

Ingredients:

- 1 pork knuckle

- 6 garlic cloves
- 1 tsp meat seasoning
- 2 tsp mustard seeds
- 1 tsp salt

Instructions:

1. Clean knuckle, remove the bone, and flatten the meat.

2. Mince garlic and mix with salt, spices, and mustard seeds.

3. Rub seasoning onto the meat.

4. Roll up and tie securely.

5. Simmer for 4 hours over low heat.

6. Cool, slice, and serve.



Stuffed Veal Rolls

🕒 Cooking Time: ~1 hour 30 minutes ♦ Difficulty: 4/5

Ingredients (6 servings):

- 800 g veal fillet
- 200 g minced meat (veal or beef)
- 50 g butter (for filling)
- 30 g ghee (for frying)
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp dried rosemary
- 1/2 tsp dried sage

Instructions:

1. Slice veal into thin pieces.
2. Season minced meat with salt, pepper, rosemary, and sage.
3. Place some minced meat on each slice, top with butter.
4. Roll up, secure with skewers.
5. Fry in ghee until golden.
6. Bake at 160°C for 40-50 minutes.
7. Serve hot, optionally with extra butter on top.

Boiled Pork Heart



Cooking Time: 1.5 hours ♦ Difficulty: 2/5

Ingredients:

- 1.2 kg pork heart
- Salt, pepper
- 1 bay leaf

Instructions:

1. Rinse and clean the heart, cut into pieces.
2. Boil in salted water with a bay leaf for 1.5 hours.
3. Cool, slice, and serve.

Meat Jellied Pie



Cooking Time: 45 minutes ♦ Difficulty: 3/5

Ingredients:

- 500 g cream (or sour cream)
- 4 eggs
- 1 tsp baking soda
- 1 tsp salt
- 300 g chicken fillet
- 100 g hard cheese
- 2 tbsp melted fat
- Spices to taste

Instructions:

1. Cut chicken fillet into pieces and fry in melted fat.
2. In a bowl, mix cream, eggs, salt, baking soda, and spices.
3. Grate cheese and add to the mixture.
4. Pour part of the mixture into a baking dish, add fried meat, and cover with the remaining mixture.
5. Bake at 200°C for 40-45 minutes.

Hearty Muffins with Chicken and Cheese



Cooking Time: 25 minutes ♦ Difficulty: 2/5

Ingredients:

- 4 eggs
- 100 ml cream
- 200 g hard cheese
- 1 chicken fillet
- 2 tbsp melted fat
- Spices to taste

Instructions:

1. Boil chicken fillet, let it cool, and dice.
2. Beat eggs with cream and spices in a bowl.
3. Add grated cheese and diced chicken, mix well.
4. Fill muffin molds and bake at 200°C for 25 minutes.

Homemade Cracklings or Pork Skin Chips



Cooking Time: 3-4 hours (including drying) ♦ Difficulty: 3/5

Ingredients:

- 500 g pork skin
- 1 tbsp salt
- 500 ml water
- 100 g melted fat (for frying)

Instructions:

1. Wash the pork skin, clean off excess fat and hair (can be singed).
2. Cut into strips or squares (2-3 cm).
3. Boil in salted water for 20 minutes.
4. Drain, pat dry with paper towels, and place on a baking sheet.
5. Dry in an oven at 80°C for 2-3 hours until crispy.
6. Heat melted fat in a deep pan and fry until golden brown.
7. Drain on paper towels and serve or store in an airtight container.

Cheese Chips

 Cooking Time: 15-20 minutes ♦ Difficulty: 1/5

Ingredients:

- 200 g hard cheese (cheddar, parmesan)
- ½ tsp black pepper (optional)
- ½ tsp dried garlic (optional)

Instructions:

1. Preheat oven to 180°C.
2. Grate cheese or slice thinly.
3. Place small piles of cheese on parchment paper, leaving space between them.
4. Optionally, sprinkle with pepper or garlic.
5. Bake for 8-12 minutes until golden brown.
6. Let cool to crisp up.
7. Store in an airtight container.

Baked Chicken Fillet with Cheese

 Cooking Time: 45 minutes ♦ Difficulty: 2/5

Ingredients:

- 2 chicken fillets

- 100 g hard cheese
- Salt, pepper
- Butter

Instructions:

1. Season chicken fillets with salt and pepper.
2. Place in a baking dish.
3. Sprinkle with grated cheese.
4. Bake at 180°C for 30-40 minutes.

Egg Dishes and Carnivore Baking

Baked Cheesecakes

🕒 Cooking Time: 30 minutes ♦ Difficulty: 2/5

Ingredients:

- 300 g full-fat cottage cheese (9% or more)
- 2 eggs
- 1 tsp vanilla (optional)
- ½ tsp salt

Instructions:

1. Mix cottage cheese, eggs, salt, and vanilla until smooth.

2. Shape small cheesecakes and place them on parchment paper.

3. Bake at 180°C for 20-25 minutes until golden brown.

4. Serve warm or chilled.



Omelet Soufflé

🕒 Cooking Time: 15 minutes ♦ Difficulty: 1/5

Ingredients:

- 2 eggs
- Salt to taste

- 20 g butter

Instructions:

1. Beat eggs well.
2. Cook over a double boiler under a lid for 10-15 minutes.
3. Serve hot.

Egg and Jamón Salad

 Cooking Time: 10 minutes ♦ Difficulty: 1/5

Ingredients:

- 2 boiled eggs
- 70-100 g jamón
- 20 g melted butter

Instructions:

1. Slice eggs and arrange on a plate.
2. Add thinly sliced jamón.
3. Drizzle with melted butter.

Omelet Pular

 Cooking Time: 10 minutes ♦ Difficulty: 2/5

Ingredients:

- 3 eggs
- A pinch of salt

Instructions:

1. Separate egg whites from yolks.
2. Cook yolks in a pan.
3. Whip egg whites until fluffy, spread over yolks, cover, and cook for 2-3 minutes.

Egg Roll with Cheese and Meat

 Cooking Time: 10 minutes ♦ Difficulty: 2/5

Ingredients:

- 2 eggs
- 50 g hard cheese
- 50 g deli meat (bacon, ham)
- Salt to taste

Instructions:

1. Beat eggs and pour into a frying pan.
2. Sprinkle with grated cheese and chopped meat.
3. Roll up and fry until done.

Eggs on a Cheese Bed



Cooking Time: 10 minutes ♦ Difficulty: 2/5

Ingredients:

- 2 eggs
- 50 g hard cheese
- 1 tbsp melted fat
- Salt, spices to taste

Instructions:

1. Grate cheese and spread in a hot frying pan with melted fat.
2. Once cheese starts melting, crack eggs on top.
3. Season and cook to desired doneness.
4. Serve hot.

Egg Pastries



Cooking Time: 40 minutes ♦ Difficulty: 3/5

Ingredients:

- 6 eggs
- 100 g hard cheese
- 3 tbsp butter
- 1 tbsp pork lard
- Salt to taste

Instructions:

1. Boil 5 eggs and chop finely.
2. Grate cheese and mix with chopped eggs and salt.
3. Melt butter and add to the filling.
4. Fill baking molds with the mixture and top with a raw egg.
5. Bake at 180°C for 25-30 minutes.

Egg Toast

⌚ Cooking Time: 5 minutes ♦ Difficulty: 1/5

Ingredients:

- 1 egg
- 30 g hard cheese
- 1 tsp butter
- Salt and pepper to taste

Instructions:

1. Heat a frying pan and melt butter.

2. Pour in the egg, season with salt and pepper.

3. Sprinkle with grated cheese and cook for 2-3 minutes until done.



Egg Roll with Nori

⌚ Cooking Time: 10 minutes ♦ Difficulty: 2/5

Ingredients:

- 1 sheet nori
- 2 eggs

- 50 g hard cheese
- Salt/pepper to taste

Instructions:

1. Beat eggs and season.
2. Pour into a frying pan, place nori on top.
3. Cook until set, then flip.
4. Add grated cheese, roll up, and serve.

Egg Roll with Cheese and Meat

 Cooking Time: 10 minutes ♦ Difficulty: 2/5

Ingredients:

- 2 eggs
- 50 g hard cheese
- 50 g smoked bacon or boiled meat
- Salt/pepper to taste

Instructions:

1. Beat eggs, season with salt and pepper.
2. Pour half the eggs into a frying pan, sprinkle with cheese and chopped meat.
3. Roll up and move to the pan's edge.
4. Pour in the remaining eggs, sprinkle with cheese, and roll again.
5. Slice into portions.

Omelet with Chicken

 Cooking Time: 30 minutes ♦ Difficulty: 2/5

Ingredients:

- 4 eggs
- 100 g boiled or roasted chicken breast
- 60 g hard cheese
- Salt, spices to taste

Instructions:

1. Cut chicken into small pieces.
2. Beat eggs with cheese and spices.
3. Place chicken in a baking dish and pour over the egg mixture.
4. Bake at 180°C for 30 minutes.

Stuffed Eggs



Cooking Time: 15 minutes ♦ Difficulty: 2/5

Ingredients:

- 6 boiled eggs
- 1 can sardines in oil
- 1-1.5 tbsp homemade mayonnaise (without vegetable oils) or cream cheese

Instructions:

1. Boil eggs, cool, and cut in half.
2. Drain oil from sardines and mash with a fork.
3. Remove yolks, mix with sardines.
4. Add mayonnaise or cream cheese and mix until smooth.
5. Fill egg whites with the mixture and serve.

Egg Custard (Baked Yolks with Cream)



Cooking Time: 40 minutes ♦ Difficulty: 2/5

Ingredients:

- 4 yolks
- 200 ml heavy cream (33%)
- 1 tsp vanilla (optional)
- ½ tsp salt

Instructions:

1. Beat yolks with cream, salt, and vanilla.
2. Pour into ramekins.

3. Bake in a water bath at 150°C for 30 minutes.
4. Cool before serving.

Cream Soufflé with Gelatin

 Cooking Time: 2 hours (including chilling) ♦ Difficulty: 2/5

Ingredients:

- 200 ml heavy cream (33%)
- 5 g gelatin
- 50 ml water
- ½ tsp vanilla (optional)
- ½ tsp salt

Instructions:

1. Soak gelatin in water for 10 minutes.
2. Heat cream, add vanilla and salt.
3. Stir in gelatin until dissolved.
4. Pour into molds and refrigerate for 1.5-2 hours.
5. Serve chilled.

Rich Creamy Mousse

 Cooking Time: 15 minutes + 2 hours to set ♦ Difficulty: 2/5

Ingredients:

- 4 yolks
- 200 ml heavy cream (35%)
- 1 tsp gelatin
- 2 tbsp water
- Sweetener (optional)

Instructions:

1. Soak gelatin in water for 5-10 minutes.
2. Beat yolks with sweetener until pale.
3. Heat cream without boiling, slowly pour into yolks while stirring.

4. Stir in gelatin until dissolved.
5. Pour into molds and refrigerate for 2 hours.

Frozen Cream Mousse



Cooking Time: 10 minutes + 4 hours to freeze ♦ Difficulty:

2/5

Ingredients:

- 200 ml heavy cream (35%)
- 2 eggs
- Sweetener (optional)

Instructions:

1. Separate egg whites from yolks.
2. Beat yolks with sweetener until thick.
3. Separately beat whites until stiff peaks form.
4. Whip cream until thick.
5. Gently fold everything together.
6. Pour into molds and freeze for 4 hours.

Carnivore Pudding (Eggs & Butter)



Cooking Time: 20 minutes ♦ Difficulty: 2/5

Ingredients:

- 4 eggs
- 50 g butter
- Sweetener (optional)
- A pinch of salt

Instructions:

1. Melt butter over low heat.
2. Beat eggs with sweetener and salt.
3. Gradually mix hot butter into eggs while stirring.
4. Cook over low heat, stirring constantly, until thickened.
5. Pour into molds and cool before serving.

Sauces and Sides for Meat and Fish

Homemade Carnivore Mayonnaise (Animal Fat-Based)

🕒 Cooking Time: 10 minutes ♦ Difficulty: 2/5

Ingredients:

- 2 egg yolks
- 150 ml rendered beef or duck fat
- 1 tsp apple cider vinegar or lemon juice
- A pinch of salt

Instructions:

1. In a deep bowl, whisk the egg yolks with salt and vinegar.

2. Slowly pour in the warm (but not hot) animal fat while continuously whisking.

3. Whisk until the sauce thickens and reaches a creamy texture.

4. Use as a sauce or spread.



Liver Steak Sauce

🕒 Cooking Time: 15 minutes ♦ Difficulty: 3/5

Ingredients:

- 100 g beef or chicken liver
- 50 g butter
- 50 ml heavy cream
- A pinch of salt
- Optional: black pepper

Instructions:

1. Cut the liver into pieces and fry in butter until fully cooked.
2. Add cream, salt, and bring to a boil.
3. Blend until smooth and creamy.
4. Serve warm with steaks or roasted meat.

Bone Marinade for Roasting Meat

 Cooking Time: 5 minutes + marination time ♦ Difficulty: 1/5

Ingredients:

- 100 ml bone broth
- 50 ml rendered fat (beef, duck, or pork)
- 1 tsp sea salt
- Optional: crushed garlic

Instructions:

1. Mix all ingredients until well combined.
2. Coat the meat with the marinade and let it sit for 2-4 hours.
3. Roast or pan-fry the meat until done.

Egg-Butter Sauce

 Cooking Time: 10 minutes ♦ Difficulty: 2/5

Ingredients:

- 2 egg yolks
- 100 g butter
- 1 tsp lemon juice or apple cider vinegar
- A pinch of salt

Instructions:

1. Melt the butter over low heat.
2. In a separate bowl, whisk the egg yolks with salt and lemon juice.
3. Slowly pour in the hot butter while continuously whisking.
4. Serve warm with fish or meat.

Creamy Bacon Sauce

⌚ Cooking Time: 15 minutes ♦ Difficulty: 3/5

Ingredients:

- 100 ml heavy cream
- 50 g bacon
- 30 g butter
- A pinch of salt

Instructions:

1. Dice the bacon and fry until crispy.

2. Add butter, then pour in the cream and bring to a boil.

3. Simmer for 2-3 minutes until thickened.

4. Use as a topping for steaks or omelets.



Meaty Carnivore Hollandaise Sauce

⌚ Cooking Time: 10 minutes ♦ Difficulty: 2/5

Ingredients:

- 2 egg yolks
- 100 g butter
- 1 tsp lemon juice
- A pinch of salt

Instructions:

1. Melt the butter over low heat, avoiding boiling.
2. In a separate bowl, whisk the yolks with lemon juice.
3. Slowly pour the warm butter into the yolks while continuously whisking.
4. Keep whisking until the sauce thickens and becomes smooth.
5. Serve warm with steaks or fish dishes.

Creamy Cheese Sauce



Cooking Time: 7 minutes ♦ Difficulty: 2/5

Ingredients:

- 100 ml heavy cream (33% or higher)
- 50 g hard cheese (Cheddar, Parmesan)
- 30 g butter
- Salt to taste

Instructions:

1. Heat the cream in a small saucepan, but do not boil.
2. Add butter and grated cheese, stirring constantly.
3. Cook on low heat until the cheese is fully melted and the sauce is smooth.
4. Add salt to taste.
5. Serve hot with steaks, roasted meats, or eggs.

Bonus Dish

Carnivore Pizza "Meat Explosion"

- ◆ **Zero Carbs**
- ◆ **High Protein & Fat**
- ◆ **Simple & Delicious**
- ◆ **Cooking Time:** 20 minutes
- ◆ **Servings:** 2
- ◆ **Difficulty:** 3/5

Ingredients:

- 250 g ground meat (beef, pork, or a mix)
- 100 g hard cheese (Cheddar, Gouda, or Parmesan)
- 2 eggs
- 30 g rendered fat or butter
- ½ tsp salt
- ½ tsp meat spice mix (optional)

Instructions:

1. Form the Base:

- Press the ground meat into a baking tray, spreading it into a thin layer (~0.5 cm thick).
- Season with salt, pepper, and spices.

2. Bake the Base:

- Preheat the oven to 180°C and bake for 15 minutes.
- Remove and drain excess fat if necessary.

3. Add the "Toppings":

- Sprinkle grated cheese over the base.
- Create two small wells in the cheese and crack the eggs into them.

4. Final Bake:

- Bake for another 5 minutes until the cheese melts and the eggs are cooked.

5. Serving:

- Let it cool slightly, then slice into portions.
- Serve hot with butter or bacon.

Bonus Variations:

"Super Meaty" – Add bacon or sausage pieces before the final bake.

"Steak-Style" – Replace ground meat with finely chopped steak (e.g., steak tartare).

"Cheddar Bomb" – Double the cheese for an ultra-cheesy texture.

Chapter III

Meal Plans

Week 1

Day of the Week	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday	Salmon Breakfast (p. 47)	Homemade Jerky (p. 38)	Hearty Veal Brisket Broth (p. 34)	Boiled Eggs with Carnivore Mayonnaise (p. 64)	Slow-Cooked Salmon in Cream with Thyme & Rosemary (p. 14)
Tuesday	Butter-Marinated Salmon Steaks (p. 25)	Dry Chicken Sausages (p. 41)	Veal Tartare (p. 47)	Homemade Carnivore Sausages (p. 39)	Pork Ribs in Aromatic Sauce (p. 10)
Wednesday	Baked Cheesecakes (p. 56)	Goose Liver Pâté with Butter (p. 50)	Rooster Broth (p. 35)	Cheese Chips (p. 54)	"Royal Pork" (p. 12)
Thursday	Egg Roll with Cheese and Meat (p. 57)	Homemade Salted Salmon (p. 49)	Bone Broth (p. 32)	Baked Chicken Fillet with Cheese (p. 54)	Festive Duck (p. 12)
Friday	Omelet with Chicken (p. 60)	Boiled or Baked Homemade Sausage (p. 42)	Meaty Delight (p. 37)	Pork Belly (p. 15)	Baked Salmon with Sulguni (p. 15)

Saturday	Tuna Tataki (p. 24)	Boiled Eggs with Butter (p. 65)	Homemade Chicken Broth (p. 33)	Rolled Pork Knuckle (p. 50)	Turkey Drumsticks in Slow Cooker (p. 13)
Sunday	Carnivore Pudding (p. 63)	Homemade Cracklings or Pork Skin Chips (p. 53)	"Royal Meat Soup" (p. 36)	Chicken Jerky (p. 39)	Stuffed Veal Rolls (p. 51)

Week 2

Day of the Week	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday	Omelet Pular (p. 57)	Cold Meat Skewers "Chilled Kebab" (p. 45)	Hot Meat Broth Drink (p. 32)	Fried Liver with Butter (p. 28)	Grilled Lamb with Parsley and Rosemary (p. 24)
Tuesday	Egg Toast (p. 59)	Salmon Rolls with Caviar (p. 48)	Basic Meat Broth (p. 35)	Meat with Roasted Garlic Sauce (p. 20)	Festive Roasted Pork (p. 18)
Wednesday	Omelet Soufflé (p. 56)	Meat Sticks (p. 38)	Homemade Chicken Broth (p. 33)	Steamed Chicken Meatballs (p. 34)	Butter-Baked Chicken (p. 11)
Thursday	Egg Roll with Nori (p. 59)	Crispy Salmon Chips (p. 49)	Veal Broth (p. 34)	Biltong/Jerky (p. 40)	Slow-Baked Hake with Lemon (p. 17)
Friday	Egg Custard (p. 61)	Cod Liver Toast (p. 44)	Rooster Broth (p. 35)	Turkey Cutlets (p. 27)	Beef and Chicken Patties (p. 29)

Saturday	Stuffed Eggs (p. 61)	Dried Chicken Fillet (p. 40)	Chicken in Creamy Sauce (p. 30)	Steamed Pork Cutlets in a Multicooker (p. 30)	Sweet and Sour Chicken (p. 19)
Sunday	Frozen Cream Mousse (p. 62)	Melted Cheese Roll with Meat Filling (p. 46)	Hearty Veal Brisket Broth (p. 34)	Chicken with Bacon in Soy Sauce (p. 20)	Kalbi Korean-Style Beef Ribs (p. 25)

Week 3

Day of the Week	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday	Egg Roll with Cheese and Meat (p. 57)	Chicken Jerky (p. 39)	Homemade Chicken Broth (p. 33)	Butter-Marinated Salmon Steaks (p. 25)	Pork Belly (p. 15)
Tuesday	Carnivore Pudding (p. 63)	Homemade Carnivore Sausage (p. 39)	Hearty Veal Brisket Broth (p. 34)	Fried Liver with Butter (p. 28)	Baked Chicken Fillet with Cheese (p. 54)
Wednesday	Omelet with Chicken (p. 60)	Cheese Chips (p. 54)	"Royal Meat Soup" (p. 36)	Dried Chicken Fillet (p. 40)	Festive Duck (p. 12)
Thursday	Stuffed Eggs (p. 61)	Meat with Roasted Garlic Sauce (p. 20)	Rooster Broth (p. 35)	Meatloaf (p. 43)	Slow-Cooked Salmon in Cream with Thyme & Rosemary (p. 14)

Friday	Egg and Jamón Salad (p. 57)	Melted Cheese Roll with Meat Filling (p. 46)	Veal Tartare (p. 47)	Crispy Salmon Chips (p. 49)	"Royal Pork" (p. 12)
Saturday	Egg Roll with Nori (p. 59)	Homemade Cracklings or Pork Skin Chips (p. 53)	Meaty Delight (p. 37)	Biltong/Jerky (p. 40)	Turkey Drumsticks in Slow Cooker (p. 13)
Sunday	Rich Creamy Mousse (p. 62)	Salmon Breakfast (p. 47)	Bone Broth (p. 32)	Cold Meat Skewers "Chilled Kebab" (p. 45)	Kalbi Korean-Style Beef Ribs (p. 25)

Week 4

Day of the Week	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday	Steamed Chicken Meatballs (p. 34)	Meat Sticks (p. 38)	Basic Meat Broth (p. 35)	Tuna Tataki (p. 24)	Beef and Chicken Patties (p. 29)
Tuesday	Egg-Butter Sauce (p. 65)	Quail Egg & Chicken Appetizer (p. 45)	Hot Meat Broth Drink (p. 32)	Chicken with Salami (p. 27)	Festive Roasted Pork (p. 18)
Wednesday	Omelet Soufflé (p. 56)	Dry Chicken Sausages (p. 41)	Homemade Chicken Broth (p. 33)	Turkey Cutlets (p. 27)	Butter-Baked Chicken (p. 11)

Thursday	Egg Custard (p. 61)	Cod Liver Toast (p. 44)	Rooster Broth (p. 35)	Minced Pork Patties (p. 26)	Hake in Creamy Mustard Sauce (p. 16)
Friday	Cream Soufflé with Gelatin (p. 62)	Homemade Salted Salmon (p. 49)	Bone Broth (p. 32)	Crispy Salmon Chips (p. 49)	Grilled Lamb with Parsley and Rosemary (p. 24)
Saturday	Hearty Muffins with Chicken and Cheese (p. 53)	Melted Cheese Roll with Meat Filling (p. 46)	Veal Tartare (p. 47)	Sweet and Sour Chicken (p. 19)	Stuffed Veal Rolls (p. 51)
Sunday	Frozen Cream Mousse (p. 62)	Salmon Rolls with Caviar (p. 48)	Veal Brisket Broth (p. 34)	Meat with Roasted Garlic Sauce (p. 20)	Slow-Baked Hake with Lemon (p. 17)

Of course, you can create a similar meal plan yourself by selecting dishes from this book. Feel free to pair them with sauces, adjust the recipes to suit your taste, and experiment with different combinations. Choose a few favorite dishes and enjoy the carnivore diet without worrying about monotony or constantly deciding what to cook next.

Below, you'll find a selection of delicious carnivore-friendly meals categorized into breakfast, lunch, dinner, and snacks. However, these are just suggestions—you have the freedom to mix and match, creating your own meal plan every day. Eating should be enjoyable, not boring! The key to sticking to this diet and avoiding temptations is to keep things exciting. Treat it like a game, like building with a set of blocks—every day, assemble your own perfect combination of meals to keep things fresh, satisfying, and sustainable.

If your goal is weight loss, you can also tailor your meals based on calorie intake, as the calorie content per serving is provided for each dish. This allows you to make informed choices and adjust portion sizes to fit your individual needs while still enjoying a variety of flavorful meals.

Breakfast

- Minced Pork Patties – ~450 kcal/portion
- Turkey Cutlets – ~320 kcal/portion
- Fried Liver with Butter – ~280 kcal/portion
- Hot Meat Broth Drink – ~120 kcal/portion
- Basic Meat Broth – ~150 kcal/portion
- Carnivore Sardine Soup – ~250 kcal/portion
- Cod Liver Toast – ~320 kcal/portion
- Salmon Breakfast – ~350 kcal/portion
- Salmon Rolls with Caviar – ~340 kcal/portion
- Melted Cheese Roll with Meat Filling – ~350 kcal/portion
- Quail Egg & Chicken Appetizer – ~80 kcal/portion
- Creamy Duck Liver Pâté – ~350 kcal/portion
- Baked Cheesecakes – ~250 kcal/portion
- Omelet Soufflé – ~180 kcal/portion
- Egg and Jamón Salad – ~300 kcal/portion
- Omelet Pular – ~250 kcal/portion
- Egg Roll with Cheese and Meat – ~350 kcal/portion
- Eggs on a Cheese Bed – ~320 kcal/portion
- Egg Pastries – ~320 kcal/portion
- Egg Toast – ~270 kcal/portion
- Egg Roll with Nori – ~280 kcal/portion
- Omelet with Chicken – ~350 kcal/portion
- Stuffed Eggs – ~320 kcal/portion
- Egg Custard (Baked Yolks with Cream) – ~300 kcal/portion
- Carnivore Pudding (Eggs & Butter) – ~350 kcal/portion

Lunch 🍴

- Pork Ribs in Aromatic Sauce – ~600 kcal/portion
- Salt-Baked Chicken – ~500 kcal/portion
- Butter-Baked Chicken – ~650 kcal/portion
- "Royal Pork" – ~600 kcal/portion
- Festive Duck – ~700 kcal/portion
- Turkey Drumsticks in Slow Cooker – ~450 kcal/portion
- Tender Baked Pork Tenderloin – ~550 kcal/portion
- Festive Roasted Pork – ~700 kcal/portion
- Chicken with Bacon in Soy Sauce – ~480 kcal/portion
- Meat with Roasted Garlic Sauce – ~550 kcal/portion
- Turkey Ossobuco – ~500 kcal/portion
- Rabbit in Cream Sauce (Slow Cooker) – ~520 kcal/portion
- Garlic Pork – ~430 kcal/portion
- Grilled Lamb with Parsley and Rosemary – ~600 kcal/portion
- "Kalbi" Korean-Style Beef Ribs – ~650 kcal/portion
- Chicken with Salami – ~500 kcal/portion
- Beef and Chicken Patties – ~450 kcal/portion
- Bone Broth – ~180 kcal/portion
- Homemade Chicken Broth – ~200 kcal/portion
- Hearty Veal Brisket Broth – ~250 kcal/portion
- Rooster Broth – ~220 kcal/portion
- Steamed Chicken Meatballs – ~280 kcal/portion
- Chicken in Creamy Sauce – ~450 kcal/portion
- Royal Meat Soup – ~300 kcal/portion
- Meaty Delight – ~350 kcal/portion

Dinner 🌙

- Slow-Cooked Salmon in Cream with Thyme & Rosemary – ~500 kcal/portion
- Baked Salmon with Sulguni – ~480 kcal/portion
- Pork Belly – ~700 kcal/portion
- Hake in Creamy Mustard Sauce – ~350 kcal/portion

- Oven-Baked Sea Bass Fillet – ~300 kcal/portion
- Slow-Baked Hake with Lemon – ~300 kcal/portion
- Butter-Marinaded Salmon Steaks – ~380 kcal/portion
- Salmon Steak in Butter Sauce – ~350 kcal/portion
- Tuna Tataki – ~280 kcal/portion
- Steamed Pork Cutlets in a Multicooker – ~400 kcal/portion
- Veal Brisket Broth – ~250 kcal/portion
- Chicken Fillet Appetizer – ~280 kcal/portion
- Classic Liver Pâté – ~320 kcal/portion
- Cold Meat Skewers "Chilled Kebab" – ~220 kcal/portion
- Dried Chicken Fillet – ~250 kcal/portion
- Biltong/Jerky – ~270 kcal/portion
- Homemade Jerky – ~250 kcal/portion
- Chicken Jerky – ~260 kcal/portion
- Liver Pâté with Bone Broth – ~320 kcal/portion
- Goose Liver Pâté with Butter – ~340 kcal/portion
- Homemade Salted Salmon – ~280 kcal/portion
- Crispy Salmon Chips – ~300 kcal/portion

Snacks

- Sweet and Sour Chicken – ~450 kcal/portion
- Turkey Cutlets – ~320 kcal/portion
- Minced Pork Patties – ~450 kcal/portion
- Fried Liver with Butter – ~280 kcal/portion
- Tuna Tataki – ~280 kcal/portion
- Hot Meat Broth Drink – ~120 kcal/portion
- Meat Sticks – ~180 kcal/portion
- Dry Chicken Sausages – ~230 kcal/portion
- Homemade Jerky – ~250 kcal/portion
- Biltong/Jerky – ~270 kcal/portion
- Dried Chicken Fillet – ~250 kcal/portion
- Cold Meat Skewers "Chilled Kebab" – ~220 kcal/portion
- Crispy Salmon Chips – ~300 kcal/portion

- Homemade Cracklings or Pork Skin Chips – ~400 kcal/portion
- Cheese Chips – ~350 kcal/portion
- Egg Pastries – ~320 kcal/portion
- Egg Roll with Cheese and Meat – ~350 kcal/portion
- Stuffed Eggs – ~320 kcal/portion
- Frozen Cream Mousse – ~290 kcal/portion
- Carnivore Pudding (Eggs & Butter) – ~300 kcal/portion
- Cream Soufflé with Gelatin – ~260 kcal/portion
- Rich Creamy Mousse – ~280 kcal/portion
- Homemade Carnivore Mayonnaise (Animal Fat-Based) – ~320 kcal/portion

Final Words: Your Path to Optimal Nutrition

You've embarked on an exciting journey through the fundamentals of the carnivore diet, explored a variety of meat-based recipes, and discovered valuable tips along the way. But this book is more than just a collection of meals—it's a complete nutritional system that can become a part of your lifestyle.

The carnivore diet is simple at its core, yet it offers endless possibilities for experimentation. The key is to listen to your body, choose high-quality ingredients, and truly enjoy your food.

If you're just starting out, don't be afraid to try new recipes, adapt them to your preferences, and observe how your body responds to the changes.

A Few Final Tips:

- **Choose high-quality meat** – it's the foundation of your diet.
- **Don't avoid fat** – it's your primary energy source.
- **Listen to your body** – eat according to your natural hunger and satiety signals.
- **Cook with joy** – a carnivore diet doesn't have to be boring!

Thank you for joining us on this culinary journey. We hope this book becomes your trusted guide in the world of meat-based nutrition.

Enjoy your meals and stay healthy!