

Carnivore Diet Cookbook for Beginners

*100+ High-Protein, Zero-Carb Recipes
with a 30-Day Meal Plan*

to Boost Energy, Support Metabolism & Improve Health
Includes Meat, Poultry, Seafood, Snacks & More

SOPHIE LARKWOOD

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INTRODUCTION

Have you ever wondered what it would feel like to eat in a way that is truly simple, deeply satisfying, and rooted in human history? Imagine a diet where there is no need to count calories, decipher complicated ingredient lists, or worry about hidden sugars and additives. The Carnivore Diet offers exactly that: a return to the basics, focusing on the foods that have nourished humans for millennia.

Carnivore Diet Cookbook for Beginners is designed for anyone interested in exploring the carnivore lifestyle. Whether the goal is weight loss, increased energy, improved digestion, or simply trying a new approach to eating, this book serves as a practical companion. It is especially suited for beginners seeking clear guidance and delicious recipes to make the transition both easy and enjoyable.

Readers will discover the science and history behind the carnivore diet, learn about its potential health benefits, and find answers to common questions. The book provides a variety of mouthwatering, easy-to-follow recipes that require minimal ingredients and preparation. It also includes tips for shopping, meal planning, and adapting the carnivore diet to individual needs and lifestyles.

The Carnivore Diet has gained attention for its straightforward approach to nutrition and its potential to transform health. This cookbook aims to make the carnivore lifestyle accessible and enjoyable for everyone, regardless of background or cooking experience. Eating well can be straightforward, nourishing, and deeply satisfying.

This book begins with an engaging overview of the carnivore diet explaining what it is, why it works, and who it is for. Next, a beginner's guide offers tips for transitioning, adapting, and overcoming common challenges. The core of the book features a collection of recipes, organized by meal type, providing inspiration for breakfast, lunch, dinner, and snacks. Practical meal plans, shopping lists, and answers to frequently asked questions are also included to support readers every step of the way.

A new level of health, energy, and simplicity awaits. The journey to better well-being starts here, one delicious, nourishing meal at a time.



CHAPTER 1:

The Scientific Foundations of the Carnivore Diet

Scientific Evidence and Health Benefits of the Carnivore Diet

The Carnivore Diet has attracted significant attention in recent years from individuals seeking improved health and researchers interested in its effects. While the diet is often considered unconventional, a growing body of scientific evidence and anecdotal reports suggests that it may offer certain individuals a range of health benefits.

Weight Loss and Body Composition

Weight loss is one of the most commonly reported benefits of the Carnivore Diet. The diet naturally reduces overall calorie intake and helps regulate appetite by eliminating carbohydrates and focusing exclusively on animal-based foods. Protein and fat are highly satiating macronutrients, which can lead to reduced hunger and fewer cravings. Several studies on low-carbohydrate and ketogenic diets—both of which share similarities with the carnivore approach—have demonstrated significant weight loss and improvements in body composition.

Blood Sugar and Insulin Regulation

The absence of carbohydrates in the Carnivore Diet can profoundly affect blood sugar and insulin levels. Research on very low-carbohydrate diets has shown improvements in glycemic control, particularly for individuals with type 2 diabetes or insulin resistance. By removing sugars and starches, the body relies on fat for energy, which can help stabilize blood glucose and reduce the risk of metabolic disorders.

Reduced Inflammation

Chronic inflammation is linked to a variety of health problems, including autoimmune diseases, cardiovascular conditions, and obesity. Some studies suggest that eliminating plant-based foods—especially those that may trigger sensitivities or allergies—can help reduce inflammation in certain individuals. Many people following the Carnivore Diet report relief from symptoms of autoimmune conditions, joint pain, and skin issues, although more research is needed to understand these effects fully.

Improved Mental Clarity and Mood

Anecdotal evidence and some clinical observations indicate that the Carnivore Diet may support mental clarity, focus, and stable mood. The diet's high intake of healthy fats and complete proteins provides essential brain health nutrients. At the same time, the absence of blood sugar spikes and crashes may contribute to improved cognitive function and emotional stability.

Digestive Health

For individuals with digestive disorders such as irritable bowel syndrome (IBS), Crohn's disease, or food intolerances, the Carnivore Diet can offer relief by removing common dietary irritants. Some people experience reduced bloating, gas, and other gastrointestinal symptoms by focusing on easily digestible animal foods and eliminating fiber.

Scientific Studies and Surveys

While large-scale, long-term clinical trials on the Carnivore Diet are still limited, several studies and surveys provide insight into its potential benefits. A notable 2021 survey published in *Current Developments in Nutrition* analyzed the experiences of over 2,000 individuals following a carnivore diet.

Nutritional Value of the Carnivore Diet

The Carnivore Diet is unique in its exclusive focus on animal-based foods, among the most nutrient-dense options available. By eliminating plant foods, the diet relies on meat, fish, eggs, and certain dairy products to provide all essential nutrients. Understanding the nutritional profile of these foods is key to appreciating the potential benefits and considerations of the carnivore approach.

Complete Proteins

Animal-based foods are a rich source of complete proteins, containing all nine essential amino acids for human health. These proteins are highly bioavailable, meaning they are efficiently absorbed and utilized by the body. Adequate protein intake supports muscle maintenance, tissue repair, immune function, and the production of vital enzymes and hormones.

Healthy Fats

The Carnivore Diet provides a variety of healthy fats, including saturated, monounsaturated, and omega-3 fatty acids. These fats are important for energy production, brain health, hormone synthesis, and the absorption of fat-soluble vitamins (A, D, E, and K). Fat also contributes to satiety, helping to regulate appetite and support metabolic health.

Vitamins

Animal foods are excellent sources of many essential vitamins, often in forms that are more easily absorbed than those found in plants. Key vitamins provided by the carnivore diet include:

- **Vitamin B12:** Critical for nerve function, red blood cell formation, and DNA synthesis. Found exclusively in animal products.
- **Vitamin A (Retinol):** Important for vision, immune health, and skin integrity. Animal sources provide preformed vitamin A, which is more readily used by the body than plant-based beta-carotene.
- **Vitamin D:** Supports bone health, immune function, and mood regulation. Fatty fish, egg yolks, and liver are good sources.
- **Vitamin K2:** Plays a role in bone and cardiovascular health. Found in animal products like liver, egg yolks, and certain cheeses.
- **B Vitamins (B1, B2, B3, B5, B6, B7, B9):** Essential for energy metabolism, brain function, and cell health.

Minerals

The Carnivore Diet supplies a range of important minerals, including:

- **Iron:** Heme iron from animal foods is highly bioavailable and supports oxygen transport and energy production.
- **Zinc:** Vital for immune function, wound healing, and DNA synthesis.
- **Selenium:** Acts as an antioxidant and supports thyroid health.
- **Phosphorus:** Important for bone health and energy metabolism.
- **Magnesium and Potassium:** Present in smaller amounts in animal foods but still contribute to overall mineral intake.

Essential Fatty Acids

Animal foods, especially fatty fish and grass-fed meats, provide essential omega-3 fatty acids (EPA and DHA) crucial for heart, brain, and eye health. The body more efficiently uses these forms of omega-3s than plant-based ALA.

Absence of Anti-Nutrients

By excluding plant foods, the Carnivore Diet eliminates compounds such as phytates, oxalates, and lectins, which can interfere with the absorption of certain minerals and may cause digestive discomfort in sensitive individuals.

Who is the Carnivore Diet Suitable For?

With its exclusive focus on animal-based foods, the Carnivore Diet appeals to a diverse range of individuals seeking specific health outcomes or lifestyle changes. While it is not intended for everyone, certain groups may find particular benefit from this approach.

Individuals Seeking Weight Loss

Many people turn to the Carnivore Diet as a strategy for weight loss. The diet's high protein and fat content promotes satiety, often leading to reduced calorie intake without strict portion control or calorie counting. Those who have struggled with traditional diets may find the simplicity and appetite-regulating effects of the carnivore approach especially helpful.

People with Metabolic or Blood Sugar Concerns

The absence of carbohydrates in the Carnivore Diet can benefit individuals with insulin resistance, prediabetes, or type 2 diabetes. The diet helps stabilize blood glucose and insulin levels by eliminating sugars and starches. Some people experience improved metabolic markers and greater energy stability as a result.

Those with Digestive or Autoimmune Issues

For individuals with digestive disorders such as irritable bowel syndrome (IBS), Crohn's disease, or food sensitivities, the Carnivore Diet may offer relief. Some people report reduced bloating, gas, and inflammation by removing common dietary irritants, plant fibers, and potential allergens. Similarly, those with autoimmune conditions sometimes experience symptom improvement when following an elimination diet like carnivores.

People Seeking Simplicity in Eating

The Carnivore Diet appeals to those who prefer a straightforward, uncomplicated approach to food. With a limited list of approved foods and simple meal preparation, this diet can reduce decision fatigue and make daily eating routines easier to manage.

Individuals Interested in Elimination Diets

The Carnivore Diet can serve as an effective elimination diet for identifying food sensitivities or intolerances. Individuals can better understand how specific foods affect their health by starting with a baseline of animal-based foods and gradually reintroducing other items.

Athletes and Physically Active Individuals

Some athletes and physically active people adopt the Carnivore Diet to support muscle maintenance, recovery, and performance. The diet's high protein content and nutrient density can help meet the increased training and physical activity demands.

CHAPTER 2: A Beginner's Guide to the Carnivore Diet

Types of Carnivore Diet

While the Carnivore Diet is defined by its focus on animal-based foods, several variations cater to different preferences, goals, and levels of dietary strictness. Understanding these types can help individuals choose the best approach for their needs and lifestyle.

Strict Carnivore Diet

The strictest form of the Carnivore Diet includes only animal flesh, such as beef, pork, lamb, poultry, fish, and seafood. This version excludes all dairy products, eggs, and any non-animal foods. The focus is on consuming unprocessed meats, organs, and animal fats. This approach is often used as an elimination diet to identify food sensitivities or to address specific health concerns.

Carnivore Diet with Eggs and Dairy

A more flexible version of the Carnivore Diet allows for the inclusion of eggs and certain dairy products, such as hard cheeses, butter, and heavy cream. This variation provides additional variety and can make the diet more sustainable for some people. However, individuals with lactose intolerance or dairy sensitivities may choose to limit or avoid these foods.

Nose-to-Tail Carnivore Diet

The nose-to-tail approach emphasizes consuming all parts of the animal, including muscle meat, organ meats (such as liver, heart, and kidneys), bone marrow, and connective tissues. This method aims to maximize nutrient intake and mimic the eating patterns of traditional hunter-gatherer societies. Organ meats are rich in vitamins and minerals, making this variation highly nutritious.

Carnivore Keto

Some individuals combine the principles of the ketogenic diet with the Carnivore Diet, focusing on high-fat, moderate-protein animal foods to maintain a state of ketosis. This approach may include fatty cuts of meat, organ meats, eggs, and high-fat dairy while excluding plant foods. The goal is to reap the benefits of carnivore and ketogenic eating, such as enhanced fat-burning and mental clarity.

Animal-Based Diet

The animal-based diet is a less restrictive version that includes small amounts of low-toxicity plant foods, such as fruit, honey, or certain herbs and spices. While not strictly carnivore, this approach is popular among those who want the benefits of an animal-focused diet but prefer some dietary flexibility.

Choosing the Right Approach

The best type of Carnivore Diet depends on individual goals, health status, and personal preferences. Some people start with a strict version for a period of elimination and then gradually reintroduce foods like eggs or dairy. Others may initially adopt a nose-to-tail or animal-based approach to ensure a broader nutrient profile.

It is important to listen to the body's signals, monitor health markers, and adjust as needed. Consulting with a healthcare professional or nutritionist can also help ensure that nutritional needs are met and that the chosen approach is safe and effective.

Essential Ingredients and Approved Foods

The Carnivore Diet is built around a simple and focused list of foods derived from animal sources. Choosing high-quality ingredients is key to maximizing nutrition, flavor, and satisfaction. Understanding which foods are approved and how to select them will help ensure success and variety in the diet.

Category	Approved Foods	Notes/Examples
Meat	Beef, pork, lamb, goat, poultry, game meats	Steaks, ground meat, ribs, roasts, chicken, duck
Fish & Seafood	Fatty fish, lean fish, shellfish	Salmon, sardines, cod, shrimp, oysters, mussels
Organ Meats	Liver, heart, kidneys, tongue, brain, bone marrow, oxtail	From beef, pork, lamb, chicken, etc.
Eggs	Chicken, duck, quail, goose eggs	All types, cooked in any style
Animal Fats	Beef tallow, pork lard, duck fat, chicken fat, butter, ghee	For cooking and flavor
Dairy (optional)	Hard cheeses, heavy cream, full-fat Greek yogurt, cottage cheese	If tolerated; avoid if sensitive to dairy
Broths & Gelatin	Bone broth, gelatin-rich cuts	Homemade broths, oxtail, shank
Seasonings (minimal)	Salt, (optional: pepper, herbs)	Strict carnivore uses only salt

Foods to Avoid:

Vegetables, fruits, grains, legumes, nuts, seeds, plant oils, processed foods with additives or sugars.

Transition Period and Adaptation

Switching to the Carnivore Diet significantly changes most modern eating patterns. The transition period is a time of physical and mental adjustment as the body adapts to a new way of fueling itself. Understanding what to expect and how to manage this phase can help ensure a smoother and more successful experience.

What to Expect During the Transition?

When beginning the Carnivore Diet, many individuals experience temporary symptoms as they shift from using carbohydrates as the primary energy source to relying on fats and proteins. Common adaptation symptoms may include:

- **Fatigue or Low Energy:** As the body adapts to burning fat for fuel, energy levels may temporarily dip.
- **Digestive Changes:** Some people notice changes in bowel habits, such as constipation or diarrhea, as the digestive system adjusts to the absence of fiber and increased fat intake.
- **Headaches or Brain Fog:** Fluctuations in electrolytes and blood sugar can cause headaches or difficulty concentrating.
- **Cravings:** It is normal to crave carbohydrates or familiar comfort foods during the first days or weeks.
- **Muscle Cramps:** Changes in hydration and electrolyte balance can sometimes lead to cramps.

These symptoms, often called the “keto flu” or “adaptation phase,” are usually temporary and resolve within a few days to a few weeks.

Tips for a Smoother Transition

- **Stay Hydrated:** Increased water intake is essential, as the body may lose more fluids and electrolytes during the initial phase.
- **Prioritize Electrolytes:** Consuming adequate salt and, if needed, supplementing with potassium and magnesium can help prevent headaches, cramps, and fatigue.
- **Eat Enough Fat:** Ensuring sufficient dietary fat helps with satiety and energy, making the transition easier.
- **Don't Restrict Calories:** Eat until comfortably full, especially in the beginning, to support the body's adaptation.
- **Be Patient:** Allow time for the body to adjust. Most symptoms are temporary and will subside as adaptation occurs.
- **Monitor Your Body:** Pay attention to how you feel and make adjustments as needed. If symptoms persist or worsen, consult a healthcare professional.

Psychological Adaptation

Adapting to the Carnivore Diet is not only a physical process but also a mental one. Social situations, habits, and emotional connections to food can present challenges. Planning for meals, finding supportive communities, and focusing on the benefits can help maintain motivation during the transition.

Long-Term Adaptation

After the initial adaptation period, most people report increased energy, improved mental clarity, reduced cravings, and better digestion. The body becomes more efficient at utilizing fat for fuel, and many find the diet easier to maintain over time.

Frequently Asked Questions (FAQ)

1. Is it safe to eat only animal-based foods?

Current research and anecdotal evidence suggest that many people can thrive on exclusively animal-based foods, at least in the short to medium term. However, long-term safety is still being studied, and it is important to monitor health markers and consult with a healthcare professional, especially those with pre-existing medical conditions.

2. Will I get enough vitamins and minerals on the Carnivore Diet?

Animal foods are rich in highly bioavailable nutrients, including protein, iron, zinc, vitamin B12, and fat-soluble vitamins like A, D, E, and K2. Organ meats, in particular, are nutrient-dense. However, the diet is low in vitamin C and fiber, and individuals should pay attention to their overall nutrient intake and consider periodic blood tests.

3. Do I need to eat organ meats?

While not strictly required, including organ meats such as liver, heart, and kidney is highly recommended for optimal nutrition. These foods provide vitamins and minerals that may be less abundant in muscle meats alone.

4. Can I drink coffee, tea, or alcohol?

Strict carnivore guidelines exclude all plant-based foods and beverages, including coffee, tea, and alcohol. However, some people choose to include these in moderation, depending on their personal goals and tolerance.

5. How much should I eat?

There is no need to count calories or restrict portions on the Carnivore Diet. Eat until comfortably full, focusing on a variety of meats, fats, and, if desired, eggs and dairy. Appetite and satiety signals often become more reliable on this diet.

6. Will I experience digestive issues?

Some people notice changes in digestion, such as constipation or diarrhea, during the initial adaptation phase. These symptoms are usually temporary. Staying hydrated, consuming enough fat, and including bone broth or gelatin-rich cuts can help support digestive health.

7. Is the Carnivore Diet suitable for athletes?

Many athletes report success with the Carnivore Diet, citing improved recovery, stable energy, and muscle maintenance. However, individual needs may vary, and some may require adjustments to support high-intensity training.

8. Can I follow the Carnivore Diet if I have high cholesterol?

The impact of dietary cholesterol and saturated fat on blood cholesterol levels varies between individuals. Some people see an increase in cholesterol markers, while others do not. It is important to monitor blood work and consult with a healthcare provider to assess personal risk factors.

9. What about fiber? Don't I need it for gut health?

While fiber is traditionally considered important for digestive health, many people on the Carnivore Diet report improved digestion and relief from gastrointestinal symptoms without it. The need for dietary fiber may be lower when plant foods are eliminated, but individual responses can vary.

10. How do I handle social situations and eating out?

Dining out on the Carnivore Diet can be simple by choosing meat-based dishes such as steaks, burgers (without buns), grilled fish, or eggs. Communicating dietary preferences and planning ahead can help navigate social events and restaurant meals.

11. Is the Carnivore Diet suitable for children, pregnant, or breastfeeding women?

Special populations, including children, pregnant, or breastfeeding women, have unique nutritional needs. It is essential to consult with a healthcare professional before making significant dietary changes in these cases.

12. How long should I follow the Carnivore Diet?

Some people use the Carnivore Diet as a short-term elimination protocol, while others adopt it as a long-term lifestyle. The optimal duration depends on individual goals, health status, and personal preference.

CHAPTER 3: Recipes

**Breakfast
Recipes**





Samurai Sunrise Custard

Delicate, silky egg custard infused with tender salmon for a nourishing, protein-rich start to your day.



10 minutes



25 minutes



2

Ingredients:

- Eggs: 6 large / 6 large
- Fresh salmon fillet: 300 g / 10 oz
- Butter: 30 g / 2 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Preheat your oven to 320°F (160°C).
2. Cut the salmon fillet into bite-sized cubes.
3. Melt half of the butter in a skillet over medium heat (15 g / 1 tbsp). Add the salmon cubes and cook for 2-3 minutes until opaque. Remove from heat and set aside.
4. Whisk the eggs with salt until fully combined and slightly frothy in a mixing bowl.
5. Gently fold the cooked salmon into the egg mixture.
6. Grease two small oven-safe ramekins or bowls with the remaining butter.
7. Pour the egg and salmon mixture evenly into the prepared ramekins.
8. Place the ramekins in a baking dish and fill the dish with hot water halfway up the sides of the ramekins to create a water bath.
9. Bake for 20 minutes or until the custard is set but still slightly wobbly in the center.
10. Remove from the oven, let cool for 2 minutes.

Nutritional Value (Per Serving):

Calories: 410	Saturated Fat: 11 g
Protein: 38 g	Sodium: 600 mg
Fat: 28 g	Cholesterol: 480 mg
Carbohydrates: 1 g (trace)	

Tip: For a smoother custard, strain the egg mixture before adding the salmon. You can substitute salmon with trout or cod for a different flavor.



Duck à la Crème Morning Roll

Fluffy rolled omelet filled with tender roasted duck and enriched with cream for a luxurious, protein-packed breakfast.



8 minutes



12 minutes



2

Ingredients:

- Eggs: 6 large / 6 large
- Roasted duck breast: 300 g / 10 oz
- Heavy cream: 40 ml / 3 tbsp
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Slice the roasted duck breast into thin strips.
2. In a bowl, whisk the eggs with heavy cream and salt until smooth and well combined.
3. Heat half of the butter (10 g / 0.75 tbsp) in a large nonstick skillet over medium heat.
4. Pour the egg mixture into the skillet, tilting to spread evenly. Cook gently for 2-3 minutes until the bottom is set, but the top is still slightly runny.
5. Evenly distribute the duck strips over one half of the omelet.
6. Carefully roll the omelet over the duck filling using a spatula to form a log shape.
7. Add the remaining butter to the pan and continue cooking, turning the roll gently, until golden on all sides and cooked through, about 3-4 minutes.
8. Remove from the skillet, rest for 1 minute, then slice into rounds.

Nutritional Value (Per Serving):

Calories: 480	Saturated Fat: 13 g
Protein: 41 g	Sodium: 600 mg
Fat: 33 g	Cholesterol: 420 mg
Carbohydrates: 1 g (trace)	

Tip: For extra richness, drizzle with a spoonful of warm duck fat before serving, or substitute with roasted chicken breast if desired.



Cowboy Steak & Sunrise Eggs

Juicy ribeye steak seared in beef tallow and served with sunny eggs for a hearty, protein-packed carnivore breakfast or brunch.



5 minutes



15 minutes



2

Ingredients:

- Ribeye steak: 400 g / 14 oz
- Eggs: 4 large / 4 large
- Beef tallow: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Let the ribeye steak come to room temperature and pat it dry with paper towels. Season both sides with salt.
2. Heat half of the beef tallow (10 g / 0.75 tbsp) in a heavy skillet over medium-high heat.
3. Sear the steak for 3-4 minutes on the first side until a deep crust forms. Flip and cook for another 3-4 minutes, or until your desired doneness is reached.
4. Remove the steak from the skillet and let it rest for 5 minutes.
5. Add the remaining beef tallow to the skillet and reduce the heat to medium.
6. Crack the eggs into the skillet and cook to your preferred doneness (sunny side up or over easy), about 2-3 minutes.
7. Slice the steak and serve alongside the eggs, drizzling with any pan juices.

Nutritional Value (Per Serving):

Calories: 540	Saturated Fat: 16 g
Protein: 46 g	Sodium: 600 mg
Fat: 38 g	Cholesterol: 340 mg
Carbohydrates: 0 g	

Tip: For extra flavor, baste the steak with tallow as it cooks or add a spoonful of steak drippings over the eggs before serving. This recipe also works well with striploin or sirloin steak.



Tuscan Sun Frittata Stack

Layers of fluffy eggs, savory prosciutto, and melted Parmesan create a rich, Italian-inspired carnivore frittata perfect for any meal.



7 minutes



18 minutes



2

Ingredients:

- Eggs: 6 large / 6 large
- Prosciutto crudo (no sugar): 100 g / 3.5 oz
- Parmesan: 60 g / 2 oz
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Preheat your oven to 350°F (180°C).
2. In a large bowl, whisk the eggs with salt until well combined.
3. Heat the butter in an oven-safe skillet over medium heat.
4. Pour in the eggs and cook gently for 2-3 minutes, stirring occasionally, until the eggs begin to set but are still slightly runny on top.
5. Layer the prosciutto evenly over the eggs, then sprinkle with grated Parmesan.
6. Transfer the skillet to the oven and bake for 10-12 minutes, or until the frittata is fully set and the cheese is melted and golden.
7. Let the frittata cool for 2 minutes, then slice into wedges and stack for serving.

Nutritional Value (Per Serving):

Calories: 410	Saturated Fat: 13 g
Protein: 38 g	Sodium: 1200 mg
Fat: 27 g	Cholesterol: 420 mg
Carbohydrates: 1 g (trace)	

Tip: For a crispier texture, broil the frittata for the last 1-2 minutes. You can substitute prosciutto with pancetta or cooked bacon for a different flavor.



Chorizo Breakfast Boats

Savory homemade chorizo and fluffy eggs baked together for a hearty, protein-rich carnivore breakfast that's full of flavor.



7 minutes



18 minutes



2

Ingredients:

- Homemade chorizo (meat, fat, salt only): 200 g / 7 oz
- Eggs: 6 large / 6 large
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Preheat your oven to 350°F (180°C).
2. Crumble the homemade chorizo into a skillet and cook over medium heat for 4-5 minutes until browned and cooked. Remove from heat and set aside.
3. In a bowl, whisk the eggs with salt until well combined.
4. Grease two small oven-safe dishes or ramekins with butter.
5. Divide the cooked chorizo evenly between the two dishes.
6. Pour the egg mixture over the chorizo in each dish.
7. Bake for 10-12 minutes or until the eggs are set and slightly puffed.
8. Let cool for 2 minutes before serving.

Nutritional Value (Per Serving):

Calories: 410	Saturated Fat: 12 g
Protein: 34 g	Sodium: 900 mg
Fat: 30 g	Cholesterol: 420 mg
Carbohydrates: 0 g	

Tip: For extra richness, add a spoonful of rendered chorizo fat to the eggs before baking. This recipe also works well with homemade breakfast sausage or ground pork.



Southern Chicken & Cheese Waffles

Savory "waffles" made from chicken, eggs, and cheese, crisped in a waffle iron or pan, and served with a pat of butter for a fun, protein-packed carnivore breakfast.



5 minutes



10 minutes



2

Ingredients:

- Ground chicken: 150 g / 5 oz
- Eggs: 2 large / 2 large
- Cheddar cheese (grated): 40 g / 1.5 oz
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Preheat your waffle iron or heat a nonstick skillet over medium heat.
2. Combine the ground chicken, eggs, grated cheddar, and salt in a bowl. Mix until well combined.
3. Grease the waffle iron or skillet with half of the butter (10 g / 0.75 tbsp).
4. Pour half of the chicken mixture into the waffle iron or form into a round in the skillet. Cook for 3-4 minutes until golden and set. Repeat with the remaining mixture.
5. Serve the waffles hot with the remaining butter on top.

Nutritional Value (Per Serving):

Calories: 210	Saturated Fat: 7 g
Protein: 22 g	Sodium: 500 mg
Fat: 13 g	Cholesterol: 180 mg
Carbohydrates: 0 g	

Tip: For extra crispiness, cook the waffles a bit longer or finish under a broiler for 1-2 minutes. These waffles are also delicious with a slice of cooked bacon on top.



Fog Kidney Hash

Earthy beef kidneys and savory homemade bacon sautéed in butter for a hearty, nutrient-dense carnivore breakfast or brunch.



10 minutes



15 minutes



2

Ingredients:

- Beef kidneys: 250 g / 9 oz
- Homemade bacon (salt only): 150 g / 5 oz
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Rinse the beef kidneys thoroughly under cold water. Trim away any membranes and cut them into bite-sized pieces.
2. Cut the homemade bacon into small cubes or strips.
3. Heat the butter in a large skillet over medium heat.
4. Add the bacon and cook for 3-4 minutes until it renders fat and turns golden.
5. Add the kidney pieces and salt to the skillet. Sauté for 5-7 minutes, stirring occasionally, until the kidneys are browned and cooked.
6. Taste and adjust salt if needed.

Nutritional Value (Per Serving):

Calories: 320	Saturated Fat: 10 g
Protein: 28 g	Sodium: 900 mg
Fat: 22 g	Cholesterol: 350 mg
Carbohydrates: 0 g	

Tip: For a milder flavor, soak the kidney pieces in cold salted water for 30 minutes before cooking. This hash is also delicious with beef heart or pork kidneys.



Italian Breakfast Carbonara Cups

Eggs baked in muffin cups with crispy pancetta and Parmesan, inspired by classic carbonara flavors for a rich, protein-packed carnivore breakfast.



5 minutes



18 minutes



2

Ingredients:

- Eggs: 3 large / 3 large
- Pancetta or bacon (no sugar, diced): 60 g / 2 oz
- Parmesan (grated): 30 g / 1 oz
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Preheat your oven to 350°F (180°C).
2. Grease 4 muffin cups with the butter.
3. Over medium heat, cook the pancetta or bacon in a skillet until crispy, about 3-4 minutes.
4. Whisk the eggs with salt and half of the grated Parmesan in a bowl.
5. Divide the cooked pancetta or bacon evenly among the muffin cups.
6. Pour the egg mixture over the pancetta, filling each cup about three-quarters full.
7. Sprinkle the remaining Parmesan on top.
8. Bake for 12-14 minutes or until the eggs are set and the tops are golden.
9. Let cool for 2 minutes before removing from the muffin tin. Serve warm.

Nutritional Value (Per Serving):

Calories: 210	Saturated Fat: 7 g
Protein: 17 g	Sodium: 600 mg
Fat: 15 g	Cholesterol: 220 mg
Carbohydrates: 0 g	

Tip: For extra flavor, add a sprinkle of black pepper or use guanciale instead of pancetta. These cups are perfect for meal prep and reheat well.



Herring & Egg Platter

Classic salted herring paired with creamy scrambled eggs for a simple, protein-rich carnivore breakfast or appetizer.



5 minutes



10 minutes



2

Ingredients:

- Salted herring fillet (no sugar): 180 g / 6 oz
- Eggs: 6 large / 6 large
- Butter: 20 g / 1.5 tbsp
- Salt: to taste

Cooking Instructions:

1. Rinse the salted herring fillets under cold water and pat dry. Slice into bite-sized pieces.
2. In a bowl, whisk the eggs with salt until well combined.
3. Heat the butter in a nonstick skillet over medium-low heat.
4. Pour in the eggs and cook gently, stirring constantly, until just set and creamy.
5. Divide the scrambled eggs between two plates and arrange the herring pieces on top or alongside.

Nutritional Value (Per Serving):

Calories: 270	Saturated Fat: 7 g
Protein: 28 g	Sodium: 1200 mg
Fat: 16 g	Cholesterol: 420 mg
Carbohydrates: 0 g	

Tip: For a richer flavor, add a spoonful of herring oil to the eggs before cooking. This platter is also delicious with smoked mackerel or sardines.



Danube Goose Liver Medallions

Silky goose liver medallions gently pan-seared and served with creamy scrambled eggs for a rich, nutrient-dense carnivore breakfast.



5 minutes



10 minutes



2

Ingredients:

- Goose liver: 200 g / 7 oz
- Eggs: 4 large / 4 large
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Slice the goose liver into 1 cm (about ½ inch) thick medallions.
2. Heat half of the butter (10 g / 0.75 tbsp) in a nonstick skillet over medium heat.
3. Add the goose liver medallions and sear for 1-2 minutes per side until golden and cooked. Remove from the pan and set aside.
4. In a bowl, whisk the eggs with salt until well combined.
5. Add the remaining butter to the skillet and reduce the heat to low.
6. Pour in the eggs and gently stir with a spatula, cooking slowly until just set and creamy.
7. Divide the scrambled eggs between two plates and top with the warm goose liver medallions.

Nutritional Value (Per Serving):

Calories: 340	Saturated Fat: 11 g
Protein: 25 g	Sodium: 600 mg
Fat: 25 g	Cholesterol: 540 mg
Carbohydrates: 1 g (trace)	

Tip: For a firmer texture, cook the goose liver medallions a bit longer, or try using duck liver as a variation.



Empire State Cheddar Smash Burgers

Juicy beef smash burgers topped with melted cheddar and a fried egg for a classic, protein-packed carnivore meal.



7 minutes



13 minutes



2

Ingredients:

- Ground beef: 350 g / 12 oz
- Cheddar: 80 g / 2.8 oz
- Eggs: 4 large / 4 large
- Beef tallow: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Divide the ground beef into four equal balls and season with salt.
2. Heat half of the beef tallow (10 g / 0.75 tbsp) in a large skillet over medium-high heat.
3. Place the beef balls in the skillet and smash each flat with a spatula. Cook for 2-3 minutes until a crust forms.
4. Flip the patties, top each with a slice of cheddar, and cook for another 1-2 minutes until the cheese is melted and the burgers are cooked. Remove from the skillet and set aside.
5. Add the remaining beef tallow to the skillet. Crack the eggs into the pan and fry to your preferred doneness, about 2-3 minutes.
6. Stack two patties on each plate and top each stack with two fried eggs.

Nutritional Value (Per Serving):

Calories: 540	Saturated Fat: 18 g
Protein: 46 g	Sodium: 800 mg
Fat: 38 g	Cholesterol: 480 mg
Carbohydrates: 1 g (trace)	

Tip: For extra flavor, use aged cheddar or add a spoonful of beef drippings to the skillet before frying the eggs. This recipe also works well with ground lamb or pork.



Barcelona Creamy Ham Tortilla

Fluffy Spanish-style tortilla with creamy eggs, rich cured ham, and a touch of cream for a decadent, protein-packed carnivore meal.



7 minutes



15 minutes



2

Ingredients:

- Eggs: 6 large / 6 large
- Cured ham (no sugar): 100 g / 3.5 oz
- Heavy cream: 40 ml / 3 tbsp
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Slice the cured ham into thin strips or small cubes.
2. Whisk the eggs with heavy cream and salt in a large bowl until smooth and well combined.
3. Heat the butter in a nonstick skillet over medium heat.
4. Add the ham and sauté for 1-2 minutes until just warmed and fragrant.
5. Pour the egg mixture over the ham in the skillet. Cook gently, stirring occasionally, until the eggs begin to set but are still creamy.
6. Reduce the heat to low and let the tortilla cook undisturbed for 3-4 minutes, until the bottom is golden and the top is just set.
7. Carefully slide the tortilla onto a plate and slice it into wedges.

Nutritional Value (Per Serving):

Calories: 410	Saturated Fat: 13 g
Protein: 36 g	Sodium: 1100 mg
Fat: 28 g	Cholesterol: 420 mg
Carbohydrates: 1 g (trace)	

Tip: For a richer flavor, use Iberico or Serrano ham. This tortilla is also delicious with a sprinkle of grated Manchego cheese before serving.



Bavarian Sausage & Egg Feast

Juicy homemade pork sausages paired with creamy scrambled eggs for a hearty, protein-rich Bavarian-inspired carnivore breakfast.



5 minutes



15 minutes



2

Ingredients:

- Homemade pork sausages (meat, fat, salt only): 250 g / 9 oz
- Eggs: 6 large / 6 large
- Butter: 20 g / 1.5 tbsp
- Salt: to taste

Cooking Instructions:

1. Slice the homemade pork sausages into bite-sized pieces.
2. Heat the butter in a large skillet over medium heat.
3. Add the sausage pieces and cook for 5-6 minutes, turning occasionally, until browned and cooked.
4. In a bowl, whisk the eggs with salt until well combined.
5. Reduce the heat to low and pour the eggs over the cooked sausage in the skillet.
6. Gently stir and cook the eggs, scraping the bottom of the pan, until just set and creamy, about 3-4 minutes.
7. Divide the sausage and eggs between two plates and serve hot.

Nutritional Value (Per Serving):

Calories: 410	Saturated Fat: 12 g
Protein: 32 g	Sodium: 800 mg (varies with salt)
Fat: 30 g	Cholesterol: 420 mg
Carbohydrates: 0 g	

Tip: For extra flavor, use a mix of pork shoulder and belly in your homemade sausages, or add a few cubes of pork liver for more nutrients. This dish is also delicious with a side of crispy pork cracklings.



Salmon & Cream Cheese Pillows

Fluffy baked egg pillows filled with tender salmon and creamy cheese for a luxurious, protein-rich carnivore breakfast or snack.



8 minutes



18 minutes



2

Ingredients:

- Eggs: 6 large / 6 large
- Cooked salmon: 150 g / 5 oz
- Cream cheese: 80 g / 2.8 oz
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Preheat your oven to 350°F (180°C).
2. Grease a muffin tin or six silicone muffin cups with the butter.
3. In a bowl, whisk the eggs with salt until well combined.
4. Flake the cooked salmon and cut the cream cheese into small cubes.
5. Evenly divide the salmon and cream cheese among the muffin cups.
6. Pour the egg mixture over each cup's filling nearly to the top.
7. Bake for 15-18 minutes or until the pillows are puffed and set.
8. Let cool for 2 minutes before removing from the tin.

Nutritional Value (Per Serving):

Calories: 340	Saturated Fat: 10 g
Protein: 32 g	Sodium: 700 mg
Fat: 22 g	Cholesterol: 420 mg
Carbohydrates: 1 g (trace)	

Tip: For a different flavor, substitute salmon with smoked trout or add a spoonful of mascarpone for extra creaminess. These pillows are perfect for meal prep and reheat well.



NOTES

Baked Mackerel Breakfast

Rich, flaky baked mackerel paired with creamy scrambled eggs for a nourishing, protein-packed Nordic-inspired carnivore breakfast.



5 minutes



12 minutes



2

Ingredients:

- Baked mackerel: 250 g / 9 oz
- Eggs: 4 large / 4 large
- Butter: 20 g / 1.5 tbsp
- Salt: to taste

Cooking Instructions:

1. Flake the baked mackerel into bite-sized pieces, removing any bones or skin.
2. In a bowl, whisk the eggs with salt until well combined.
3. Heat the butter in a nonstick skillet over medium-low heat.
4. Pour in the eggs and cook gently, stirring constantly, until just set and creamy.
5. Gently fold the flaked mackerel into the scrambled eggs and cook for 1 more minute to warm through.

Nutritional Value (Per Serving):

Calories: 320	Saturated Fat: 7 g
Protein: 30 g	Sodium: 600 mg
Fat: 20 g	Cholesterol: 340 mg
Carbohydrates: 0 g	

Tip: For extra richness, add a spoonful of mackerel oil or serve with a side of smoked mackerel. This recipe also works well with baked sardines or herring.



Beef Recipes



Argentinian Ribeye Asado

Thick-cut ribeye steak grilled over high heat and basted with beef tallow for a smoky, juicy, and truly carnivore experience.



5 minutes



15 minutes



2

Ingredients:

- Ribeye steak: 500 g / 18 oz
- Beef tallow: 30 g / 2 tbsp
- Salt: 1 tsp / 4 g

Cooking Instructions:

1. Remove the ribeye steak from the refrigerator and let it come to room temperature for about 10 minutes.
2. Pat the steak dry with a paper towel to ensure a good sear.
3. Preheat your grill or broiler to high heat.
4. Rub the steak on both sides with half of the beef tallow (15 g / 1 tbsp) and sprinkle evenly with salt.
5. Place the steak on the hot grill and cook for 5-7 minutes on the first side until a deep crust forms.
6. Flip the steak and baste the top with the remaining beef tallow.
7. Grill for another 5-7 minutes or until your desired doneness (medium-rare is recommended).
8. Remove the steak from the grill and let it rest for 5 minutes before slicing and serving.

Nutritional Value (Per Serving):

Calories: 650 Saturated Fat: 22 g
Protein: 48 g Sodium: 1000 mg
Fat: 50 g Cholesterol: 170 mg
Carbohydrates: 0 g

Tip: For a more traditional Asado flavor, cook the steak over natural wood or charcoal. You can also use striploin or sirloin for variation.



Beef & Parmesan Roll-Ups

Savory roast beef slices wrapped around melted Parmesan and gently pan-seared in butter for a quick, cheesy carnivore snack or meal.



5 minutes



7 minutes



2

Ingredients:

- Thinly sliced roast beef: 300 g / 10 oz
- Parmesan: 60 g / 2 oz
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Grate or thinly slice the Parmesan cheese.
2. Lay out the roast beef slices on a clean surface. Place a portion of Parmesan in the center of each slice.
3. Roll up each beef slice tightly around the cheese to form small cylinders.
4. Heat the butter in a nonstick skillet over medium heat.
5. Place the roll-up seam side down in the skillet. Cook for 2-3 minutes, turning occasionally, until the beef is warmed and the Parmesan is melted.
6. Sprinkle with salt while cooking, if desired.
7. Remove from the skillet, either whole or sliced into bite-sized pieces.

Nutritional Value (Per Serving):

Calories: 370 Saturated Fat: 12 g
Protein: 38 g Sodium: 950 mg
Fat: 22 g Cholesterol: 110 mg
Carbohydrates: 1 g (trace)

Tip: For extra flavor, try adding a slice of aged cheddar or swap Parmesan for Pecorino Romano. This recipe works well with leftover steak or roast pork as well.



Galbi-Style Short Ribs

Succulent beef short ribs grilled and basted with beef tallow for a rich, smoky, and strictly carnivore take on a Korean classic.



10 minutes



40 minutes



2

Ingredients:

- Beef short ribs: 500 g / 18 oz
- Beef tallow: 30 g / 2 tbsp
- Salt: 1 tsp / 4 g

Cooking Instructions:

1. Pat the beef short ribs dry with paper towels and season all sides evenly with salt.
2. Preheat your grill or broiler to medium-high heat.
3. Brush the short ribs with half of the beef tallow (15 g / 1 tbsp).
4. Place the ribs on the grill and cook for 15-20 minutes, turning occasionally and basting with the remaining tallow, until a deep crust forms and the meat is tender.
5. If the ribs are particularly thick, move them to indirect heat or lower the broiler rack and cook for 10-15 minutes until fully cooked and juicy.
6. Remove the ribs from the grill and let them rest for 5 minutes before slicing and serving.

Nutritional Value (Per Serving):

Calories: 650	Saturated Fat: 22 g
Protein: 38 g	Sodium: 1000 mg
Fat: 54 g	Cholesterol: 170 mg
Carbohydrates: 0 g	

Tip: For extra tenderness, marinate the ribs in salt for 1 hour before grilling. This recipe also works well with flanken-cut or English-cut short ribs.



Philly Cheesesteak Carnivore Skillet

Juicy beef steak and melted cheese come together in a skillet for a quick, hearty, and satisfying carnivore twist on the Philly classic.



5 minutes



10 minutes



2

Ingredients:

- Thinly sliced beef steak: 350 g / 12 oz
- Provolone or cheddar: 80 g / 2.8 oz
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Slice the cheese into thin strips or grate it for easier melting.
2. Heat the butter in a large skillet over medium-high heat.
3. Add the thinly sliced beef steak and season with salt. Sauté for 3-4 minutes, stirring occasionally, until the beef is browned and cooked.
4. Reduce the heat to low and sprinkle the cheese evenly over the beef.
5. Cover the skillet and let the cheese melt for 1-2 minutes, until gooey and bubbly.
6. Stir gently to combine, then divide between two plates.

Nutritional Value (Per Serving):

Calories: 420	Saturated Fat: 14 g
Protein: 38 g	Sodium: 800 mg
Fat: 28 g	Cholesterol: 120 mg
Carbohydrates: 1 g (trace)	

Tip: For extra richness, add a spoonful of beef tallow or use a mix of provolone and cheddar. This skillet is also delicious with thinly sliced lamb or pork.



Spiced Beef Patties

Juicy ground beef patties enriched with beef suet or tallow for a simple, satisfying, and strictly carnivore-friendly meal.



5 minutes



12 minutes



2

Ingredients:

- Ground beef: 400 g / 14 oz
- Beef suet or tallow: 30 g / 2 tbsp
- Salt: 1 tsp / 4 g
- Optional: pinch of black pepper

Cooking Instructions:

1. Combine the ground beef, beef suet or tallow, salt, and black pepper in a bowl. Mix until just combined.
2. Divide the mixture into four equal portions and shape each into a patty.
3. Heat a skillet or grill over medium-high heat.
4. Cook the patties on the first side for 4-5 minutes until a crust forms.
5. Flip and cook for 3-4 minutes or until the patties reach your desired doneness.
6. Remove from the heat and let rest for 2 minutes before serving.

Nutritional Value (Per Serving):

Calories: 420	Saturated Fat: 13 g
Protein: 36 g	Sodium: 900 mg
Fat: 30 g	Cholesterol: 110 mg
Carbohydrates: 0 g	

Tip: For extra richness, top the patties with a slice of beef fat or a dollop of tallow before serving. These patties are also delicious with ground lamb or a mix of beef and pork.



Alpine Beef & Gruyère Bake

Savory ground beef, creamy Gruyère, and eggs baked together for a hearty, protein-rich carnivore casserole perfect for meal prep or a comforting dinner.



8 minutes



25 minutes



2

Ingredients:

- Ground beef: 350 g / 12 oz
- Gruyère cheese: 80 g / 2.8 oz
- Eggs: 4 large / 4 large
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Preheat your oven to 350°F (180°C).
2. Heat half of the butter (10 g / 0.75 tbsp) in a skillet over medium heat. Add the ground beef and salt until browned and cooked through, about 5-6 minutes. Remove from heat.
3. In a bowl, whisk the eggs until smooth. Grate or slice the Gruyère cheese.
4. Grease a small baking dish with the remaining butter.
5. Spread the cooked beef evenly in the dish, then sprinkle the Gruyère over the top.
6. Pour the eggs evenly over the beef and cheese.
7. Bake for 18-20 minutes or until the casserole is set and golden.
8. Let cool for 2 minutes before slicing and serving.

Nutritional Value (Per Serving):

Calories: 430	Saturated Fat: 13 g
Protein: 38 g	Sodium: 700 mg
Fat: 28 g	Cholesterol: 320 mg
Carbohydrates: 1 g (trace)	

Tip: For extra flavor, add a layer of sliced cooked bacon or swap Gruyère for Emmental or aged cheddar. This bake stores well and is ideal for meal prep.



Gyudon Carnivore Bowl

Tender slices of beef and silky eggs cooked in beef tallow for a quick, satisfying, and protein-rich Japanese-inspired carnivore meal.



5 minutes



10 minutes



2

Ingredients:

- Thinly sliced beef (sirloin or ribeye): 350 g / 12 oz
- Eggs: 4 large / 4 large
- Beef tallow: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Heat the beef tallow in a large skillet over medium-high heat.
2. Add the thinly sliced beef and season with salt. Sauté for 2-3 minutes, stirring occasionally, until the beef is cooked and tender.
3. In a bowl, whisk the eggs until well combined.
4. Reduce the heat to medium-low and pour the eggs evenly over the beef in the skillet.
5. Gently stir and cook for 2-3 minutes, until the eggs are just set but still creamy.
6. Divide the beef and eggs between two bowls and serve immediately.

Nutritional Value (Per Serving):

Calories: 410	Saturated Fat: 12 g
Protein: 38 g	Sodium: 600 mg
Fat: 28 g	Cholesterol: 340 mg
Carbohydrates: 0 g	

Tip: For extra richness, drizzle with a spoonful of beef drippings or top with a raw egg yolk before serving. This bowl is also delicious with thinly sliced pork or lamb.



Irish Carnivore Cottage Pie

Rich ground beef layered with creamy eggs and melted cheddar for a hearty, protein-packed carnivore twist on the classic cottage pie.



10 minutes



25 minutes



2

Ingredients:

- Ground beef: 350 g / 12 oz
- Eggs: 4 large / 4 large
- Butter: 30 g / 2 tbsp
- Cheddar: 80 g / 2.8 oz
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Preheat your oven to 350°F (180°C).
2. Heat half of the butter (15 g / 1 tbsp) in a skillet over medium heat. Add the ground beef and salt until browned and cooked through, about 5-6 minutes. Remove from heat.
3. In a bowl, whisk the eggs until smooth.
4. Grease a small baking dish with the remaining butter.
5. Spread the cooked beef evenly in the dish.
6. Pour the eggs over the beef, then sprinkle the grated cheddar evenly.
7. Bake for 18-20 minutes, until the eggs are set and the cheese is melted and golden.
8. Let cool for 2 minutes before slicing and serving.

Nutritional Value (Per Serving):

Calories: 450	Saturated Fat: 15 g
Protein: 39 g	Sodium: 700 mg
Fat: 31 g	Cholesterol: 340 mg
Carbohydrates: 1 g (trace)	

Tip: For extra flavor, add a layer of cooked bacon or swap cheddar for Gruyère or Emmental. This pie is perfect for meal prep and reheats well.



Picanha Steakhouse Cut

Thick, juicy picanha steak seared in beef tallow and finished with salt for a classic, flavorful, and strictly carnivore steakhouse experience.



5 minutes



20 minutes



2

Ingredients:

- Picanha steak: 500 g / 18 oz
- Beef tallow: 30 g / 2 tbsp
- Salt: 1 tsp / 4 g

Cooking Instructions:

1. Pat the picanha steak dry with paper towels and season all sides evenly with salt.
2. Heat the beef tallow in a heavy skillet or grill pan over medium-high heat.
3. Sear the steak, fat side down first, for 5-6 minutes until the fat is golden and rendered.
4. Flip the steak and sear the other side for 4-5 minutes.
5. Reduce the heat to medium and continue cooking, turning occasionally, for another 8-10 minutes or until your desired doneness is reached (medium-rare: 55°C / 130°F).
6. Remove the steak from the pan and let it rest for 5 minutes before slicing against the grain and serving.

Nutritional Value (Per Serving):

Calories: 650	Saturated Fat: 22 g
Protein: 48 g	Sodium: 1000 mg
Fat: 50 g	Cholesterol: 170 mg
Carbohydrates: 0 g	

Tip: For authentic Brazilian flavor, cook the steak over charcoal and slice it into thick strips before serving. This recipe also works well with sirloin cap or ribeye.



New York Strip & Sunrise Eggs

Juicy New York strip steak pan-seared in butter and served with sunny eggs for a classic, protein-rich carnivore breakfast or brunch.



5 minutes



15 minutes



2

Ingredients:

- New York strip steak: 400 g / 14 oz
- Eggs: 4 large / 4 large
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Let the New York strip steak come to room temperature and pat it dry with paper towels. Season both sides with salt.
2. Heat half of the butter (10 g / 0.75 tbsp) in a heavy skillet over medium-high heat.
3. Sear the steak for 3-4 minutes on the first side until a deep crust forms. Flip and cook for another 3-4 minutes, or until your desired doneness is reached.
4. Remove the steak from the skillet and let it rest for 5 minutes.
5. Add the remaining butter to the skillet and reduce the heat to medium.
6. Crack the eggs into the skillet and cook to your preferred doneness (sunny side up or over easy), about 2-3 minutes.
7. Slice the steak and serve alongside the eggs, drizzling with any pan juices.

Nutritional Value (Per Serving):

Calories: 540	Saturated Fat: 16 g
Protein: 46 g	Sodium: 600 mg
Fat: 38 g	Cholesterol: 340 mg
Carbohydrates: 0 g	

Tip: For extra flavor, baste the steak with butter as it cooks or add a spoonful of steak drippings over the eggs before serving. This recipe also works well with ribeye or sirloin steak.



Pork Recipes



German Pork Sausage Skillet

Juicy homemade pork sausages and fluffy scrambled eggs cooked together in butter for a hearty, protein-rich carnivore breakfast.



5 minutes



12 minutes



2

Ingredients:

- Homemade pork sausages (meat, fat, salt only): 300 g / 10 oz
- Eggs: 4 large / 4 large
- Butter: 20 g / 1.5 tbsp
- Salt: to taste

Cooking Instructions:

1. Slice the homemade pork sausages into bite-sized pieces.
2. Heat the butter in a large skillet over medium heat.
3. Add the sausage pieces and cook for 5-6 minutes, turning occasionally, until browned and cooked.
4. In a bowl, whisk the eggs with salt until well combined.
5. Reduce the heat to low and pour the eggs over the cooked sausage in the skillet.
6. Gently stir and cook the eggs, scraping the bottom of the pan, until just set and creamy, about 3-4 minutes.
7. Divide the sausage and eggs between two plates.

Nutritional Value (Per Serving):

Calories: 420	Saturated Fat: 13 g
Protein: 30 g	Sodium: 800 mg (varies with salt)
Fat: 33 g	Cholesterol: 340 mg
Carbohydrates: 0 g	

Tip: For a richer flavor, use a mix of pork shoulder and belly in your homemade sausages, or add a few cubes of pork liver for extra nutrients.



Tuscan Pork Loin Medallions

Succulent pork loin medallions pan-seared in pork lard for a simple, flavorful, and strictly carnivore-friendly meal.



5 minutes



15 minutes



2

Ingredients:

- Pork loin: 400 g / 14 oz
- Pork lard: 30 g / 2 tbsp
- Salt: 1 tsp / 4 g

Cooking Instructions:

1. Slice the pork loin into 2 cm (about 3/4 inch) thick medallions.
2. Pat the medallions dry with a paper towel and sprinkle both sides evenly with salt.
3. Heat the pork lard in a large skillet over medium-high heat.
4. Add the pork medallions to the skillet and sear for 3-4 minutes on the first side until golden brown.
5. Flip the medallions and cook for another 3-4 minutes or until cooked through and juices clear.
6. Remove the medallions from the skillet and let them rest for 2 minutes before serving.

Nutritional Value (Per Serving):

Calories: 340	Saturated Fat: 8 g
Protein: 38 g	Sodium: 800 mg
Fat: 20 g	Cholesterol: 110 mg
Carbohydrates: 0 g	

Tip: For extra tenderness, marinate the pork loin in salt for 30 minutes before cooking, or try using pork tenderloin for a leaner option.



Pork Rillettes

Slow-cooked pork belly and shoulder shredded and blended with pork fat for a rich, spreadable, and traditional French carnivore delicacy.



10 minutes



3 hours



2

Ingredients:

- Pork belly: 300 g / 10 oz
- Pork shoulder: 200 g / 7 oz
- Pork fat: 50 g / 3.5 tbsp
- Salt: 1 tsp / 4 g

Cooking Instructions:

1. Cut the pork belly and shoulder into 2-3 cm (1 inch) cubes.
2. Place the pork belly, shoulder, fat, and salt in a heavy saucepan or Dutch oven.
3. Add just enough water to cover the meat barely.
4. Bring to a gentle simmer over low heat. Cover and cook for 2.5 to 3 hours, stirring occasionally, until the meat is tender and easily falls apart.
5. Remove the lid and increase the heat slightly to let any excess liquid evaporate, stirring often.
6. Using two forks or a potato masher, shred the meat in the pot until it forms a coarse, spreadable paste.
7. Spoon the rillettes into a small dish or ramekin, pressing down to compact. Let cool, then refrigerate for at least 2 hours to set.
8. Serve chilled or at room temperature, spreading onto slices of cold pork belly or enjoying by the spoonful.

Nutritional Value (Per Serving):

Calories: 650	Saturated Fat: 22 g
Protein: 38 g	Sodium: 1000 mg
Fat: 54 g	Cholesterol: 170 mg
Carbohydrates: 0 g	

Tip: For a smoother texture, blend the rillettes briefly with an immersion blender. Rillettes keep well in the fridge for up to a week and are perfect for meal prep or as a savory snack.



Italian Pork Meatball Bake

Juicy pork meatballs baked with Parmesan and eggs for a rich, cheesy, and protein-packed Italian-inspired carnivore meal.



10 minutes



25 minutes



2

Ingredients:

- Ground pork: 350 g / 12 oz
- Parmesan: 60 g / 2 oz
- Eggs: 2 large / 2 large
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Preheat your oven to 350°F (180°C).
2. Combine the ground pork, grated Parmesan, eggs, and salt in a large bowl. Mix until just combined.
3. Form the mixture into 8 small meatballs.
4. Grease a small baking dish with the butter and arrange the meatballs in a single layer.
5. Bake for 20-25 minutes or until the meatballs are golden and cooked through.
6. Let cool for 2 minutes before serving.

Nutritional Value (Per Serving):

Calories: 410	Saturated Fat: 12 g
Protein: 34 g	Sodium: 700 mg
Fat: 28 g	Cholesterol: 220 mg
Carbohydrates: 1 g (trace)	

Tip: For extra flavor, add a layer of grated Parmesan on top before baking or swap Parmesan for Pecorino Romano. These meatballs are perfect for meal prep and reheat well.



Pork Loin Schnitzel (Carnivore Style)

Thin, tender pork loin cutlets dipped in egg and pan-fried in pork lard for a crisp, satisfying carnivore take on the classic schnitzel.



8 minutes



12 minutes



2

Ingredients:

- Pork loin: 400 g / 14 oz
- Eggs: 2 large / 2 large
- Pork lard: 30 g / 2 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Slice the pork loin into thin cutlets, about 1 cm (½ inch) thick. Place between parchment or plastic wrap sheets and pound to about 0.5 cm (¼ inch) thickness.
2. In a shallow bowl, whisk the eggs with salt until well combined.
3. Heat the pork lard in a large skillet over medium-high heat.
4. Dip each pork cutlet into the egg mixture, coating both sides thoroughly.
5. Place the coated cutlets in the hot skillet and fry for 3-4 minutes on the first side until golden and crisp.
6. Flip and cook for another 2-3 minutes or until the pork is cooked and the coating is set.
7. Remove from the skillet and let rest for 2 minutes before serving.

Nutritional Value (Per Serving):

Calories: 340	Saturated Fat: 8 g
Protein: 38 g	Sodium: 600 mg
Fat: 20 g	Cholesterol: 210 mg
Carbohydrates: 0 g	

Tip: For extra crispiness, make sure the lard is hot before adding the cutlets. This schnitzel is also delicious with thinly sliced veal or chicken breast.



Prosciutto & Parmesan Roll-Ups

Savory prosciutto wrapped around creamy Parmesan and gently warmed in butter for a quick, elegant, and protein-rich Italian-inspired snack or appetizer.



3 minutes



7 minutes



2

Ingredients:

- Prosciutto (no sugar): 120 g / 4 oz
- Parmesan: 60 g / 2 oz
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Cut the Parmesan into thin sticks or slices.
2. Lay out the prosciutto slices on a clean surface. Place a piece of Parmesan at one end of each slice and roll up tightly.
3. Heat the butter in a nonstick skillet over medium heat.
4. Place the roll-up seam side down in the skillet. Cook for 2-3 minutes, turning occasionally, until the prosciutto is warmed and the Parmesan slightly softens.
5. Sprinkle with salt while cooking, if desired.
6. Remove from the skillet and serve immediately, whole or sliced into bite-sized pieces.

Nutritional Value (Per Serving):

Calories: 320	Saturated Fat: 11 g
Protein: 28 g	Sodium: 1200 mg
Fat: 22 g	Cholesterol: 80 mg
Carbohydrates: 1 g (trace)	

Tip: For extra flavor, add a slice of aged cheese or a dab of mascarpone inside each roll. These roll-ups are perfect as a quick snack or elegant appetizer.



French Pork & Gruyère Bake

Savory ground pork, creamy Gruyère, and eggs baked together for a rich, protein-packed French-inspired carnivore casserole perfect for meal prep or a comforting dinner.



8 minutes



25 minutes



2

Ingredients:

- Ground pork: 350 g / 12 oz
- Gruyère cheese: 80 g / 2.8 oz
- Eggs: 4 large / 4 large
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Preheat your oven to 350°F (180°C).
2. Heat half of the butter (10 g / 0.75 tbsp) in a skillet over medium heat. Add the ground pork and salt until browned and cooked through, about 5-6 minutes. Remove from heat.
3. In a bowl, whisk the eggs until smooth. Grate or slice the Gruyère cheese.
4. Grease a small baking dish with the remaining butter.
5. Spread the cooked pork evenly in the dish, then sprinkle the Gruyère.
6. Pour the eggs evenly over the pork and cheese.
7. Bake for 18-20 minutes or until the casserole is set and golden on top.
8. Let cool for 2 minutes before slicing and serving.

Nutritional Value (Per Serving):

Calories: 430	Saturated Fat: 13 g
Protein: 36 g	Sodium: 700 mg
Fat: 30 g	Cholesterol: 320 mg
Carbohydrates: 1 g (trace)	

Tip: For extra flavor, add a layer of cooked bacon or swap Gruyère for Emmental or aged cheddar. This bake stores well and is ideal for meal prep.



Pork Belly Slices

Thick pork belly slices seared in pork lard and finished with salt for a rich, crispy, and strictly carnivore take on a Korean favorite.



5 minutes



20 minutes



2

Ingredients:

- Pork belly: 400 g / 14 oz
- Pork lard: 30 g / 2 tbsp
- Salt: 1 tsp / 4 g

Cooking Instructions:

1. Slice the pork belly into thick strips, about 1.5-2 cm (¾ inch) wide.
2. Pat the slices dry with paper towels and season all sides evenly with salt.
3. Heat the pork lard in a large skillet or grill pan over medium-high heat.
4. Add the pork belly slices in a single layer and sear for 5-6 minutes on the first side until golden and crispy.
5. Flip and cook for 5-6 minutes, turning as needed, until the slices are deeply browned and the fat is rendered.
6. Remove from the skillet and let rest for 2 minutes before serving.

Nutritional Value (Per Serving):

Calories: 600	Saturated Fat: 22 g
Protein: 20 g	Sodium: 1000 mg
Fat: 56 g	Cholesterol: 110 mg
Carbohydrates: 0 g	

Tip: For extra crispiness, finish the pork belly under a broiler for 2-3 minutes. These slices are also delicious served with a side of pork cracklings.



Scandinavian Pork Shoulder Roast

Juicy pork shoulder slow-roasted in pork lard and finished with salt for a tender, flavorful, and strictly carnivore Scandinavian classic.



10 minutes



2 hours



2

Ingredients:

- Pork shoulder: 500 g / 18 oz
- Pork lard: 30 g / 2 tbsp
- Salt: 1 tsp / 4 g

Cooking Instructions:

1. Preheat your oven to 320°F (160°C).
2. Pat the pork shoulder dry with paper towels and rub all sides evenly with salt.
3. Heat the pork lard in a large oven-safe skillet or Dutch oven over medium-high heat.
4. Sear the pork shoulder on all sides for 2-3 minutes per side until golden brown.
5. Cover the skillet or Dutch oven with a lid or foil and transfer to the oven.
6. Roast for 1.5 to 2 hours, basting occasionally with the rendered fat until the pork is tender and easily pulled apart with a fork.
7. Let the roast rest for 10 minutes before slicing or shredding. Serve with pan juices.

Nutritional Value (Per Serving):

Calories: 540	Saturated Fat: 16 g
Protein: 38 g	Sodium: 1000 mg
Fat: 42 g	Cholesterol: 140 mg
Carbohydrates: 0 g	

Tip: For extra flavor, use a mix of pork shoulder and belly, or finish the roast under a broiler for a crispy crust. This roast is also delicious cold or reheated for meal prep.



Pork Chop & Eggs

Juicy pork chops pan-seared in pork lard and served with sunny eggs for a classic, protein-rich American carnivore breakfast or brunch.



5 minutes



15 minutes



2

Ingredients:

- Pork chops: 400 g / 14 oz
- Eggs: 4 large / 4 large
- Pork lard: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Pat the pork chops dry with paper towels and season both sides with salt.
2. Heat half of the pork lard (10 g / 0.75 tbsp) in a large skillet over medium-high heat.
3. Sear the pork chops for 4-5 minutes on the first side until golden brown. Flip and cook for another 3-4 minutes or until cooked through and juices run clear.
4. Remove the pork chops from the skillet and rest for 5 minutes.
5. Add the remaining pork lard to the skillet and reduce the heat to medium.
6. Crack the eggs into the skillet and cook to your preferred doneness (sunny side up or over easy), about 2-3 minutes.
7. Serve the pork chops alongside the eggs, drizzling with any pan juices.

Nutritional Value (Per Serving):

Calories: 420	Saturated Fat: 10 g
Protein: 38 g	Sodium: 600 mg
Fat: 28 g	Cholesterol: 320 mg
Carbohydrates: 0 g	

Tip: For extra flavor, baste the pork chops with lard as they cook or add a spoonful of pan drippings over the eggs before serving. This recipe also works well with boneless or bone-in chops.



Lamb & Game Recipes



Lamb Kebab Skewers

Juicy ground lamb mixed with eggs and lamb fat, shaped onto skewers, and grilled for a simple, protein-rich carnivore delight.



10 minutes



15 minutes



2

Ingredients:

- Ground lamb: 350 g / 12 oz
- Eggs: 2 large / 2 large
- Lamb fat: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Combine the ground lamb, eggs, lamb fat, and salt in a large bowl. Mix thoroughly until the mixture is smooth and cohesive.
2. Divide the mixture into 4 equal portions and shape each around a metal or soaked wooden skewer, forming long, even kebabs.
3. Preheat a grill or broiler to medium-high heat.
4. Place the skewers on the grill and cook for 6-7 minutes, turning occasionally, until the kebabs are browned on all sides and cooked through.
5. Remove the kebabs from the grill and let them rest for 2 minutes before serving.

Nutritional Value (Per Serving):

Calories: 370	Saturated Fat: 12 g
Protein: 28 g	Sodium: 500 mg
Fat: 28 g	Cholesterol: 260 mg
Carbohydrates: 0 g	

Tip: For a firmer texture, refrigerate the kebab mixture for 30 minutes before shaping. You can also use ground beef or a mix of lamb and beef for a different flavor.



Santorini Lamb & Feta Patties

Juicy lamb patties blended with creamy feta and eggs, pan-seared in butter for a Mediterranean-inspired, protein-rich carnivore meal.



8 minutes



12 minutes



2

Ingredients:

- Ground lamb: 350 g / 12 oz
- Feta cheese: 80 g / 2.8 oz
- Eggs: 2 large / 2 large
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Combine the ground lamb, crumbled feta cheese, eggs, and salt in a large bowl. Mix until just combined.
2. Divide the mixture into 4 equal portions and shape each into a patty.
3. Heat the butter in a large skillet over medium heat.
4. Add the patties to the skillet and cook for 4-5 minutes on the first side until golden brown.
5. Flip the patties and cook for another 4-5 minutes, or until cooked through and the cheese is slightly melted.
6. Remove the patties from the skillet and let them rest for 2 minutes before serving.

Nutritional Value (Per Serving):

Calories: 420	Saturated Fat: 15 g
Protein: 32 g	Sodium: 800 mg
Fat: 32 g	Cholesterol: 250 mg
Carbohydrates: 1 g (trace)	

Tip: For a saltier flavor, use aged feta or add a sprinkle of grated hard cheese. These patties are also delicious with ground beef or a mix of lamb and beef.



Venison Burger Patties

Lean, flavorful venison patties enriched with egg and tallow for a juicy, protein-packed carnivore burger experience.



5 minutes



12 minutes



2

Ingredients:

- Ground venison: 350 g / 12 oz
- Eggs: 2 large / 2 large
- Beef tallow or venison fat: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Combine the ground venison, eggs, beef tallow or venison fat, and salt in a bowl. Mix until just combined.
2. Divide the mixture into four equal portions and shape each into a patty.
3. Heat a skillet or grill over medium-high heat.
4. Cook the patties on the first side for 4-5 minutes until browned.
5. Flip and cook for 3-4 minutes or until the patties are juicy.
6. Remove from the heat and let rest for 2 minutes before serving.

Nutritional Value (Per Serving):

Calories: 280	Saturated Fat: 6 g
Protein: 34 g	Sodium: 600 mg
Fat: 15 g	Cholesterol: 210 mg
Carbohydrates: 0 g	

Tip: For extra richness, top the patties with a slice of beef fat or a spoonful of tallow before serving. These patties are also delicious with ground elk or bison.



Italian Lamb Shank Braise

Succulent lamb shank slow-braised in lamb fat and salt for a tender, flavorful, and strictly carnivore Italian-inspired dish.



10 minutes



2 hours



2

Ingredients:

- Lamb shank: 500 g / 18 oz
- Lamb fat: 30 g / 2 tbsp
- Salt: 1 tsp / 4 g

Cooking Instructions:

1. Preheat your oven to 320°F (160°C).
2. Pat the lamb shank dry with paper towels and season all sides evenly with salt.
3. Heat the lamb fat in a heavy oven-safe pot or Dutch oven over medium-high heat.
4. Sear the lamb shank on all sides for 2-3 minutes per side until golden brown.
5. Add enough water to the pot to cover the bottom (about ½ cup / 120 ml), then cover with a lid or foil.
6. Transfer the pot to the oven and braise for 1.5 to 2 hours, basting occasionally with the rendered fat until the lamb is tender and easily pulls away from the bone.
7. Let the shank rest for 5 minutes before serving, spooning some braising juices over the meat.

Nutritional Value (Per Serving):

Calories: 480	Saturated Fat: 15 g
Protein: 38 g	Sodium: 1000 mg
Fat: 34 g	Cholesterol: 160 mg
Carbohydrates: 0 g	

Tip: For extra richness, add a few cubes of lamb kidney or heart to the braise. This dish is also delicious with beef or veal shank.



Lamb Ribs Platter

Juicy lamb ribs roasted in lamb fat and finished with salt for a rich, tender, and strictly carnivore Turkish-inspired feast.



5 minutes



50 minutes



2

Ingredients:

- Lamb ribs: 400 g / 14 oz
- Lamb fat: 30 g / 2 tbsp
- Salt: 1 tsp / 4 g

Cooking Instructions:

1. Preheat your oven to 350°F (180°C).
2. Pat the lamb ribs dry with paper towels and rub all sides evenly with salt.
3. Place the ribs in a roasting pan and dot with lamb fat.
4. Roast for 40–50 minutes, basting occasionally with the rendered fat, until the ribs are golden, crispy, and the meat is tender.
5. Let the ribs rest for 5 minutes before slicing and serving.

Nutritional Value (Per Serving):

Calories: 540	Saturated Fat: 18 g
Protein: 32 g	Sodium: 1000 mg
Fat: 44 g	Cholesterol: 120 mg
Carbohydrates: 0 g	

Tip: For extra crispiness, finish the ribs under a broiler for 2–3 minutes. These ribs are also delicious served with a drizzle of extra rendered lamb fat.



Lamb Shoulder Roast

Juicy lamb shoulder slow-roasted in lamb fat and salt for a tender, flavorful, and strictly carnivore centerpiece.



10 minutes



2 hours



2

Ingredients:

- Lamb shoulder: 500 g / 18 oz
- Lamb fat: 30 g / 2 tbsp
- Salt: 1 tsp / 4 g

Cooking Instructions:

1. Preheat your oven to 320°F (160°C).
2. Pat the lamb shoulder dry with paper towels and rub all sides evenly with salt.
3. Heat the lamb fat in a large oven-safe skillet or Dutch oven over medium-high heat.
4. Sear the lamb shoulder on all sides for 2–3 minutes per side until golden brown.
5. Cover the skillet or Dutch oven with a lid or foil and transfer to the oven.
6. Roast for 1.5 to 2 hours, occasionally basting with the rendered fat until the lamb is tender and easily pulled apart with a fork.
7. Let the roast rest for 10 minutes before slicing or shredding.

Nutritional Value (Per Serving):

Calories: 540	Saturated Fat: 16 g
Protein: 38 g	Sodium: 1000 mg
Fat: 42 g	Cholesterol: 140 mg
Carbohydrates: 0 g	

Tip: For extra flavor, use a mix of lamb shoulder and leg, or finish the roast under a broiler for a crispy crust. This roast is also delicious cold or reheated for meal prep.



French Lamb & Gruyère Bake

Savory ground lamb, creamy Gruyère, and eggs baked together for a rich, protein-packed French-inspired carnivore casserole perfect for meal prep or a comforting dinner.



8 minutes



25 minutes



2

Ingredients:

- Ground lamb: 350 g / 12 oz
- Gruyère cheese: 80 g / 2.8 oz
- Eggs: 2 large / 2 large
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Preheat your oven to 350°F (180°C).
2. Heat half of the butter (10 g / 0.75 tbsp) in a skillet over medium heat. Add the ground lamb and salt until browned and cooked through, about 5-6 minutes. Remove from heat.
3. In a bowl, whisk the eggs until smooth. Grate or slice the Gruyère cheese.
4. Grease a small baking dish with the remaining butter.
5. Spread the cooked lamb evenly in the dish, then sprinkle the Gruyère.
6. Pour the eggs evenly over the lamb and cheese.
7. Bake for 18-20 minutes or until the casserole is set and golden.
8. Let cool for 2 minutes before slicing and serving.

Nutritional Value (Per Serving):

Calories: 420	Saturated Fat: 13 g
Protein: 32 g	Sodium: 700 mg
Fat: 30 g	Cholesterol: 220 mg
Carbohydrates: 1 g (trace)	

Tip: For extra flavor, add a layer of cooked bacon or swap Gruyère for Emmental or aged cheddar. This bake stores well and is ideal for meal prep.



Lamb Chops Feast

Juicy lamb chops seared in rich lamb fat and finished with salt for a simple, flavorful, and strictly carnivore-friendly meal.



5 minutes



15 minutes



2

Ingredients:

- Lamb chops: 400 g / 14 oz
- Lamb fat: 30 g / 2 tbsp
- Salt: 1 tsp / 4 g

Cooking Instructions:

1. Pat the lamb chops dry with paper towels and season both sides evenly with salt.
2. Heat the lamb fat in a heavy skillet over medium-high heat.
3. Add the lamb chops to the skillet once the fat is hot and shimmering.
4. Sear the lamb chops on the first side for 3-4 minutes until a golden crust forms.
5. Flip the chops and cook for 3-4 minutes or until your desired doneness is reached.
6. Remove the lamb chops from the skillet and let them rest for 3 minutes before serving.

Nutritional Value (Per Serving):

Calories: 420	Saturated Fat: 14 g
Protein: 32 g	Sodium: 800 mg
Fat: 32 g	Cholesterol: 110 mg
Carbohydrates: 0 g	

Tip: For extra flavor, use rib or loin lamb chops, or finish the chops under a broiler for a crispier exterior.



Venison Steak & Eggs

Lean, tender venison steak pan-seared in tallow and served with sunny eggs for a hearty, protein-rich carnivore breakfast or brunch.



5 minutes



15 minutes



2

Ingredients:

- Venison steak: 400 g / 14 oz
- Eggs: 4 large / 4 large
- Beef tallow or venison fat: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Pat the venison steak dry with paper towels and season both sides with salt.
2. Heat half the tallow or venison fat (10 g / 0.75 tbsp) in a heavy skillet over medium-high heat.
3. Sear the steak for 3-4 minutes on the first side until browned. Flip and cook for another 2-3 minutes or until your desired doneness is reached (venison is best-served medium-rare).
4. Remove the steak from the skillet and let it rest for 5 minutes.
5. Add the remaining tallow or fat to the skillet and reduce the heat to medium.
6. Crack the eggs into the skillet and cook to your preferred doneness (sunny side up or over easy), about 2-3 minutes.
7. Slice the venison steak and serve alongside the eggs, drizzling with any pan juices.

Nutritional Value (Per Serving):

Calories: 320	Saturated Fat: 5 g
Protein: 44 g	Sodium: 600 mg
Fat: 14 g	Cholesterol: 320 mg
Carbohydrates: 0 g	

Tip: For extra richness, top the steak with a spoonful of tallow or a pat of butter before serving. This recipe also works well with elk or bison steak.



Imperial Crown Rack of Lamb with Golden Gruyère Crust

A majestic, French-inspired rack of lamb, roasted to perfection and crowned with a golden Gruyère cheese crust, served with a silky, herb-infused cream jus—designed to impress at any special occasion or festive table.



15 minutes



35 minutes



2

Ingredients:

- Rack of lamb (Frenched): 700 g / 25 oz
- Gruyère cheese (grated): 80 g / 2.8 oz
- Butter: 30 g / 1 oz
- Heavy cream: 60 ml / 4 tbsp
- Egg yolk: 1 large / 1 large
- Salt: 1 tsp / 4 g
- Optional (for relaxed carnivore): Pinch of dried rosemary or thyme

Cooking Instructions:

1. Preheat oven to 400°F (200°C). Season lamb with salt and optional herbs.
2. Sear in half the butter (2-3 min per side) until golden.
3. Mix Gruyère with egg yolk; spread over lamb's fat side.
4. Roast 20-25 min (to 130°F / 55°C for medium-rare). Rest 10 min.
5. In saucepan, warm cream with remaining butter until smooth; season to taste.
6. Slice lamb into chops and serve with herb cream jus.

Nutritional Value (Per Serving):

Calories: 780	Saturated Fat: 28 g
Protein: 56 g	Sodium: 1100 mg
Fat: 60 g	Cholesterol: 260 mg
Carbohydrates: 1 g (trace)	

Tip: For an extra golden crust, broil the lamb for the last 2 minutes of roasting. This showstopper pairs beautifully with a side of creamy eggs or a simple Gruyère soufflé.



Poultry Recipes



Southern Chicken Fried Steak (Carnivore Version)

Thin, tender chicken breast coated in egg and pan-fried in pork lard for a crispy, satisfying carnivore twist on a Southern classic.



8 minutes



12 minutes



2

Ingredients:

- Chicken breast (pounded thin): 300 g / 10 oz
- Eggs: 2 large / 2 large
- Pork lard or butter: 30 g / 2 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Place the chicken breast between two sheets of parchment or plastic wrap and pound to about ½ cm (¼ inch) thickness.
2. In a shallow bowl, whisk the eggs with salt until well combined.
3. Heat the pork lard or butter in a large skillet over medium-high heat.
4. Dip each piece of chicken into the egg mixture, coating both sides thoroughly.
5. Place the coated chicken in the hot skillet and fry for 3-4 minutes on the first side until golden and crispy.
6. Flip and cook for another 3-4 minutes or until the chicken is cooked and the coating is set.
7. Remove from the skillet and rest for 2 minutes before slicing and serving.

Nutritional Value (Per Serving):

Calories: 320	Saturated Fat: 7 g
Protein: 36 g	Sodium: 600 mg
Fat: 19 g	Cholesterol: 230 mg
Carbohydrates: 0 g	

Tip: For extra crispiness, use pork lard and make sure the pan is hot before adding the chicken. This recipe also works well with thinly sliced veal or pork cutlets.



Festive Herb-Crusted Turkey Medallions

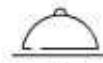
Juicy turkey medallions seared in butter for a simple, elegant, and protein-rich carnivore dish—perfect for festive occasions or everyday meals.



5 minutes



15 minutes



2

Ingredients:

- Turkey breast (sliced): 400 g / 14 oz
- Butter: 30 g / 2 tbsp
- Salt: 1 tsp / 4 g
- (Optional, for relaxed carnivore) Pinch of dried sage or thyme

Cooking Instructions:

1. Pat the turkey breast slices dry with a paper towel.
2. Sprinkle both sides of the turkey with salt (and optional herbs).
3. Heat the butter in a large skillet over medium-high heat.
4. Add the turkey medallions to the skillet and sear for 3-4 minutes per side or until golden and cooked through.
5. Remove from the skillet and let rest for 2 minutes before serving.

Nutritional Value (Per Serving):

Calories: 260	Saturated Fat: 5 g
Protein: 44 g	Sodium: 900 mg
Fat: 9 g	Cholesterol: 120 mg
Carbohydrates: 0 g	

Tip: For extra juiciness, baste the turkey medallions with melted butter as they cook. If you prefer a strict carnivore version, simply omit the herbs.



Cheesy Sunrise Chicken Muffins

Savory ground chicken, eggs, and cheddar baked into fluffy, protein-packed muffins perfect for meal prep or a quick carnivore breakfast.



10 minutes



20 minutes



2

Ingredients:

- Ground chicken: 300 g / 10 oz
- Eggs: 6 large / 6 large
- Cheddar: 80 g / 2.8 oz
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Preheat your oven to 350°F (180°C).
2. Grease a muffin tin with the butter.
3. Combine the ground chicken, eggs, grated cheddar, and salt in a large bowl. Mix until well combined.
4. Evenly divide the mixture among 6 muffin cups.
5. Bake for 18-20 minutes or until the muffins are set and lightly golden on top.
6. Let the muffins cool for 2 minutes before removing from the tin.

Nutritional Value (Per Serving):

Calories: 410	Saturated Fat: 11 g
Protein: 46 g	Sodium: 800 mg
Fat: 24 g	Cholesterol: 520 mg
Carbohydrates: 1 g (trace)	

Tip: For a different flavor, substitute cheddar with mozzarella or add a spoonful of cream cheese to the mixture. These muffins reheat well and are great for on-the-go meals.



Royal Quail Pan-Roast with Butter Glaze

Whole quail roasted in a skillet and finished with a rich butter glaze for a tender, elegant, and nutrient-dense carnivore feast.



5 minutes



25 minutes



2

Ingredients:

- Whole quail: 2 birds (~300 g / 10 oz total)
- Butter: 30 g / 2 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Preheat your oven to 400°F (200°C).
2. Pat the quail dry with a paper towel and season all over with salt.
3. Heat half of the butter in an oven-safe skillet over medium-high heat.
4. Add the quail and sear for 2-3 minutes per side until golden brown.
5. Transfer the skillet to the oven and roast for 15-18 minutes, or until the quail is cooked and juices run clear.
6. Remove the skillet from the oven and add the remaining butter, spooning it over the quail to glaze.
7. Let the quail rest for 3 minutes before serving.

Nutritional Value (Per Serving):

Calories: 270	Saturated Fat: 8 g
Protein: 28 g	Sodium: 500 mg
Fat: 17 g	Cholesterol: 140 mg
Carbohydrates: 0 g	

Tip: For extra richness, baste the quail with the pan juices and melted butter several times during roasting. Serve with the buttery pan drippings for maximum flavor.



French Cloud Soufflé with Chicken

Light, airy eggs folded with tender chicken and Gruyère cheese for a delicate, protein-rich carnivore soufflé.



10 minutes



20 minutes



2

Ingredients:

- Eggs: 6 large / 6 large
- Cooked chicken breast (shredded): 200 g / 7 oz
- Gruyère cheese: 80 g / 2.8 oz
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Preheat your oven to 375°F (190°C).
2. Grease a medium baking dish or two small ramekins with the butter.
3. Separate the egg whites from the yolks into two bowls.
4. Whisk the egg whites with salt until stiff peaks form.
5. Mix the egg yolks, shredded chicken, and grated Gruyère cheese in a separate bowl.
6. Gently fold the egg whites into the yolk mixture, careful not to deflate the whites.
7. Pour the mixture into the prepared dish or ramekins.
8. Bake for 18-20 minutes or until puffed and golden on top.

Nutritional Value (Per Serving):

Calories: 410	Saturated Fat: 11 g
Protein: 48 g	Sodium: 700 mg
Fat: 22 g	Cholesterol: 420 mg
Carbohydrates: 1 g (trace)	

Tip: For a richer flavor, substitute Gruyère with aged cheddar or add a spoonful of cream cheese to the yolk mixture. Serve straight from the oven for maximum fluffiness.



Creamy Alfredo Chicken Skillet

Juicy chicken thighs, eggs, and Parmesan simmered in rich cream and butter for a decadent, all-animal Alfredo skillet.



5 minutes



15 minutes



2

Ingredients:

- Eggs: 6 large / 6 large
- Cooked chicken thigh (diced): 200 g / 7 oz
- Heavy cream: 40 ml / 3 tbsp
- Parmesan: 60 g / 2 oz
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Crack the eggs into a bowl and whisk with salt until well combined.
2. Heat the butter in a large skillet over medium heat.
3. Add the diced cooked chicken thigh and sauté for 1-2 minutes until warmed through.
4. Pour in the heavy cream and bring to a gentle simmer.
5. Add the whisked eggs and cook, stirring gently, until the eggs just begin to set.
6. Sprinkle in the grated Parmesan and continue to cook, stirring, until the mixture is creamy and thickened but still soft.

Nutritional Value (Per Serving):

Calories: 480	Saturated Fat: 15 g
Protein: 44 g	Sodium: 750 mg
Fat: 32 g	Cholesterol: 470 mg
Carbohydrates: 1 g (trace)	

Tip: For extra richness, add a spoonful of mascarpone or swap Parmesan for Gruyère. This skillet is best enjoyed hot and fresh from the pan.



Parmesan Chicken Dreamballs

Juicy ground chicken blended with Parmesan and eggs, then baked into tender, protein-rich meatballs for a satisfying carnivore treat.



10 minutes



20 minutes



2

Ingredients:

- Ground chicken: 300 g / 10 oz
- Parmesan: 60 g / 2 oz
- Eggs: 2 large / 2 large
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Preheat your oven to 400°F (200°C).
2. Grease a baking dish or tray with the butter.
3. Combine the ground chicken, grated Parmesan, eggs, and salt in a large bowl. Mix until well combined.
4. Form the mixture into 8-10 small balls and place them evenly on the prepared baking dish.
5. Bake for 18-20 minutes or until the meatballs are golden and cooked.
6. Let the dreamballs rest for 2 minutes before serving.

Nutritional Value (Per Serving):

Calories: 340	Saturated Fat: 8 g
Protein: 41 g	Sodium: 700 mg
Fat: 18 g	Cholesterol: 210 mg
Carbohydrates: 0 g	

Tip: For a richer flavor, try adding a spoonful of cream cheese to the mixture or swap Parmesan for Gruyère. These meatballs are delicious hot or cold.



Golden Chicken "Pasta" Bake

Egg ribbons and savory ground chicken baked with Parmesan for a hearty, pasta-inspired carnivore casserole perfect for meal prep.



10 minutes



25 minutes



2

Ingredients:

- Eggs: 6 large / 6 large
- Ground chicken: 300 g / 10 oz
- Parmesan: 60 g / 2 oz
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Preheat your oven to 350°F (180°C).
2. Grease a medium baking dish with the butter.
3. In a bowl, whisk the eggs with salt until smooth.
4. Pour the eggs into a nonstick skillet over medium heat and cook gently, stirring, until just set but still soft. Remove from heat and let cool slightly.
5. Combine the ground chicken and half of the grated Parmesan in a separate bowl.
6. Gently fold the cooked eggs into the chicken mixture.
7. Transfer the mixture to the prepared baking dish and sprinkle the remaining Parmesan.
8. Bake for 20-25 minutes or until golden and set.
9. Let the bake rest for 3 minutes before slicing and serving.

Nutritional Value (Per Serving):

Calories: 410	Saturated Fat: 9 g
Protein: 46 g	Sodium: 700 mg
Fat: 22 g	Cholesterol: 420 mg
Carbohydrates: 1 g (trace)	

Tip: For a creamier texture, add a splash of heavy cream to the egg mixture before baking. This dish stores well and is great for reheating.



Carnivore Chicken Schnitzel

Thinly pounded chicken breast dipped in egg and fried in pork lard for a crispy, golden, breading-free schnitzel that's pure protein and flavor.



10 minutes



10 minutes



2

Ingredients:

- Chicken breast: 300 g / 10 oz
- Eggs: 2 large / 2 large
- Pork lard or butter: 30 g / 2 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Pat the chicken breast dry and slice it in half horizontally, then pound each piece to an even thinness using a meat mallet or rolling pin.
2. Sprinkle both sides of the chicken with salt.
3. Crack the eggs into a shallow bowl and whisk until smooth.
4. Heat the pork lard or butter in a large skillet over medium-high heat.
5. Dip each chicken piece into the egg, coating both sides thoroughly.
6. Place the coated chicken in the hot skillet and fry for 3-4 minutes per side or until golden and cooked through.
7. Transfer to a plate and let rest for 2 minutes before serving.

Nutritional Value (Per Serving):

Calories: 290
 Protein: 38 g
 Fat: 14 g
 Carbohydrates: 0 g
 Saturated Fat: 6 g
 Sodium: 600 mg
 Cholesterol: 210 mg

Tip: For extra flavor, use pork lard and make sure the pan is hot before adding the chicken. Serve immediately for the crispiest texture.



Duck Royal with Sunny Eggs

Rich, tender duck breast paired with perfectly fried sunny-side-up eggs for a luxurious, nutrient-dense carnivore breakfast or dinner.



5 minutes



20 minutes



2

Ingredients:

- Duck breast: 300 g / 10 oz
- Eggs: 4 large / 4 large
- Duck fat or butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Pat the duck breast dry and score the skin in a crosshatch pattern, careful not to cut into the meat.
2. Sprinkle both sides of the duck breast with salt.
3. Place the duck breast skin-side down in a cold skillet. Turn the heat to medium and cook for 7-8 minutes, allowing the fat to render and the skin to become golden and crispy.
4. Flip the duck breast and cook for another 3-4 minutes or until the meat is cooked to your desired doneness.
5. Remove the duck breast from the skillet and let it rest for 5 minutes before slicing.
6. Add duck fat or butter to the same skillet and heat over medium.
7. Crack the eggs into the skillet and fry until the whites are set but the yolks remain runny for about 2-3 minutes.
8. Slice the duck breast and serve alongside the sunny eggs.

Nutritional Value (Per Serving):

Calories: 420
 Protein: 36 g
 Fat: 28 g
 Carbohydrates: 0 g
 Saturated Fat: 9 g
 Sodium: 600 mg
 Cholesterol: 370 mg

Tip: For extra flavor, spoon some of the rendered duck fat over the eggs as they cook. This dish is also delicious with goose or chicken eggs if you want to vary the taste.



Fish & Seafood Recipes



Stuffed Squid with Cheese & Shrimp

Tender squid tubes filled with juicy shrimp and melted cheese, baked to perfection for a rich, protein-packed seafood carnivore dish.



7 minutes



18 minutes



2

Ingredients:

- Large squid tubes: 2 (about 200 g / 7 oz)
- Cooked shrimp (chopped): 80 g / 3 oz
- Gruyère or mozzarella cheese (grated): 40 g / 1.5 oz
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Preheat your oven to 355°F (180°C).
2. Mix the chopped shrimp and grated cheese in a bowl until well combined.
3. Stuff the mixture evenly into the squid tubes.
4. Place the stuffed squid in a baking dish. Dot with butter and sprinkle with salt.
5. Bake for 15-18 minutes, until the squid is tender and the cheese is melted.
6. Slice the stuffed squid and serve hot.

Nutritional Value (Per Serving):

Calories: 210	Saturated Fat: 6 g
Protein: 28 g	Sodium: 600 mg
Fat: 10 g	Cholesterol: 180 mg
Carbohydrates: 1 g (trace)	

Tip: For extra flavor, use a mix of Gruyère and mozzarella or add a few pieces of cooked crab meat to the stuffing. This dish is also delicious served with a drizzle of melted butter.



Seafood Royally Platter

An indulgent medley of lobster, shrimp, and crab gently warmed in butter for a luxurious, protein-rich carnivore feast.



5 minutes



10 minutes



2

Ingredients:

- Cooked lobster meat: 100 g / 3.5 oz
- Cooked shrimp: 100 g / 3.5 oz
- Cooked crab meat: 100 g / 3.5 oz
- Butter: 30 g / 2 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Pat all the seafood dry with a paper towel.
2. In a large skillet, melt the butter over medium-low heat.
3. Add the lobster, shrimp, and crab meat to the skillet.
4. Sprinkle with salt and gently toss to coat in the butter.
5. Warm the seafood for 3-4 minutes, stirring occasionally, until heated through but not overcooked.

Nutritional Value (Per Serving):

Calories: 210	Saturated Fat: 6 g
Protein: 28 g	Sodium: 700 mg
Fat: 10 g	Cholesterol: 170 mg
Carbohydrates: 0 g	

Tip: For extra decadence, serve with a side of melted clarified butter for dipping. This platter can be customized with scallops or other shellfish for variety.



Nordic Salmon Sunrise Bake

Flaky salmon and creamy eggs baked together with butter for a nourishing, protein-rich carnivore breakfast or brunch inspired by Nordic flavors.



10 minutes



20 minutes



2

Ingredients:

- Fresh salmon fillet: 350 g / 12 oz
- Eggs: 6 large / 6 large
- Butter: 30 g / 2 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Preheat your oven to 350°F (180°C).
2. Grease a medium baking dish with half of the butter.
3. Cut the salmon fillet into bite-sized pieces and spread evenly in the baking dish.
4. In a bowl, whisk the eggs with salt until well combined.
5. Pour the eggs over the salmon pieces.
6. Dot the top with the remaining butter.
7. Bake for 18-20 minutes or until the eggs are set and the salmon is cooked.
8. Let the bake rest for 2 minutes before serving.

Nutritional Value (Per Serving):

Calories: 420	Saturated Fat: 9 g
Protein: 44 g	Sodium: 600 mg
Fat: 26 g	Cholesterol: 410 mg
Carbohydrates: 0 g	

Tip: For a richer flavor, use a mix of salmon and smoked salmon, or add a spoonful of cream cheese to the eggs before baking. This bake is delicious hot or cold.



Shrimp & Salmon Duo Bake

Juicy shrimp and tender salmon baked with eggs and butter for a rich, satisfying, and protein-packed carnivore seafood casserole.



10 minutes



20 minutes



2

Ingredients:

- Shrimp (peeled): 150 g / 5 oz
- Fresh salmon fillet: 200 g / 7 oz
- Eggs: 4 large / 4 large
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Preheat your oven to 350°F (180°C).
2. Grease a small baking dish with half of the butter.
3. Cut the salmon fillet into bite-sized pieces and spread evenly in the dish along with the shrimp.
4. In a bowl, whisk the eggs with salt until well combined.
5. Pour the eggs over the seafood in the baking dish.
6. Dot the top with the remaining butter.
7. Bake for 18-20 minutes or until the eggs are set and the seafood is cooked.

Nutritional Value (Per Serving):

Calories: 320	Saturated Fat: 7 g
Protein: 38 g	Sodium: 600 mg
Fat: 16 g	Cholesterol: 310 mg
Carbohydrates: 0 g	

Tip: For extra richness, add a splash of heavy cream to the eggs before baking. This bake is delicious hot or cold and works well with other seafood like scallops or white fish.



Sea Bass Supreme with Cream

Tender sea bass fillet gently pan-seared and finished with a silky cream and butter sauce for a luxurious, protein-rich carnivore entrée.



5 minutes



15 minutes



2

Ingredients:

- Sea bass fillet: 350 g / 12 oz
- Heavy cream: 40 ml / 3 tbsp
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Pat the sea bass fillet dry and season both sides with salt.
2. Heat the butter in a large skillet over medium heat.
3. Add the sea bass fillet, skin-side down if applicable, and cook for 3-4 minutes until the skin is crisp and the flesh is mostly opaque.
4. Carefully flip the fillet and cook for 2-3 minutes until just cooked through.
5. Reduce the heat to low, pour in the heavy cream, and gently swirl the pan to combine.
6. Spoon the creamy sauce over the fish and cook for 1 more minute until the sauce thickens slightly.
7. Remove from heat and serve immediately, topped with the creamy pan sauce.

Nutritional Value (Per Serving):

Calories: 320	Saturated Fat: 8 g
Protein: 36 g	Sodium: 600 mg
Fat: 18 g	Cholesterol: 110 mg
Carbohydrates: 0 g	

Tip: For a richer flavor, add a spoonful of grated Parmesan to the cream sauce as it finishes. This recipe also works beautifully with other white fish, such as halibut or cod.



Oven-Baked Trout with Herb Butter

Whole trout baked to perfection and finished with a rich butter glaze for a simple, elegant, and nutrient-dense carnivore meal.



5 minutes



25 minutes



2

Ingredients:

- Trout (whole, cleaned): 400 g / 14 oz
- Butter: 30 g / 2 tbsp
- Salt: 1 tsp / 4 g
- (Optional, for relaxed carnivore) Pinch of dried dill or parsley

Cooking Instructions:

1. Preheat your oven to 400°F (200°C).
2. Pat the trout dry with a paper towel and season inside and out with salt (and optional herbs).
3. Place the trout on a baking tray lined with parchment paper or foil.
4. Dot the inside and outside of the trout with butter.
5. Bake for 20-25 minutes until the flesh is opaque and flakes easily with a fork.
6. Remove from the oven and spoon any melted butter from the tray over the fish before serving.

Nutritional Value (Per Serving):

Calories: 280	Saturated Fat: 7 g
Protein: 34 g	Sodium: 900 mg
Fat: 15 g	Cholesterol: 110 mg
Carbohydrates: 0 g	

Tip: For extra flavor, baste the trout with the pan juices halfway through baking. If you prefer a strict carnivore version, simply omit the herbs.



Mussels in Creamy Butter Broth

Plump mussels gently simmered in a rich butter and cream broth for a decadent, protein-packed carnivore seafood dish.



5 minutes



15 minutes



2

Ingredients:

- Mussels (cleaned): 300 g / 10 oz
- Butter: 30 g / 2 tbsp
- Heavy cream: 40 ml / 3 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Rinse and clean the mussels, discarding any that are open and do not close when tapped.
2. In a large saucepan, melt the butter over medium heat.
3. Add the mussels and sprinkle with salt.
4. Cover and cook for 4-5 minutes, shaking the pan occasionally until the mussels open.
5. Remove the mussels with a slotted spoon and set aside, discarding any that remain closed.
6. Add the heavy cream to the pan and simmer for 2-3 minutes, stirring, until the broth is slightly thickened.
7. Return the mussels to the pan and toss gently to coat in the creamy butter broth.

Nutritional Value (Per Serving):

Calories: 220 Saturated Fat: 8 g
 Protein: 18 g Sodium: 700 mg
 Fat: 14 g Cholesterol: 80 mg
 Carbohydrates: 1 g (trace)

Tip: For a richer broth, add an extra tablespoon of butter or a splash of more cream. This dish is best enjoyed hot, straight from the pan.



King Prawn & Cheddar Gratin

Succulent king prawns baked with eggs and sharp cheddar under a golden, bubbly crust for a rich, protein-packed carnivore gratin.



5 minutes



15 minutes



2

Ingredients:

- King prawns (peeled): 200 g / 7 oz
- Cheddar: 60 g / 2 oz
- Eggs: 2 large / 2 large
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Preheat your oven to 400°F (200°C).
2. Grease a small baking dish with the butter.
3. Arrange the king prawns evenly in the dish.
4. In a bowl, whisk the eggs with salt until well combined.
5. Pour the eggs over the prawns.
6. Sprinkle the grated cheddar evenly over the top.
7. Bake for 12-15 minutes or until the eggs are set and the cheese is golden and bubbly.
8. Let the gratin rest for 2 minutes before serving.

Nutritional Value (Per Serving):

Calories: 270 Saturated Fat: 7 g
 Protein: 32 g Sodium: 700 mg
 Fat: 14 g Cholesterol: 210 mg
 Carbohydrates: 0 g

Tip: For extra richness, add a spoonful of cream cheese to the eggs before baking. This gratin is also delicious with a mix of prawns and scallops.



Seafood Quartet Sauté

A luxurious medley of calamari, octopus, shrimp, and scallops quickly sautéed in butter for a tender, protein-rich carnivore seafood feast.



5 minutes



10 minutes



2

Ingredients:

- Calamari rings: 100 g / 3.5 oz
- Octopus (pre-cooked, sliced): 100 g / 3.5 oz
- Shrimp (peeled): 100 g / 3.5 oz
- Scallops: 100 g / 3.5 oz
- Butter: 40 g / 3 tbsp
- Salt: 1 tsp / 4 g

Cooking Instructions:

1. Pat all seafood dry with a paper towel.
2. Heat the butter in a large skillet over medium-high heat.
3. Add the calamari rings, octopus, shrimp, and scallops to the skillet.
4. Sprinkle with salt and sauté for 3-4 minutes, stirring frequently, until the shrimp are pink, the scallops are opaque, and the calamari is tender.
5. Remove from heat and serve immediately, spooning the buttery juices over the seafood.

Nutritional Value (Per Serving):

Calories: 220	Saturated Fat: 5 g
Protein: 32 g	Sodium: 900 mg
Fat: 9 g	Cholesterol: 180 mg
Carbohydrates: 0 g	

Tip: For extra richness, add an extra tablespoon of butter just before serving. This sauté is delicious on its own or paired with other seafood favorites.



Octopus Royale with Brown Butter Glaze

Delicate octopus's tentacles sautéed in nutty brown butter, served hot and aromatic for a luxurious carnivore seafood dish.



5 minutes



10 minutes



2

Ingredients:

- Octopus tentacles (pre-cooked): 300 g / 10 oz
- Butter: 30 g / 2 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. If desired, pat the octopus's tentacles dry with a paper towel and cut them into large pieces.
2. Heat the butter in a large skillet over medium heat. Allow it to melt and cook, stirring occasionally, until it turns golden brown and develops a nutty aroma (about 2-3 minutes).
3. Add the octopus's tentacles to the skillet and sprinkle with salt.
4. Sauté the octopus in the brown butter for 3-4 minutes, turning occasionally, until heated through and lightly crisped at the edges.
5. Spoon the brown butter glaze over the octopus before serving.

Nutritional Value (Per Serving):

Calories: 180	Saturated Fat: 5 g
Protein: 25 g	Sodium: 600 mg
Fat: 8 g	Cholesterol: 110 mg
Carbohydrates: 0 g	

Tip: For extra flavor, add a splash of the brown butter over the octopus just before serving. This dish pairs beautifully with other seafood or as a luxurious appetizer.



Snacks and Small Plates



Oyster Royale Shooters

Plump, fresh oysters served warm with a drizzle of melted butter for a luxurious, mineral-rich carnivore treat.



3 minutes



2 minutes



2

Ingredients:

- Fresh oysters (shucked): 6 pieces / -100 g / 3.5 oz
- Butter (melted for serving): 10 g / 0.7 tbsp
- Salt: ¼ tsp / 1 g

Cooking Instructions:

1. Gently rinse the shucked oysters under cold water and pat dry with a paper towel.
2. Place the oysters in a small saucepan or skillet and warm over low heat for 1-2 minutes until heated through but not cooked.
3. Arrange three oysters in each small glass or shot glass.
4. Drizzle the melted butter evenly over the oysters.
5. Sprinkle with salt.

Nutritional Value (Per Serving):

Calories: 60	Saturated Fat: 2 g
Protein: 6 g	Sodium: 300 mg
Fat: 4 g	Cholesterol: 40 mg
Carbohydrates: 1 g (trace)	

Tip: For a richer flavor, use clarified butter or add a few drops of oyster liquor to each shooter before serving.



Egg & Salmon Roulade Slices

Delicate egg omelet rolled with creamy cheese and tender salmon for an elegant, protein-rich carnivore appetizer or breakfast.



5 minutes



10 minutes



2

Ingredients:

- Eggs: 2 large / 2 large
- Poached salmon: 60 g / 2 oz
- Cream cheese: 30 g / 1 oz
- Butter: 10 g / 0.7 tbsp
- Salt: ¼ tsp / 1 g

Cooking Instructions:

1. In a bowl, whisk the eggs with salt until well combined.
2. Heat the butter in a nonstick skillet over medium heat.
3. Pour the eggs and cook gently, swirling to form a thin, even omelet. Cook for 1-2 minutes until just set, then slide onto a plate and let cool slightly.
4. Spread the cream cheese evenly over the cooled omelet.
5. Flake the poached salmon and distribute it evenly over the cream cheese layer.
6. Carefully roll up the omelet, starting from one edge, to form a tight log.
7. Slice the roulade into rounds.

Nutritional Value (Per Serving):

Calories: 120	Saturated Fat: 4 g
Protein: 12 g	Sodium: 300 mg
Fat: 8 g	Cholesterol: 140 mg
Carbohydrates: 1 g (trace)	

Tip: For a firmer roulade, chill the roll for 10 minutes before slicing. You can substitute poached salmon with smoked salmon or cooked trout for a different flavor.



Venison Tartare Jewels

Elegant venison tartare topped with egg yolk—a refined appetizer for true game meat enthusiasts.



5 minutes



0 minute



2

Ingredients:

- Venison (finely chopped): 100 g / 3.5 oz
- Egg yolk: 1 large / 1 large
- Salt: ¼ tsp / 1 g

Cooking Instructions:

1. Ensure the venison is fresh and finely chop it with a sharp knife.
2. Divide the chopped venison evenly between two small plates or bowls.
3. Sprinkle the venison with salt and gently mix.
4. Carefully place half of the egg yolk on top of each portion of venison.
5. Serve immediately, mixing the yolk into the meat just before eating.

Nutritional Value (Per Serving):

Calories: 70	Saturated Fat: 1 g
Protein: 11 g	Sodium: 250 mg
Fat: 3 g	Cholesterol: 110 mg
Carbohydrates: 0 g	

Tip: For a richer flavor, use quail egg yolk or add a touch of finely chopped raw beef fat. Always use the freshest, highest-quality venison for tartare.



Chicken & Cheddar Mini Muffins

Savory ground chicken, eggs, and cheddar baked into bite-sized, protein-rich muffins—perfect for a quick carnivore snack or breakfast.



5 minutes



15 minutes



2

Ingredients:

- Ground chicken: 100 g / 3.5 oz
- Eggs: 2 large / 2 large
- Cheddar: 30 g / 1 oz
- Butter: 10 g / 0.7 tbsp
- Salt: ¼ tsp / 1 g

Cooking Instructions:

1. Preheat your oven to 350°F (180°C).
2. Grease a mini muffin tin with the butter.
3. Combine the ground chicken, eggs, grated cheddar, and salt in a bowl. Mix until well combined.
4. Evenly divide the mixture among 4 mini muffin cups.
5. Bake for 12-15 minutes or until the muffins are set and lightly golden on top.
6. Let the muffins cool for 2 minutes before removing from the tin.

Nutritional Value (Per Serving):

Calories: 110	Saturated Fat: 3 g
Protein: 14 g	Sodium: 250 mg
Fat: 6 g	Cholesterol: 110 mg
Carbohydrates: 0 g	

Tip: For a different flavor, substitute cheddar with mozzarella or add a spoonful of cream cheese to the mixture. These mini muffins are great for meal prep and reheat well.



Bacon-Wrapped Shrimp Skewers

Juicy shrimp wrapped in crispy bacon and grilled to perfection for a savory, protein-packed carnivore appetizer or snack.



5 minutes



10 minutes



2

Ingredients:

- Shrimp (peeled): 80 g / 3 oz
- Bacon (no sugar): 40 g / 1.5 oz
- Butter: 10 g / 0.7 tbsp
- Salt: ¼ tsp / 1 g

Cooking Instructions:

1. Preheat your grill or broiler to medium-high heat.
2. Pat the shrimp dry and sprinkle with salt.
3. Cut the bacon slices in half lengthwise. Wrap each shrimp with a strip of bacon.
4. Thread the bacon-wrapped shrimp onto small skewers.
5. Brush the skewers lightly with melted butter.
6. Grill or broil for 3-4 minutes per side or until the bacon is crispy and the shrimp are opaque.
7. Optionally drizzle with any remaining melted butter.

Nutritional Value (Per Serving):

Calories: 90	Saturated Fat: 2 g
Protein: 11 g	Sodium: 350 mg
Fat: 5 g	Cholesterol: 70 mg
Carbohydrates: 0 g	

Tip: For extra flavor, use smoked bacon or add a sprinkle of smoked sea salt before grilling. These skewers are perfect for parties or as a quick, satisfying snack.



Prime Ribeye "Sashimi" with Egg Yolk Drizzle

Tender, thinly sliced raw ribeye served sashimi-style and finished with rich egg yolk for a luxurious, high-protein carnivore appetizer.



5 minutes



0 minutes



2

Ingredients:

- Raw ribeye steak (thinly sliced): 200 g / 7 oz
- Egg yolk: 2 large / 2 large
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Ensure the ribeye steak is fresh and slice it thinly against the grain using a sharp knife.
2. Arrange the ribeye slices evenly on two chilled plates.
3. Sprinkle the slices lightly with salt.
4. Carefully place one egg yolk on top of each plate of ribeye.
5. Serve immediately, drizzling the egg yolk over the beef just before eating.

Nutritional Value (Per Serving):

Calories: 260	Saturated Fat: 8 g
Protein: 22 g	Sodium: 400 mg
Fat: 19 g	Cholesterol: 220 mg
Carbohydrates: 0 g	

Tip: For extra richness, add a few drops of rendered beef fat over the ribeye before serving. Always use the highest-quality, freshest beef for raw preparations.



Pork Crackling "Chips" with Cheddar Dip

Crunchy pork cracklings served with a creamy cheddar dip for a satisfying, all-animal carnivore snack or appetizer.



10 minutes



40 minutes



2

Ingredients:

- Pork skin (with fat): 160 g / 5.5 oz
- Cheddar: 60 g / 2 oz
- Heavy cream: 20 ml / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Preheat your oven to 400°F (200°C).
2. Pat the pork skin dry with a paper towel and cut it into chip-sized pieces.
3. Place the pork skin pieces on a baking tray lined with parchment paper, skin side up. Sprinkle with half the salt.
4. Bake for 35-40 minutes or until the cracklings are golden, crispy, and puffed. Remove from the oven and let cool slightly.
5. While the cracklings bake, combine the cheddar and heavy cream in a small saucepan over low heat.
6. Stir until the cheese is melted and the dip is smooth. Add the remaining salt and mix well.
7. Serve the pork crackling "chips" warm with the cheddar dip on the side.

Nutritional Value (Per Serving):

Calories: 340	Saturated Fat: 12 g
Protein: 22 g	Sodium: 800 mg
Fat: 27 g	Cholesterol: 90 mg
Carbohydrates: 0 g	

Tip: For extra flavor, use smoked cheddar or add a spoonful of rendered pork fat to the dip. The cracklings are best enjoyed fresh and crispy.



Golden Chicken Skin Crisps with Parmesan Snow

Ultra-crispy chicken skin chips topped with a delicate dusting of Parmesan for a savory, protein-rich carnivore snack.



5 minutes



30 minutes



2

Ingredients:

- Chicken skin (from 4 thighs or breasts): 120 g / 4 oz
- Parmesan (finely grated): 40 g / 1.5 oz
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Preheat your oven to 400°F (200°C).
2. Pat the chicken skin dry with a paper towel and lay flat on a baking tray lined with parchment paper.
3. Sprinkle both sides of the chicken skin with salt.
4. Place another sheet of parchment paper on top and weigh down with a second baking tray to keep the skin flat.
5. Bake for 25-30 minutes until the chicken skin is golden and crisp and the fat has rendered.
6. Remove from the oven and let cool for 2 minutes.
7. Transfer the crisps to a plate and immediately sprinkle with finely grated Parmesan while still warm.

Nutritional Value (Per Serving):

Calories: 210	Saturated Fat: 7 g
Protein: 16 g	Sodium: 600 mg
Fat: 16 g	Cholesterol: 70 mg
Carbohydrates: 0 g	

Tip: For extra flavor, use aged Parmesan or add a touch of smoked salt before baking. These crisps are best enjoyed fresh and crunchy.



Crab & Feta Cheese Mini Frittatas

Sweet crab meat and tangy feta cheese baked with eggs into fluffy, protein-rich mini frittatas for a delicious carnivore breakfast or snack.



5 minutes



20 minutes



2

Ingredients:

- Cooked crab meat: 120 g / 4 oz
- Feta cheese: 40 g / 1.5 oz
- Eggs: 4 large / 4 large
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Preheat your oven to 350°F (180°C).
2. Grease a mini muffin tin or small baking dish with the butter.
3. In a bowl, whisk the eggs with salt until well combined.
4. Gently fold in the cooked crab meat and crumbled feta cheese.
5. Evenly divide the mixture among 6 mini muffin cups or pour into the baking dish.
6. Bake for 15-20 minutes or until the frittatas are set and lightly golden on top.
7. Let cool for 2 minutes before removing from the tin or slicing.

Nutritional Value (Per Serving):

Calories: 170	Saturated Fat: 5 g
Protein: 20 g	Sodium: 600 mg
Fat: 9 g	Cholesterol: 210 mg
Carbohydrates: 1 g (trace)	

Tip: For a creamier texture, add a splash of heavy cream to the egg mixture. These mini frittatas are great for meal prep and taste delicious hot or cold.



Nordic Salmon & Caviar Canapés

Elegant slices of salmon topped with rich butter and glistening salmon roe for a luxurious, protein-rich carnivore appetizer.



5 minutes



0 minutes



2

Ingredients:

- Smoked or poached salmon: 160 g / 5.5 oz
- Salmon roe (caviar): 40 g / 1.5 oz
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Slice the smoked or poached salmon into small, canapé-sized pieces.
2. Arrange the salmon slices on a serving plate.
3. Lightly sprinkle with salt if desired.
4. Top each piece with a small dollop of butter.
5. Spoon salmon roe (caviar) over the butter on each canapé.
6. Serve immediately, enjoying the combination of creamy butter, delicate salmon, and briny caviar.

Nutritional Value (Per Serving):

Calories: 180	Saturated Fat: 5 g
Protein: 18 g	Sodium: 700 mg
Fat: 11 g	Cholesterol: 110 mg
Carbohydrates: 0 g	

Tip: For extra decadence, chill the canapés before serving and use clarified butter. These are perfect for special occasions or as a luxurious snack.



Organ Meat Recipes



Scandinavian Beef Tongue & Egg Roulade

Tender slices of boiled beef tongue wrapped in a soft egg omelet for a unique, protein-rich Scandinavian-inspired carnivore dish.



8 minutes



12 minutes



2

Ingredients:

- Boiled beef tongue: 200 g / 7 oz
- Eggs: 4 large / 4 large
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Slice the boiled beef tongue into thin strips.
2. In a bowl, whisk the eggs with salt until well combined.
3. Heat half of the butter (10 g / 0.75 tbsp) in a nonstick skillet over medium heat.
4. Pour half the egg mixture, swirling to create a thin, even omelet. Cook for 1-2 minutes until set, then slide onto a plate. Repeat with the remaining egg mixture to make two omelet sheets.
5. Lay out each omelet sheet and arrange half of the beef tongue strips along one edge.
6. Carefully roll each omelet sheet around the beef tongue to form a log.
7. Slice each roulade into rounds, optionally drizzling with the remaining melted butter.

Nutritional Value (Per Serving):

Calories: 260	Saturated Fat: 8 g
Protein: 24 g	Sodium: 600 mg
Fat: 18 g	Cholesterol: 320 mg
Carbohydrates: 0 g	

Tip: For extra richness, add a thin layer of soft cheese before rolling, or serve with a spoonful of warm beef broth. This recipe also works well with boiled veal or pork tongue.



Duck Liver & Egg Clouds

Fluffy baked eggs topped with rich, sautéed duck liver for a luxurious, French-inspired carnivore breakfast.



8 minutes



15 minutes



2

Ingredients:

- Duck liver: 150 g / 5 oz
- Eggs: 4 large / 4 large
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Preheat your oven to 350°F (180°C).
2. Separate the eggs, placing yolks in one bowl and whites in another.
3. Whisk the egg whites with half the salt until stiff peaks form.
4. Line a baking sheet with parchment paper and spoon the whipped egg whites into two mounds. Make a small well in the center of each mound.
5. Bake the egg whites for 5 minutes, gently place two yolks into each well, and bake for another 3-4 minutes until the yolks are set.
6. While the eggs are baking, slice the duck liver into bite-sized pieces.
7. Heat the butter in a skillet over medium heat. Add the duck liver and remaining salt, sautéing for 2-3 minutes until browned and cooked.
8. Remove the egg clouds from the oven and carefully transfer to plates. Top each with the warm duck liver pieces and serve immediately.

Nutritional Value (Per Serving):

Calories: 260	Saturated Fat: 8 g
Protein: 20 g	Sodium: 600 mg
Fat: 18 g	Cholesterol: 480 mg
Carbohydrates: 1 g (trace)	

Tip: For extra flavor, drizzle with a little melted butter before serving, or substitute duck liver with chicken liver for a milder taste.



French Bistro Veal Liver à la Lyonnaise

Delicate veal liver quickly sautéed in butter for a classic, iron-rich French bistro favorite.



5 minutes



8 minutes



2

Ingredients:

- Veal liver: 300 g / 10 oz
- Butter: 30 g / 2 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Pat the veal liver dry with a paper towel and slice it into thin strips if not already sliced.
2. Heat the butter in a large skillet over medium-high heat until foaming.
3. Add the veal liver to the skillet in a single layer.
4. Sauté for 2-3 minutes per side, turning once, until browned on the outside but still slightly pink inside.
5. Sprinkle with salt just before removing from the pan.
6. Serve immediately, spooning any remaining butter from the pan over the liver.

Nutritional Value (Per Serving):

Calories: 210	Saturated Fat: 6 g
Protein: 28 g	Sodium: 500 mg
Fat: 10 g	Cholesterol: 350 mg
Carbohydrates: 1 g (trace)	

Tip: For extra richness, add a spoonful of beef or veal stock to the pan and reduce briefly before serving.



Bauernfrühstück Pork Kidney Hash

Savory pork kidneys sautéed with eggs and butter for a hearty, protein-rich German farmhouse breakfast.



10 minutes



15 minutes



2

Ingredients:

- Pork kidneys (sliced): 250 g / 9 oz
- Eggs: 4 large / 4 large
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Rinse the pork kidneys thoroughly, slice, and pat dry with a paper towel.
2. Heat the butter in a large skillet over medium heat.
3. Add the sliced kidneys and sauté for 5-6 minutes, stirring occasionally, until browned and cooked.
4. Sprinkle with salt.
5. Crack the eggs directly into the skillet and stir gently, scrambling them with the kidneys until the eggs are set.
6. Serve hot, spooning any pan juices over the hash.

Nutritional Value (Per Serving):

Calories: 210	Saturated Fat: 5 g
Protein: 27 g	Sodium: 600 mg
Fat: 11 g	Cholesterol: 420 mg
Carbohydrates: 1 g (trace)	

Tip: For a milder flavor, soak the kidneys in cold water for 30 minutes before cooking. This dish is also delicious with a mix of pork and beef kidneys.



Creamy Chicken Gizzard Stew

Tender chicken gizzards simmered in butter and cream for a rich, satisfying, and protein-packed carnivore stew.



10 minutes



50 minutes



2

Ingredients:

- Chicken gizzards: 250 g / 9 oz
- Butter: 20 g / 1.5 tbsp
- Heavy cream: 30 ml / 2 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Rinse the chicken gizzards thoroughly and pat dry with a paper towel.
2. In a saucepan, melt the butter over medium heat.
3. Add the gizzards and sauté for 5-6 minutes until lightly browned.
4. Sprinkle with salt, then add enough water just to cover the gizzards.
5. Reduce heat to low, cover, and simmer for 35-40 minutes until the gizzards are tender.
6. Uncover, increase heat to medium, and let the most liquids evaporate.
7. Stir in the heavy cream and simmer for 2-3 minutes until the creamy sauce coats the gizzards.

Nutritional Value (Per Serving):

Calories: 180	Saturated Fat: 5 g
Protein: 23 g	Sodium: 600 mg
Fat: 9 g	Cholesterol: 210 mg
Carbohydrates: 0 g	

Tip: For extra richness, add a spoonful of chicken fat or a splash of more cream before serving. This stew is also delicious with duck or turkey gizzards.



Country Chicken Liver Pâté

Smooth, creamy chicken liver pâté blended with butter and cream for a rich, nutrient-dense carnivore spread.



10 minutes



15 minutes



2

Ingredients:

- Chicken livers: 200 g / 7 oz
- Butter: 40 g / 1.5 oz
- Heavy cream: 20 ml / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Rinse the chicken livers and pat dry with a paper towel.
2. In a skillet, melt half of the butter over medium heat.
3. Add the chicken livers and sauté for 5-6 minutes, turning occasionally, until browned on the outside and cooked through.
4. Sprinkle with salt and remove from heat.
5. Transfer the livers to a blender or food processor. Add the remaining butter and heavy cream.
6. Blend until completely smooth and creamy.
7. Spoon the pâté into a small dish and chill for at least 1 hour before serving.

Nutritional Value (Per Serving):

Calories: 210	Saturated Fat: 8 g
Protein: 18 g	Sodium: 500 mg
Fat: 15 g	Cholesterol: 420 mg
Carbohydrates: 1 g (trace)	

Tip: For an even silkier texture, strain the pâté through a fine mesh sieve before chilling. Serve cold, straight from the fridge.



Austrian Veal Kidney & Bacon Pâté

Rich veal kidneys and smoky bacon blended with butter for a creamy, savory Austrian-inspired carnivore pâté.



10 minutes



20 minutes



2

Ingredients:

- Veal kidneys (cleaned, chopped): 150 g / 5 oz
- Bacon (no sugar): 50 g / 1.8 oz
- Butter: 30 g / 1 oz
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Rinse the veal kidneys thoroughly, remove any white core, and chop them into small pieces.
2. In a skillet over medium heat, cook the bacon until just crisp. Remove and set aside, leaving the fat in the pan.
3. Add the veal kidneys to the skillet and sauté for 5-6 minutes until browned and cooked.
4. Add the butter and salt, stirring until the butter is melted and everything is well combined.
5. Transfer the kidneys, bacon, and pan juices to a blender or food processor. Blend until smooth and creamy.
6. Spoon the pâté into a small dish and chill for at least 1 hour before serving.

Nutritional Value (Per Serving):

Calories: 210	Saturated Fat: 7 g
Protein: 16 g	Sodium: 600 mg
Fat: 16 g	Cholesterol: 320 mg
Carbohydrates: 0 g	

Tip: For a silkier texture, strain the pâté through a fine mesh sieve before chilling. Serve cold, straight from the fridge, as a rich appetizer or snack.



Spanish Beef Tongue Tapas

Tender slices of beef tongue sautéed in butter for a simple, protein-rich Spanish-style tapas dish.



5 minutes



10 minutes



2

Ingredients:

- Boiled beef tongue (sliced): 200 g / 7 oz
- Butter: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Simmer the beef tongue in salted water for 2 hours if not already cooked, then peel and slice thinly.
2. Heat the butter in a skillet over medium heat.
3. Add the sliced beef tongue and sauté for 2-3 minutes per side until lightly golden and heated.
4. Sprinkle with salt just before serving.

Nutritional Value (Per Serving):

Calories: 180	Saturated Fat: 5 g
Protein: 22 g	Sodium: 600 mg
Fat: 10 g	Cholesterol: 90 mg
Carbohydrates: 0 g	

Tip: For extra flavor, spoon the melted butter from the pan over the tongue slices before serving. This dish is also delicious cold as a snack.



Grilled Beef Heart Steaks

Lean, flavorful beef heart steaks grilled and basted with tallow for a robust, protein-rich Tuscan-inspired dish.



5 minutes



10 minutes



2

Ingredients:

- Beef heart (sliced into steaks): 300 g / 10 oz
- Beef tallow: 20 g / 1.5 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Pat the beef heart steaks dry with a paper towel.
2. Brush both sides of the steaks with beef tallow and sprinkle with salt.
3. Preheat a grill or grill pan to high heat.
4. Grill the steaks for 3-4 minutes per side, basting with additional tallow as they cook, until nicely charred and cooked.
5. Let the steaks rest for 2 minutes before slicing and serving.

Nutritional Value (Per Serving):

Calories: 180	Saturated Fat: 2 g
Protein: 32 g	Sodium: 400 mg
Fat: 5 g	Cholesterol: 180 mg
Carbohydrates: 0 g	

Tip: For extra tenderness, slice the heart steaks thinly against the grain before serving. This dish is also delicious with a drizzle of melted tallow on top.



Japanese Ankimo (Steamed Monkfish Liver)

Silky monkfish liver, gently steamed and sliced for a Japanese delicacy that's rich, creamy, and packed with nutrients.



10 minutes



20 minutes



2

Ingredients:

- Monkfish liver: 120 g / 4 oz
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Rinse the monkfish liver thoroughly and pat dry.
2. Sprinkle the liver with salt and roll it into a log using plastic wrap, twisting the ends to seal.
3. Steam the wrapped liver for 20 minutes until firm.
4. Let cool, then unwrap and slice into medallions.
5. Serve chilled or at room temperature.

Nutritional Value (Per Serving):

Calories: 110	Saturated Fat: 2 g
Protein: 12 g	Sodium: 400 mg
Fat: 6 g	Cholesterol: 180 mg
Carbohydrates: 0 g	

Tip: For extra richness, serve with a drizzle of melted butter or a sprinkle of flaky salt.



Broths and Soups



Greek Lamb Avgolemono (Carnivore Style)

Rich lamb shank simmered until tender, finished with a creamy egg yolk and heavy cream sauce for a luxurious, Greek-inspired carnivore soup.



10 minutes



90 minutes



2

Ingredients:

- Lamb shank (with bone): 500 g / 18 oz
- Egg yolks: 2 large / 2 large
- Heavy cream: 40 ml / 3 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Place lamb shank in a pot, cover with water, bring to boil, then simmer. Skim foam.
2. Add salt and cook 75–80 min until meat is tender.
3. Remove, shred meat, discard bone, return meat to broth.
4. Whisk yolks with cream, temper with some hot broth, then stir into pot over low heat (do not boil).
5. Heat 2–3 min until creamy. Adjust salt and serve hot.

Nutritional Value (Per Serving):

Calories: 480	Saturated Fat: 15 g
Protein: 38 g	Sodium: 700 mg
Fat: 34 g	Cholesterol: 260 mg
Carbohydrates: 1 g (trace)	

Tip: For a richer broth, simmer the lamb shank with extra bones or marrow. This soup is also delicious with veal or beef shank.



Nordic Salmon Cream Soup

Silky, creamy soup made from fresh salmon and fish bone broth, finished with rich cream for a classic Nordic carnivore comfort dish.



10 minutes



40 minutes



2

Ingredients:

- Fresh salmon (with skin): 300 g / 10 oz
- Fish bones: 200 g / 7 oz
- Heavy cream: 60 ml / 4 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Place the fish bones in a medium saucepan and cover with about 1 liter (4 cups) of water.
2. Bring to a gentle simmer over medium heat, skimming off any foam that rises to the surface.
3. Simmer the bones for 25 minutes to create a flavorful fish broth.
4. Strain the broth, discard the bones, and return the clear broth to the saucepan.
5. Add the fresh salmon (with skin) and salt to the broth. Simmer gently for 8–10 minutes until the salmon is cooked.
6. Remove the salmon from the broth, peel off the skin, and flake the flesh into bite-sized pieces.
7. Return the flaked salmon to the pot and stir in the heavy cream.
8. Heat gently for 2–3 minutes, making sure not to boil, until the soup is hot and creamy.
9. Taste and adjust salt if needed. Serve immediately, dividing the soup evenly between two bowls.

Nutritional Value (Per Serving):

Calories: 370	Saturated Fat: 11 g
Protein: 32 g	Sodium: 600 mg
Fat: 25 g	Cholesterol: 120 mg
Carbohydrates: 1 g (trace)	

Tip: For extra richness, add a spoonful of salmon roe before serving, or use a mix of salmon and trout for a deeper flavor.



Fish Solyanka Broth

A clear, mineral-rich fish broth, perfect for sipping or as a nourishing base for fish soups.



50 minutes



60 minutes



2

Ingredients:

- Fish heads and bones (salmon, cod, or whitefish): 500 g / 18 oz
- Salt: 1 tsp / 4 g
- Water: 1.5 liters / 6 cups
- (Optional, for relaxed carnivore) A splash of heavy cream for richness.

Cooking Instructions:

1. Rinse the fish heads and bones thoroughly under cold water.
2. Place the fish parts in a large pot and add the water.
3. Bring to a gentle simmer over medium heat, skimming off any foam that rises to the surface.
4. Reduce heat to low and simmer uncovered for 50–60 minutes.
5. Add salt during the last 10 minutes of simmering.
6. Strain the broth through a fine mesh sieve, discarding the solids.
7. (Optional) Stir in a splash of heavy cream for extra richness if desired.
8. Serve hot as a sipping broth or as a base for other fish soups.

Nutritional Value (Per Serving):

Calories: 40	Saturated Fat: 0 g
Protein: 8 g	Sodium: 900 mg
Fat: 1 g	Cholesterol: 20 mg
Carbohydrates: 0 g	

Tip: For a more gelatinous broth, simmer the fish heads and bones for up to 2 hours. This broth can be stored in the refrigerator for up to 3 days or frozen for later use.



Meatball Soup (Carnivore Version)

Juicy meatballs simmered in rich chicken broth for a warming, protein-packed carnivore soup.



10 minutes



20 minutes



2

Ingredients:

- Ground beef or lamb: 200 g / 7 oz
- Eggs: 2 large / 2 large
- Chicken broth: 500 ml / 2 cups
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Combine the ground beef or lamb with one egg and half the salt in a bowl. Mix well and form into small meatballs.
2. Bring the chicken broth to a gentle simmer in a saucepan.
3. Carefully drop the meatballs into the simmering broth.
4. Simmer for 10–12 minutes or until the meatballs are cooked through.
5. In a separate bowl, whisk the remaining egg.
6. Slowly drizzle the beaten egg into the hot soup, stirring gently to create egg ribbons.
7. Taste and add the remaining salt if needed.

Nutritional Value (Per Serving):

Calories: 180	Saturated Fat: 4 g
Protein: 22 g	Sodium: 700 mg
Fat: 9 g	Cholesterol: 210 mg
Carbohydrates: 0 g	

Tip: For extra richness, add a spoonful of beef or lamb fat to the broth before serving. This soup is also delicious with a mix of beef and lamb.



Cheese & Ham Cream Soup

Rich, creamy soup with savory ham and melted cheese for a comforting, protein-packed carnivore meal.



5 minutes



15 minutes



2

Ingredients:

- Cooked ham (no sugar, diced): 100 g / 3.5 oz
- Gruyère or Emmental cheese (grated): 40 g / 1.5 oz
- Heavy cream: 80 ml / 5.5 tbsp
- Butter: 20 g / 1.5 tbsp
- Water: 400 ml / 1.7 cups
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. In a saucepan, melt the butter over medium heat.
2. Add the diced ham and sauté for 2-3 minutes until lightly golden.
3. Pour in the water and bring to a gentle simmer.
4. Stir in the heavy cream and grated cheese.
5. Add salt and continue to simmer, stirring, until the cheese is fully melted and the soup is creamy (about 5-7 minutes).

Nutritional Value (Per Serving):

Calories: 260	Saturated Fat: 11 g
Protein: 16 g	Sodium: 900 mg
Fat: 20 g	Cholesterol: 90 mg
Carbohydrates: 1 g (trace)	

Tip: For extra richness, add a spoonful of mascarpone or use a mix of Gruyère and Emmental. This soup reheats well and is perfect for a quick, satisfying meal.



Goulash Soup (Carnivore Style)

Hearty cubes of beef or pork simmered in a rich, savory broth for a warming, protein-packed carnivore take on classic Hungarian goulash.



10 minutes



90 minutes



2

Ingredients:

- Beef shank or pork shoulder (cubed): 400 g / 14 oz
- Butter or lard: 20 g / 1.5 tbsp
- Salt: 1 tsp / 4 g
- Water: 1.2 liters / 5 cups

Cooking Instructions:

1. Pat the meat dry with a paper towel and cut into bite-sized cubes.
2. In a large pot, melt the butter or lard over medium-high heat.
3. Add the meat cubes and brown on all sides for 5-7 minutes.
4. Pour in the water and bring to a gentle simmer.
5. Add the salt, reduce heat to low, and cover.
6. Simmer for 75-80 minutes or until the meat is tender and the broth is rich.
7. Skim off any foam that rises to the surface during cooking.

Nutritional Value (Per Serving):

Calories: 320	Saturated Fat: 7 g
Protein: 38 g	Sodium: 900 mg
Fat: 18 g	Cholesterol: 120 mg
Carbohydrates: 0 g	

Tip: For extra flavor, use a mix of beef and pork, or add a marrow bone to the pot while simmering. This soup is even better the next day after the flavors have melded.



French Pot-au-Feu Carnivore Style

Classic French meat soup: tender beef simmered until soft in a rich, aromatic broth for a pure carnivore experience.



10 minutes



120 minutes



2

Ingredients:

- Beef brisket or chuck: 400 g / 14 oz
- Salt: 1 tsp / 4 g
- Water: 1.2 liters / 5 cups

Cooking Instructions:

1. Cut the beef into large chunks and rinse under cold water.
2. Place the beef in a large pot and cover it with water.
3. Bring to a gentle simmer over medium heat, skimming off any foam that rises to the surface.
4. Add the salt, reduce heat to low, and cover.
5. Simmer for 2 hours or until the beef is tender and the broth is rich and flavorful.
6. Remove the beef and slice or shred as desired.
7. Serve the beef in bowls with plenty of hot broth.

Nutritional Value (Per Serving):

Calories: 320	Saturated Fat: 7 g
Protein: 38 g	Sodium: 900 mg
Fat: 18 g	Cholesterol: 120 mg
Carbohydrates: 0 g	

Tip: For extra richness, add a marrow bone or a piece of oxtail to the pot while simmering. This soup is even better when reheated the next day.



Lamb & Yogurt Soup (Relaxed Carnivore Style)

Inspired by Turkish yayla çorbası, this soup is tangy, creamy, and packed with tender lamb for a nourishing, protein-rich carnivore meal.



5 minutes



15 minutes



2

Ingredients:

- Lamb (cooked, shredded): 200 g / 7 oz
- Greek yogurt (full-fat, unsweetened): 100 g / 3.5 oz
- Egg yolk: 1 large / 1 large
- Butter: 20 g / 1.5 tbsp
- Water: 400 ml / 1.7 cups
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. In a saucepan, melt the butter over medium heat.
2. Add the shredded lamb and sauté for 2-3 minutes until warmed.
3. Whisk together the Greek yogurt, egg yolk, and salt in a bowl until smooth.
4. Gradually whisk in a ladle of hot water to the yogurt mixture to temper it.
5. Pour the yogurt mixture into the saucepan with the lamb, stirring constantly.
6. Add the remaining water and stir over low heat until the soup is creamy and begins to thicken (do not boil).

Nutritional Value (Per Serving):

Calories: 220	Saturated Fat: 7 g
Protein: 22 g	Sodium: 600 mg
Fat: 13 g	Cholesterol: 120 mg
Carbohydrates: 1 g (trace)	

Tip: For extra richness, add a spoonful of extra yogurt or a drizzle of melted butter just before serving. This soup is also delicious with beef or goat.



Seafood & Saffron Cream Soup (Carnivore Version)

A luxurious, creamy seafood soup with shrimp and mussels, and a hint of saffron for a Spanish touch.



5 minutes



15 minutes



2

Ingredients:

- Cooked shrimp: 100 g / 3.5 oz
- Cooked mussels (shelled): 100 g / 3.5 oz
- Heavy cream: 80 ml / 5.5 tbsp
- Butter: 20 g / 1.5 tbsp
- Water: 400 ml / 1.7 cups
- Salt: ½ tsp / 2 g
- (Optional, for relaxed carnivore) Pinch of saffron

Cooking Instructions:

7. In a saucepan, melt the butter over medium heat.
1. Add the cooked shrimp and mussels, sautéing gently for 1-2 minutes until warmed.
2. Pour in the water and bring to a gentle simmer.
3. Stir in the heavy cream and salt.
4. (Optional) Add a pinch of saffron and stir until the color and aroma infuse the soup.
5. Simmer for 5-7 minutes, allowing the flavors to meld and the soup to become creamy.

Nutritional Value (Per Serving):

Calories: 180
Protein: 18 g
Fat: 10 g
Carbohydrates: 1 g (trace)

Saturated Fat: 6 g
Sodium: 700 mg
Cholesterol: 110 mg

Tip: For extra richness, add a spoonful of mascarpone or a splash of more cream. This soup is also delicious with scallops or crab.



Pork & Egg Ribbon Soup

A simple, satisfying soup with pork and delicate ribbons of egg, inspired by German Hausmannskost.



5 minutes



10 minutes



2

Ingredients:

- Pork loin or shoulder (cooked, shredded): 200 g / 7 oz
- Eggs: 2 large / 2 large
- Butter: 20 g / 1.5 tbsp
- Water: 400 ml / 1.7 cups
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. In a saucepan, melt the butter over medium heat.
2. Add the shredded pork and sauté for 2-3 minutes until warmed.
3. Pour in the water and bring to a gentle simmer.
4. In a small bowl, whisk the eggs with the salt.
5. Slowly drizzle the beaten eggs into the simmering soup, stirring gently to create delicate ribbons.
6. Simmer for 2-3 minutes until the eggs are just set.

Nutritional Value (Per Serving):

Calories: 180
Protein: 22 g
Fat: 9 g
Carbohydrates: 0 g

Saturated Fat: 4 g
Sodium: 600 mg
Cholesterol: 170 mg

Tip: For extra richness, add a spoonful of pork fat or a splash of heavy cream before serving. This soup is also delicious with a mix of pork and chicken.



Sauces, Fats, and Extras



Classic Béarnaise Butter

Rich, creamy butter sauce made with egg yolks and optional bone marrow for a decadent, French-inspired carnivore topping.



5 minutes



10 minutes



2

Ingredients:

- Butter: 80 g / 3 oz
- Egg yolks: 2 large / 2 large
- Beef or veal bone marrow (optional): 20 g / 0.7 oz
- Salt: ¼ tsp / 1 g

Cooking Instructions:

1. Place bone marrow in a small saucepan with a little water and simmer gently for 5 minutes until soft. Drain and mash the marrow.
2. Melt the butter in a small saucepan over low heat. Keep warm, but do not let it brown.
3. In a heatproof bowl, whisk the egg yolks with salt until smooth.
4. Place the bowl over a pot of gently simmering water (double boiler method), ensuring the bowl's bottom does not touch the water.
5. Whisk the yolks constantly until they thicken, about 2-3 minutes.
6. Slowly drizzle in the melted butter while whisking continuously until the sauce is thick and creamy.
7. If using, whisk in the mashed bone marrow until fully incorporated.
8. Remove from heat and serve immediately as a topping for steak, eggs, or fish.

Nutritional Value (Per Serving):

Calories: 320	Saturated Fat: 20 g
Protein: 4 g	Sodium: 300 mg
Fat: 34 g	Cholesterol: 260 mg
Carbohydrates: 0 g	

Tip: For a more traditional flavor, add a splash of beef drippings or use clarified butter. This sauce is best served warm and freshly made.



Parmesan Cream Drizzle

Luxuriously smooth cream sauce with melted Parmesan and butter, perfect for drizzling over steak, eggs, or vegetables for a rich Italian-inspired finish.



3 minutes



7 minutes



2

Ingredients:

- Heavy cream: 60 ml / 4 tbsp
- Parmesan (grated): 40 g / 1.5 oz
- Butter: 20 g / 1.5 tbsp
- Salt: ¼ tsp / 1 g

Cooking Instructions:

1. In a small saucepan over low heat, melt the butter.
2. Add the heavy cream and bring to a gentle simmer, stirring constantly.
3. Gradually add the grated Parmesan, stirring until fully melted and the sauce is smooth.
4. Add salt and continue to cook for 1-2 minutes, stirring, until the sauce thickens slightly.
5. Remove from heat and drizzle immediately over your favorite carnivore dishes.

Nutritional Value (Per Serving):

Calories: 180	Saturated Fat: 11 g
Protein: 6 g	Sodium: 400 mg
Fat: 17 g	Cholesterol: 60 mg
Carbohydrates: 1 g (trace)	

Tip: For a thicker sauce, simmer a bit longer or add extra Parmesan. This drizzle is also delicious as a dip for grilled meats or omelets.



Blue Cheese Steak Butter

A bold, creamy butter to melt over hot steak or burgers for a rich, tangy carnivore finish.



5 minutes



0 minute



2

Ingredients:

- Blue cheese: 30 g / 1 oz
- Butter: 30 g / 1 oz
- Salt: ¼ tsp / 1 g

Cooking Instructions:

1. Let the blue cheese and butter come to room temperature.
2. In a small bowl, mash the blue cheese and butter together with the salt until fully combined and smooth.
3. Spoon the mixture onto a piece of parchment paper and roll it into a small log, or simply transfer it to a ramekin.
4. Chill in the refrigerator for at least 30 minutes to firm up.
5. Slice or scoop and serve over hot steak, burgers, or any grilled meat.

Nutritional Value (Per Serving):

Calories: 110	Saturated Fat: 7 g
Protein: 2 g	Sodium: 350 mg
Fat: 12 g	Cholesterol: 35 mg
Carbohydrates: 0 g	

Tip: For extra flavor, add a pinch of freshly ground black pepper (for relaxed carnivore) or use a mix of blue cheese and aged cheddar. This butter keeps well in the fridge for up to a week.



Creamy Egg Yolk Sauce

A luscious, golden sauce for drizzling over fish, steak, or vegetables (if relaxed carnivore).



5 minutes



5 minutes



2

Ingredients:

- Egg yolks: 2 large / 2 large
- Butter: 20 g / 1.5 tbsp
- Heavy cream: 20 ml / 1.5 tbsp
- Salt: ¼ tsp / 1 g

Cooking Instructions:

1. In a small saucepan, melt the butter over low heat.
2. Whisk the egg yolks in a bowl with the heavy cream and salt until smooth.
3. Slowly pour the egg yolk mixture into the melted butter, whisking constantly.
4. Cook gently over low heat, stirring continuously, until the sauce thickens and coats the back of a spoon (do not let it boil).
5. Remove from heat and serve immediately over fish, steak, or other dishes.

Nutritional Value (Per Serving):

Calories: 110	Saturated Fat: 6 g
Protein: 2 g	Sodium: 150 mg
Fat: 11 g	Cholesterol: 180 mg
Carbohydrates: 0 g	

Tip: For extra richness, add a small spoonful of grated Parmesan or a splash of more cream. This sauce is best served fresh and warm.



Spanish Jamón Fat Aioli

A whipped, savory fat-based aioli for dipping or spreading, made with rich jamón fat and egg yolk.



5 minutes



5 minutes



2

Ingredients:

- Jamón (Iberico or Serrano, fat only): 40 g / 1.5 oz
- Egg yolk: 1 large / 1 large
- Butter: 20 g / 1.5 tbsp
- Salt: ¼ tsp / 1 g

Cooking Instructions:

1. Finely dice the jamón fat and melt it gently in a small saucepan over low heat with the butter until fully rendered and liquid. Let cool slightly.
2. In a bowl, whisk the egg yolk with the salt until smooth.
3. Slowly drizzle the warm (not hot) melted fat mixture into the egg yolk, whisking constantly to emulsify and create a creamy aioli.
4. Continue whisking until thick and smooth.

Nutritional Value (Per Serving):

Calories: 120	Saturated Fat: 6 g
Protein: 1 g	Sodium: 200 mg
Fat: 13 g	Cholesterol: 110 mg
Carbohydrates: 0 g	

Tip: For extra depth, use a mix of jamón fat and bacon fat. This aioli is perfect with grilled meats, eggs, or as a decadent dip.



Alpine Gruyère Fondue Cream

A silky, cheesy cream sauce inspired by Swiss fondue—perfect for dipping meats or pouring over eggs.



5 minutes



5 minutes



2

Ingredients:

- Gruyère cheese (grated): 40 g / 1.5 oz
- Heavy cream: 40 ml / 3 tbsp
- Butter: 10 g / 0.7 tbsp
- Salt: ¼ tsp / 1 g

Cooking Instructions:

1. In a small saucepan, melt the butter over low heat.
2. Add the heavy cream and bring just to a gentle simmer.
3. Gradually add the grated Gruyère, stirring constantly until the cheese is fully melted and the sauce smooths.
4. Stir in the salt and continue to cook for 1-2 minutes, until the sauce is silky and coats the back of a spoon.

Nutritional Value (Per Serving):

Calories: 120	Saturated Fat: 7 g
Protein: 5 g	Sodium: 250 mg
Fat: 11 g	Cholesterol: 40 mg
Carbohydrates: 0 g	

Tip: For extra flavor, add a spoonful of grated Parmesan or a splash of cream cheese. This sauce is best served warm and fresh.



Duck Liver Mousse

A rich, velvety mousse for spreading on cold meats or enjoying as a decadent snack.



5 minutes



10 minutes



2

Ingredients:

- Duck liver: 60 g / 2 oz
- Butter: 30 g / 1 oz
- Heavy cream: 20 ml / 1.5 tbsp
- Salt: ¼ tsp / 1 g

Cooking Instructions:

1. Rinse the duck liver and pat dry with a paper towel.
2. In a small skillet, melt half of the butter over medium heat.
3. Add the duck liver and sauté for 3-4 minutes, turning occasionally, until just cooked through.
4. Sprinkle with salt and remove from heat.
5. Transfer the liver to a blender or food processor. Add the remaining butter and heavy cream.
6. Blend until completely smooth and creamy.
7. Spoon the mousse into a small dish and chill for at least 1 hour before serving.

Nutritional Value (Per Serving):

Calories: 110
Protein: 5 g
Fat: 10 g
Carbohydrates: 0 g
Saturated Fat: 6 g
Sodium: 200 mg
Cholesterol: 120 mg

Tip: For an even silkier texture, strain the mousse through a fine mesh sieve before chilling. Serve cold, straight from the fridge.



Italian Prosciutto & Parmesan Butter

A savory, umami-packed butter for melting over steak, chicken, or eggs.



5 minutes



0 minute



2

Ingredients:

- Prosciutto (finely chopped): 30 g / 1 oz
- Parmesan (grated): 20 g / 0.7 oz
- Butter: 30 g / 1 oz
- Salt: ¼ tsp / 1 g

Cooking Instructions:

1. Let the butter come to room temperature.
2. Combine the softened butter, finely chopped prosciutto, grated Parmesan, and salt in a small bowl.
3. Mix thoroughly until all ingredients are evenly incorporated.
4. Spoon the mixture onto a piece of parchment paper, roll it into a small log, or transfer it to a ramekin.
5. Chill in the refrigerator for at least 30 minutes to firm up.
6. Slice or scoop and serve over hot steak, chicken, or eggs.

Nutritional Value (Per Serving):

Calories: 110
Protein: 3 g
Fat: 11 g
Carbohydrates: 0 g
Saturated Fat: 7 g
Sodium: 350 mg
Cholesterol: 35 mg

Tip: For extra depth, add a pinch of black pepper (for relaxed carnivore) or use a mix of Parmesan and Pecorino. This butter keeps well in the fridge for up to a week.



Nordic Salmon Roe & Cream Mousse

A luxurious, briny mousse—delicate and creamy, perfect for topping fish, eggs, or beef tartare.



5 minutes



5 minutes



2

Ingredients:

- Salmon roe: 30 g / 1 oz
- Heavy cream: 40 ml / 3 tbsp
- Butter: 10 g / 0.7 tbsp
- Salt: ¼ tsp / 1 g

Cooking Instructions:

1. In a small saucepan, melt the butter over low heat.
2. Add the heavy cream and salt, stirring until just warmed through.
3. Remove from heat and let cool slightly.
4. Gently fold in the salmon roe, careful not to break the eggs.
5. Whisk or blend the mixture briefly until light, slightly thickened, and still delicate.
6. Chill for 10-15 minutes before serving for best texture.

Nutritional Value (Per Serving):

Calories: 70	Saturated Fat: 4 g
Protein: 2 g	Sodium: 200 mg
Fat: 7 g	Cholesterol: 40 mg
Carbohydrates: 0 g	

Tip: For extra decadence, top with a few whole salmon roe before serving. This mousse is perfect as a garnish for fish, eggs, or beef tartare.



Celestial Wagyu Dripping & Truffle Butter

An ultra-rich, silky butter infused with the essence of Wagyu beef and a hint of truffle—pure decadence for drizzling over steak, eggs, or even seafood.



5 minutes



5 minutes



2

Ingredients:

- Wagyu beef fat (rendered): 40 g / 1.5 oz
- Butter: 30 g / 1 oz
- Salt: ¼ tsp / 1 g
- (Optional, relaxed carnivore) A few drops of truffle oil or a pinch of finely grated truffle

Cooking Instructions:

1. In a small saucepan, gently melt the rendered Wagyu beef fat and butter over low heat until fully combined.
2. Remove from heat and stir in the salt.
3. (Optional) Mix well with a few drops of truffle oil or a pinch of finely grated truffle.
4. Let the mixture cool slightly, then pour into a ramekin or mold.
5. Chill in the refrigerator until firm.

Nutritional Value (Per Serving):

Calories: 160	Saturated Fat: 9 g
Protein: 0 g	Sodium: 150 mg
Fat: 18 g	Cholesterol: 35 mg
Carbohydrates: 0 g	

Tip: For the most luxurious experience, serve this butter warm over freshly grilled steak, scrambled eggs, or seared scallops. It also makes an incredible finishing touch for roasted meats.



*Special
Occasion and
Entertaining*



Imperial Tomahawk Steak with Bone Marrow Butter

Majestic tomahawk steak grilled to perfection and crowned with luscious bone marrow butter for the ultimate carnivore feast.



10 minutes



40 minutes



2

Ingredients:

- Tomahawk steak (bone-in): 900 g / 32 oz
- Beef marrow bones: 2 large / 2 large
- Butter: 40 g / 1.5 oz
- Salt: 2 tsp / 8 g

Cooking Instructions:

1. Preheat your oven to 425°F (220°C). Place the marrow bones on a baking tray and roast for 20 minutes until the marrow is soft and bubbling.
2. While the marrow roasts, let the tomahawk steak come to room temperature and pat it dry with paper towels. Season both sides generously with salt.
3. Preheat a grill or heavy skillet over high heat. Sear the steak for 3-4 minutes per side until a deep crust forms.
4. Transfer the steak to the oven (or move to indirect heat on the grill) and cook for 15-20 minutes or until the internal temperature reaches your desired doneness (medium-rare: 130°F / 55°C).
5. While the steak rests, scoop the roasted marrow from the bones into a bowl. Add the butter and mix until smooth and creamy.
6. Let the steak rest for 5-10 minutes, then slice and serve topped with generous dollops of bone marrow butter.

Nutritional Value (Per Serving):

Calories: 1200	Saturated Fat: 40 g
Protein: 90 g	Sodium: 2000 mg
Fat: 95 g	Cholesterol: 350 mg
Carbohydrates: 0 g	

Tip: For extra flavor, add a pinch of smoked salt to the bone marrow butter or finish the steak with a quick broil for a crispier crust. This butter is also delicious on any grilled beef cut.



Festive Whole Roasted Duck with Creamy Sauce

Golden roasted duck served with a rich, velvety cream sauce for a show-stopping, indulgent carnivore celebration.



15 minutes



90 minutes



2

Ingredients:

- Whole duck: 1.6 kg / 3.5 lb
- Heavy cream: 120 ml / 8 tbsp
- Butter: 40 g / 1.5 oz
- Salt: 2 tsp / 8 g

Cooking Instructions:

1. Preheat oven to 350°F (180°C). Pat duck dry, rub with salt inside and out.
2. Place breast side up on a rack in roasting pan. Roast 75-90 min, basting, until golden and 165°F (75°C).
3. Rest 10 min before carving.
4. For sauce: heat 2-3 tbsp duck fat with butter, stir in cream, simmer 2-3 min until smooth. Season.
5. Carve duck and serve with sauce.

Nutritional Value (Per Serving):

Calories: 1200	Saturated Fat: 38 g
Protein: 80 g	Sodium: 2000 mg
Fat: 95 g	Cholesterol: 400 mg
Carbohydrates: 1 g (trace)	

Tip: For extra flavor, roast the duck on a bed of duck bones or add a spoonful of duck liver to the sauce for a richer finish. This creamy sauce also pairs beautifully with roasted chicken or turkey.



French Foie Gras Medallions with Butter Glaze

Luxurious, melt-in-your-mouth foie gras medallions, gently seared and finished with a golden butter glaze. This French delicacy is the pinnacle of gourmet organ meats—rich, silky, and unforgettable.



5 minutes



5 minutes



2

Ingredients:

- Duck or goose foie gras (whole lobe or thick slices): 160 g / 5.5 oz
- Butter: 30 g / 2 tbsp
- Salt: ½ tsp / 2 g

Cooking Instructions:

1. Slice the foie gras into thick medallions if using a whole lobe. Pat dry with a paper towel.
2. Heat a large skillet over medium-high heat.
3. Place the foie gras medallions in the dry skillet and sear for 30–45 seconds per side until golden and warmed. Remove and set aside.
4. Add the butter to the skillet and let it melt, swirling until it turns golden and fragrant.
5. Return the foie gras to the pan, spooning the butter glaze over the medallions for 30 seconds.
6. Sprinkle with salt and serve immediately, drizzling with the remaining butter glaze.

Nutritional Value (Per Serving):

Calories: 340	Saturated Fat: 16 g
Protein: 7 g	Sodium: 600 mg
Fat: 34 g	Cholesterol: 260 mg
Carbohydrates: 0 g	

Tip: Serve the foie gras immediately for the best texture. For extra decadence, top with a few flakes of finishing salt just before serving.



Nordic King Crab & Salmon Tower

Layers of sweet king crab and delicate salmon, topped with glistening salmon roe and warm butter for a show-stopping, protein-rich Nordic feast.



10 minutes



10 minutes



2

Ingredients:

- King crab meat: 200 g / 7 oz
- Salmon fillet (lightly poached): 300 g / 10 oz
- Butter: 40 g / 1.5 oz
- Salmon roe (caviar): 60 g / 2 oz
- Salt: 1 tsp / 4 g

Cooking Instructions:

1. Lightly poach the salmon fillet in simmering salted water for 5–6 minutes until just cooked through. Let cool slightly, then flake into large pieces.
2. Gently warm the king crab meat in a pan with half the butter and half the salt for 2–3 minutes until heated through.
3. Layer the flaked salmon and warm king crab meat on serving plates in a ring mold or by hand, pressing gently to form a tower.
4. Melt the remaining butter and drizzle over the towers.
5. Top each tower generously with salmon roe and a sprinkle of the remaining salt.

Nutritional Value (Per Serving):

Calories: 320	Saturated Fat: 7 g
Protein: 38 g	Sodium: 900 mg
Fat: 16 g	Cholesterol: 180 mg
Carbohydrates: 0 g	

Tip: For extra decadence, use clarified butter and chill the towers before topping with roe. This dish is perfect for special occasions or as a luxurious appetizer.



French Lobster Thermidor (Carnivore Style)

Lobster meat baked in a creamy, cheesy sauce and served in the shell for a dramatic, decadent carnivore presentation.



5 minutes



20 minutes



2

Ingredients:

- Whole lobster (cooked, meat removed): 2 (about 500 g / 18 oz total meat)
- Egg yolks: 2 large / 2 large
- Gruyère cheese (grated): 60 g / 2 oz
- Butter: 40 g / 1.5 oz
- Heavy cream: 60 ml / 4 tbsp
- Salt: 1 tsp / 4 g

Cooking Instructions:

1. Preheat oven to 425°F (220°C). Halve lobsters, remove meat, keep shells.
2. Chop meat; sauté in butter 2–3 min.
3. Whisk yolks, cream, and salt; stir into lobster over low heat until slightly thickened.
4. Fold in half the Gruyère, spoon mixture into shells, top with remaining cheese.
5. Bake 8–10 min until golden and bubbling.

Nutritional Value (Per Serving):

Calories: 420	Saturated Fat: 12 g
Protein: 48 g	Sodium: 1100 mg
Fat: 22 g	Cholesterol: 340 mg
Carbohydrates: 1 g (trace)	

Tip: For extra richness, drizzle with a little more melted butter just before serving. This dish is perfect for special occasions or a luxurious dinner.



Mediterranean Lamb Crown Roast with Feta & Egg

A stunning crown roast of lamb, filled with a savory feta and egg custard—perfect for a grand celebration.



20 minutes



60 minutes



2

Ingredients:

- Lamb rack (Frenched, formed into a crown): 900 g / 32 oz
- Feta cheese: 100 g / 3.5 oz
- Eggs: 3 large / 3 large
- Butter: 40 g / 1.5 oz
- Salt: 2 tsp / 8 g

Cooking Instructions:

1. Preheat your oven to 400°F (200°C).
2. Form the Frenched lamb rack into a crown and tie it securely with kitchen twine. Rub the outside with half the salt.
3. Place the crown in a roasting pan and dot with half the butter.
4. In a bowl, crumble the feta cheese and mix with the eggs and remaining salt until well combined.
5. Pour the feta and egg mixture into the center of the lamb crown.
6. Dot the top of the custard with the remaining butter.
7. Roast for 50–60 minutes until the lamb reaches your desired doneness and the custard is set and golden.
8. Let rest for 10 minutes before removing the twine and slicing.

Nutritional Value (Per Serving):

Calories: 950	Saturated Fat: 28 g
Protein: 90 g	Sodium: 1800 mg
Fat: 62 g	Cholesterol: 540 mg
Carbohydrates: 1 g (trace)	

Tip: For extra flavor, use a mix of feta and goat cheese, or add a spoonful of heavy cream to the custard. This show-stopping roast is perfect for holidays and special occasions.



Grand Imperial Beef Wellington (Carnivore Edition)

A show-stopping centerpiece: whole tenderloin wrapped in prosciutto and a golden egg glaze, optionally with a layer of Gruyère for extra decadence.



20 minutes



40 minutes



2

Ingredients:

- Beef tenderloin (whole, trimmed): 700 g / 25 oz
- Prosciutto (no sugar): 120 g / 4 oz
- Egg yolks: 2 large / 2 large
- Butter: 40 g / 1.5 oz
- Gruyère cheese (grated, optional): 60 g / 2 oz
- Salt: 1.5 tsp / 6 g

Cooking Instructions:

1. Preheat oven to 425°F (220°C). Season tenderloin with salt.
2. Sear in butter 2-3 min per side until browned; let cool.
3. On parchment, layer prosciutto (sprinkle Gruyère if using), place beef on top, and wrap tightly.
4. Transfer seam side down, brush with egg yolks.
5. Roast 25-30 min for medium-rare. Rest 10 min, then slice and serve.

Nutritional Value (Per Serving):

Calories: 900	Saturated Fat: 26 g
Protein: 90 g	Sodium: 1800 mg
Fat: 58 g	Cholesterol: 540 mg
Carbohydrates: 1 g (trace)	

Tip: For extra decadence, serve with a side of blue cheese or truffle butter. This Wellington is perfect for holidays and special occasions.



Royal Stuffed Quail with Foie Gras & Duck Fat

Tender quail, stuffed with rich foie gras and roasted in duck fat for a luxurious, melt-in-your-mouth experience.



20 minutes



30 minutes



2

Ingredients:

- Whole quail (cleaned): 4 (about 400 g / 14 oz total)
- Foie gras or duck liver: 100 g / 3.5 oz
- Duck fat: 40 g / 1.5 oz
- Egg yolk: 1 large / 1 large
- Salt: 1 tsp / 4 g

Cooking Instructions:

1. Preheat your oven to 425°F (220°C).
2. Pat the quail dry and season inside and out with half the salt.
3. Cut the foie gras or duck liver into 4 equal pieces. Stuff each quail cavity with a piece of foie gras or duck liver.
4. Place the stuffed quail in a roasting dish. Brush the skin with the egg yolk for a golden finish.
5. Dot the duck fat around and over the quail.
6. Roast for 25-30 minutes, basting once or twice with the melted duck fat until the quail is golden and cooked through.
7. Let rest for 5 minutes before serving. Spoon some of the hot duck fat over each quail just before serving.

Nutritional Value (Per Serving):

Calories: 420	Saturated Fat: 12 g
Protein: 38 g	Sodium: 900 mg
Fat: 28 g	Cholesterol: 320 mg
Carbohydrates: 0 g	

Tip: For extra decadence, serve with a drizzle of the pan juices. This dish is perfect for special occasions or as a luxurious main course.



Bavarian Duck Confit with Crackling

Duck legs slow-cooked in duck fat until meltingly tender, then crisped for a perfect crackling finish.



15 minutes



150 minutes



2

Ingredients:

- Duck legs (large): 4 (about 700 g / 25 oz total)
- Duck fat: 80 g / 3 oz
- Salt: 1.5 tsp / 6 g

Cooking Instructions:

1. Pat the duck legs dry and rub them all over with salt. Let sit at room temperature for 30 minutes.
2. Preheat your oven to 140°F (285°C).
3. Place the duck legs in a snug baking dish or Dutch oven. Spoon the duck fat over and around the legs.
4. Cover tightly with foil or a lid and cook in the oven for 2 hours or until the meat is tender and pulls away from the bone.
5. Carefully remove the duck legs from the fat and place them skin-side up on a wire rack set over a baking tray.
6. Increase the oven temperature to 425°F (220°C).
7. Roast the duck legs for 15-20 minutes or until the skin is golden and crisp.

Nutritional Value (Per Serving):

Calories: 700	Saturated Fat: 18 g
Protein: 48 g	Sodium: 1800 mg
Fat: 54 g	Cholesterol: 260 mg
Carbohydrates: 0 g	

Tip: Save the leftover duck fat for roasting vegetables (if relaxed carnivore) or for future confit. This dish is even better the next day, reheated until crisp.



Raclette Feast (Carnivore Edition)

A festive platter of hot, melted raclette cheese poured over slices of beef and ham for a decadent, protein-rich celebration.



10 minutes



10 minutes



2

Ingredients:

- Raclette cheese (sliced): 300 g / 10 oz
- Cooked beef sirloin (sliced): 400 g / 14 oz
- Cooked ham (no sugar, sliced): 200 g / 7 oz
- Butter: 40 g / 1.5 oz
- Salt: 1 tsp / 4 g

Cooking Instructions:

1. Arrange the sliced beef sirloin and ham on a large serving platter. Sprinkle with half the salt.
2. In a small saucepan or raclette grill, melt the butter and raclette cheese over low heat until the cheese is bubbling and smooth.
3. Pour the hot, melted cheese and butter mixture evenly over the beef and ham.
4. Sprinkle with the remaining salt and serve immediately while everything is hot and gooey.

Nutritional Value (Per Serving):

Calories: 900	Saturated Fat: 36 g
Protein: 70 g	Sodium: 2200 mg
Fat: 68 g	Cholesterol: 260 mg
Carbohydrates: 1 g (trace)	

Tip: For extra flavor, add a layer of Gruyère or Emmental to the cheese mix. This feast is perfect for sharing at the table and can be kept warm on a raclette grill.



Homemade
Carnivore
Sausages &
Charcuterie



Classic Beef & Fat Sausage

Juicy, traditional sausage made from ground beef and beef fat—simple, satisfying, and perfect for slicing.



15 minutes



30 minutes



2

Ingredients:

- Ground beef (20-25% fat): 250 g / 9 oz
- Beef fat: 100 g / 3.5 oz
- Salt: 1 tsp / 4 g
- Natural casing: 60-80 cm (or form a log without casing)

Cooking Instructions:

1. Mix the ground beef, beef fat, and salt thoroughly in a large bowl until the mixture becomes sticky and cohesive.
2. Stuff the mixture into the natural casing, twisting it into links if desired, or shape it into a thick log if not using casing.
3. To poach: place the sausage in barely simmering water (175-185°F / 80-85°C) and cook for 25-30 minutes or until cooked.
4. To bake: place the sausage on a baking tray and bake at 320°F (160°C) for 25-30 minutes or until fully cooked.

Nutritional Value (Per Serving):

Calories: 420	Saturated Fat: 18 g
Protein: 22 g	Sodium: 900 mg
Fat: 38 g	Cholesterol: 120 mg
Carbohydrates: 0 g	

Tip: For extra flavor, add a pinch of black pepper or smoked salt (for relaxed carnivore). This sausage is delicious served warm or cold, and keeps well in the fridge.



Italian Pork & Parmesan Sausage

Rich, savory sausage made with pork, pork fat, and Parmesan—perfectly juicy and packed with umami flavor.



15 minutes



30 minutes



2

Ingredients:

- Ground pork (20-30% fat): 250 g / 9 oz
- Pork fat: 100 g / 3.5 oz
- Parmesan (grated): 30 g / 1 oz
- Salt: 1 tsp / 4 g
- Natural casing: 60-80 cm

Cooking Instructions:

1. Mix the ground pork, pork fat, grated Parmesan, and salt in a large bowl until well combined and sticky.
2. Stuff the mixture into the natural casing, twisting it into links if desired, or shape it into a thick log if not using casing.
3. Place the sausage on a baking tray and bake at 320°F (160°C) for 25-30 minutes or until golden and cooked.

Nutritional Value (Per Serving):

Calories: 440	Saturated Fat: 17 g
Protein: 23 g	Sodium: 950 mg
Fat: 39 g	Cholesterol: 120 mg
Carbohydrates: 0 g	

Tip: For extra flavor, add a pinch of dried oregano or black pepper (for relaxed carnivore). This sausage is delicious hot or cold and makes a great addition to any carnivore platter.



French Boudin Blanc (White Sausage)

Delicate, creamy white sausage made with chicken or veal, perfect for a refined carnivore meal.



15 minutes



30 minutes



2

Ingredients:

- Ground chicken or veal: 250 g / 9 oz
- Heavy cream: 30 ml / 2 tbsp
- Egg: 1 large / 1 large
- Butter: 15 g / 1 tbsp
- Salt: 1 tsp / 4 g
- Natural casing: 60-80 cm

Cooking Instructions:

1. Mix the ground meat, heavy cream, egg, melted butter, and salt in a bowl until the mixture is smooth and sticky.
2. Stuff the mixture into the natural casing, twisting it into links if desired, or shape it into a thick log if not using casing.
3. Poach the sausage in hot water (not boiling, about 175-185°F / 80-85°C) for 20-25 minutes, until firm and cooked through.
4. Remove from the water and let cool slightly.
5. Pan-sear the sausage in a hot skillet with a little butter until golden on all sides.

Nutritional Value (Per Serving):

Calories: 260	Saturated Fat: 9 g
Protein: 20 g	Sodium: 900 mg
Fat: 19 g	Cholesterol: 140 mg
Carbohydrates: 0 g	

Tip: For extra flavor, add a pinch of white pepper or nutmeg (for relaxed carnivore). This sausage is delicious warm or cold and pairs beautifully with a creamy sauce.



German-Style Liverwurst

Classic, creamy sausage made with pork liver, fat, and shoulder—rich, smooth, and perfect for slicing or spreading.



20 minutes



40 minutes



2

Ingredients:

- Pork liver: 80 g / 3 oz
- Pork fat: 120 g / 4 oz
- Pork shoulder: 120 g / 4 oz
- Salt: 1 tsp / 4 g
- Egg: 1 large / 1 large
- Natural casing: 60-80 cm

Cooking Instructions:

1. Boil the pork liver, pork fat, and pork shoulder in water until very tender, about 20-25 minutes. Drain and let cool slightly.
2. Grind the cooked meats together until very smooth.
3. Add the salt and egg, mixing thoroughly until the mixture is creamy and uniform.
4. Stuff the mixture into the natural casing, or shape it into a thick log if not using casing.
5. Poach the sausage in water at (175-185°F / 80-85°C) for 25-30 minutes, until firm and cooked.

Nutritional Value (Per Serving):

Calories: 420	Saturated Fat: 16 g
Protein: 18 g	Sodium: 900 mg
Fat: 38 g	Cholesterol: 220 mg
Carbohydrates: 0 g	

Tip: For a smoother texture, blend the mixture before stuffing. This liverwurst is delicious cold, sliced, or spread on cooked meats.



Duck & Liver Pâté Sausage

Rich, flavorful sausage blending ground duck, duck liver, and duck fat for a pâté-like texture—perfect for slicing or serving as a decadent appetizer.



15 minutes



30 minutes



2

Ingredients:

- Ground duck: 250 g / 9 oz
- Duck liver (finely chopped): 80 g / 3 oz
- Duck fat: 60 g / 2 oz
- Salt: 1 tsp / 4 g
- Natural casing: 60-80 cm

Cooking Instructions:

1. Mix the ground duck, finely chopped duck liver, duck fat, and salt until well combined and sticky in a large bowl.
2. Stuff the mixture into the natural casing, twisting it into links if desired, or shape it into a thick log if not using casing.
3. Place the sausage on a baking tray and bake at 320°F (160°C) for 25-30 minutes or until set and cooked.

Nutritional Value (Per Serving):

Calories: 420	Saturated Fat: 15 g
Protein: 20 g	Sodium: 900 mg
Fat: 38 g	Cholesterol: 220 mg
Carbohydrates: 0 g	

Tip: For extra depth, add a pinch of black pepper or fresh thyme (for relaxed carnivore). This sausage is delicious warm or cold and makes a luxurious addition to any charcuterie board.



Chicken & Cheese Terrine

A tender, savory terrine of ground chicken and melty cheese—simple, satisfying, and perfect for slicing.



10 minutes



30 minutes



2

Ingredients:

- Ground chicken: 250 g / 9 oz
- Gruyère or cheddar (cubed): 40 g / 1.5 oz
- Egg: 1 large / 1 large
- Butter: 15 g / 1 tbsp
- Salt: 1 tsp / 4 g

Cooking Instructions:

1. Mix the ground chicken, cubed cheese, egg, melted butter, and salt in a bowl until well combined.
2. Place the mixture in a small loaf pan lined with parchment, or hand it into a thick log.
3. Bake at 320°F (160°C) for 25-30 minutes or until set and cooked.

Nutritional Value (Per Serving):

Calories: 240	Saturated Fat: 7 g
Protein: 23 g	Sodium: 800 mg
Fat: 15 g	Cholesterol: 120 mg
Carbohydrates: 0 g	

Tip: For extra flavor, use a mix of Gruyère and cheddar, or add a pinch of white pepper (for relaxed carnivore). This terrine is delicious warm or cold and makes a great protein-rich snack.



Pork Kielbasa

Classic, juicy Polish sausage made with pork and pork fat—perfect for slicing, grilling, or enjoying cold.



15 minutes



30 minutes



2

Ingredients:

- Ground pork (25-30% fat): 250 g / 9 oz
- Pork fat: 100 g / 3.5 oz
- Salt: 1 tsp / 4 g
- Natural casing: 60-80 cm

Cooking Instructions:

1. Mix the ground pork, pork fat, and salt in a large bowl until well combined and sticky.
2. Stuff the mixture into the natural casing, twisting it into links if desired.
3. To poach: place the sausages in barely simmering water (175-185°F / 80-85°C) and cook for 25-30 minutes or until cooked.
4. To bake: place the sausages on a baking tray and bake at 320°F (160°C) for 25-30 minutes or until fully cooked.
5. (Optional) For authentic flavor, if you have a smoker, cold-smoke the sausages for 1-2 hours after poaching or baking.

Nutritional Value (Per Serving):

Calories: 430	Saturated Fat: 17 g
Protein: 22 g	Sodium: 900 mg
Fat: 39 g	Cholesterol: 120 mg
Carbohydrates: 0 g	

Tip: For extra flavor, add a pinch of garlic powder or smoked paprika (for relaxed carnivore). Kielbasa is delicious hot or cold and keeps well in the fridge.



Lamb & Feta Sausage

Juicy lamb sausage with tangy feta—rich, savory, and perfect for slicing or serving warm.



15 minutes



30 minutes



2

Ingredients:

- Ground lamb: 250 g / 9 oz
- Feta cheese (crumbled): 40 g / 1.5 oz
- Egg: 1 large / 1 large
- Butter: 15 g / 1 tbsp
- Salt: 1 tsp / 4 g
- Natural casing: 60-80 cm

Cooking Instructions:

1. Mix the ground lamb, crumbled feta, egg, melted butter, and salt in a large bowl until well combined and sticky.
2. Stuff the mixture into the natural casing, twisting it into links if desired, or shape it into a thick log if not using casing.
3. Place the sausage on a baking tray and bake at 320°F (160°C) for 25-30 minutes or until cooked.

Nutritional Value (Per Serving):

Calories: 340	Saturated Fat: 13 g
Protein: 20 g	Sodium: 900 mg
Fat: 28 g	Cholesterol: 120 mg
Carbohydrates: 0 g	

Tip: For extra flavor, add a pinch of dried oregano or mint (for relaxed carnivore). This sausage is delicious hot or cold and makes a great addition to any carnivore platter.



Homemade Carnivore Ham (Simple Pork Ham)

Classic, juicy ham made from pork loin or neck—simple, savory, and perfect for slicing thin.



10 minutes



60-80 minutes
plus
24-36 hours
curing



4

Ingredients:

- Pork loin or pork neck (whole piece): 400 g / 14 oz
- Salt: 1.5 tsp / 6 g

Cooking Instructions:

1. Rub the pork thoroughly with salt, ensuring all surfaces are well coated.
2. Wrap the meat tightly in plastic wrap or a zip bag. Refrigerate for 24-36 hours to cure.
3. Remove the pork from the fridge, rinse off excess salt, and pat dry with paper towels.
4. Place the meat in a small baking dish or wrap in foil.
5. Bake at 285°F (140°C) for 60-80 minutes or until the internal temperature reaches 160°F (70°C).

Nutritional Value (Per Serving):

Calories: 120	Saturated Fat: 1 g
Protein: 22 g	Sodium: 700 mg
Fat: 4 g	Cholesterol: 50 mg
Carbohydrates: 0 g	

Tip: For extra juiciness, use pork neck or collar. This ham keeps well in the fridge and is perfect for snacks, breakfast, or as a protein-rich addition to any meal.



Classic Pork Buzhenina (Ukraine-Style Roasted Pork)

Traditional Ukrainian-style roasted pork—tender, juicy, and perfect for slicing warm or cold.



10 minutes



70-90 minutes
plus
12-24 hours
curing



4

Ingredients:

- Pork shoulder or pork neck (whole piece): 400 g / 14 oz
- Salt: 1.5 tsp / 6 g
- Pork fat or lard: 30 g / 1 oz (optional, for extra juiciness)

Cooking Instructions:

1. Rub the pork thoroughly with salt (and pork fat or lard) to coat all sides.
2. Wrap tightly in plastic wrap or place in a zip bag. Refrigerate for 12-24 hours to cure.
3. Remove from the fridge and let the pork come to room temperature.
4. Place the pork in a small baking dish or wrap in foil.
5. Roast at 320°F (160°C) for 70-90 minutes or until the meat is very tender and juicy.

Nutritional Value (Per Serving):

Calories: 180	Saturated Fat: 3 g
Protein: 22 g	Sodium: 700 mg
Fat: 10 g	Cholesterol: 60 mg
Carbohydrates: 0 g	

Tip: For the juiciest result, use pork neck and add a little extra lard. Buzhenina is delicious as a main dish, in slices for snacks, or as a cold cut.



30-Day Carnivore Meal Plan

This 30-day meal plan is designed to provide inspiration and structure for those following a carnivore diet. It features various breakfasts, lunches, dinners, and snacks, carefully selected to ensure monthly diversity and enjoyment.

Please note:

You do not have to follow this meal plan exactly as written. The plan is meant to be a flexible guide, not a strict prescription. Feel free to swap meals, repeat your favorites, or adjust portion sizes and combinations to suit your preferences, nutritional needs, and lifestyle. Everyone's body and schedule are different, so listen to your hunger cues and adapt the plan as needed.

If you have any medical conditions or specific dietary requirements, consult a healthcare professional before significantly changing your diet.

Enjoy your carnivore journey!

Week 1

Day	Breakfast	Lunch	Dinner	Snack
1	Samurai Sunrise Custard	Greek Lamb Avgolemono + Italian Pork Meatball Bake	Argentinian Ribeye Asado	Oyster Royale Shooters
2	Duck à la Crème Morning Roll	German Pork Sausage Skillet	Lamb Kebab Skewers	Bacon-Wrapped Shrimp Skewers
3	Cowboy Steak & Sunrise Eggs	Pork Loin Schnitzel	Southern Chicken Fried Steak	Chicken & Cheddar Mini Muffins
4	Tuscan Sun Frittata Stack	Mussels in Creamy Butter Broth + Venison Burger Patties	New York Strip & Sunrise Eggs	Prime Ribeye "Sashimi" with Egg Yolk Drizzle
5	Chorizo Breakfast Boats	Oven-Baked Trout with Herb Butter	French Lamb & Gruyère Bake	Crab & Feta Cheese Mini Frittatas
6	Southern Chicken & Cheese Waffles	Seafood & Saffron Cream Soup + Pork Belly Slices	Royal Quail Pan-Roast with Butter Glaze	Venison Tartare Jewels
7	Fog Kidney Hash	Seafood Quartet Sauté + Tuscan Pork Loin Medallions	Lamb Shoulder Roast	Nordic Salmon & Caviar Canapés

Week 2

Day	Breakfast	Lunch	Dinner	Snack
8	Italian Breakfast Carbonara Cups	Fish Solyanka Broth + Italian Pork Meatball Bake	Gyudon Carnivore Bowl	Pork Crackling "Chips" with Cheddar Dip
9	Herring & Egg Platter	King Prawn & Cheddar Gratin + Scandinavian Pork Shoulder Roast	Parmesan Chicken Dreamballs	Golden Chicken Skin Crisps with Parmesan Snow
10	Danube Goose Liver Medallions	French Pork & Gruyère Bake	Venison Steak & Eggs	Bacon-Wrapped Shrimp Skewers
11	Empire State Cheddar Smash Burgers	Seafood Royalty Platter + Pork Chop & Eggs	Imperial Crown Rack of Lamb	Crab & Feta Cheese Mini Frittatas
12	Barcelona Creamy Ham Tortilla	Oven-Baked Trout with Herb Butter + Lamb Ribs Platter	Carnivore Chicken Schnitzel	Oyster Royale Shooters
13	Bavarian Sausage & Egg Feast	Cheese & Ham Cream Soup + Picanha Steakhouse Cut	Golden Chicken "Pasta" Bake	Chicken & Cheddar Mini Muffins
14	Salmon & Cream Cheese Pillows	Shrimp & Salmon Duo Bake + Pork Belly Slices	Festive Herb-Crusted Turkey Medallions	Venison Tartare Jewels

Day	Breakfast	Lunch	Dinner	Snack
15	Baked Mackerel Breakfast	King Prawn & Cheddar Gratin + German Pork Sausage Skillet	Lamb Chops Feast	Nordic Salmon & Caviar Canapés
16	Samurai Sunrise Custard	Tuscan Pork Loin Medallions	Beef & Parmesan Roll-Ups	Pork Cracking "Chips" with Cheddar Dip
17	Duck à la Crème Morning Roll	Oven-Baked Trout with Herb Butter	French Cloud Soufflé with Chicken	Golden Chicken Skin Crisps with Parmesan Snow
18	Cowboy Steak & Sunrise Eggs	Lamb & Yogurt Soup + Venison Burger Patties	Santorini Lamb & Feta Patties	Bacon-Wrapped Shrimp Skewers
19	Tuscan Sun Frittata Stack	Seafood Royalty Platter + Scandinavian Pork Shoulder Roast	Picanha Steakhouse Cut	Crab & Feta Cheese Mini Frittatas
20	Chorizo Breakfast Boats	Mussels in Creamy Butter Broth + Pork Chop & Eggs	Royal Quail Pan-Roast with Butter Glaze	Venison Tartare Jewels
21	Southern Chicken & Cheese Waffles	Shrimp & Salmon Duo Bake + French Pork & Gruyère Bake	New York Strip & Sunrise Eggs	Oyster Royale Shooters

Week 3

Day	Breakfast	Lunch	Dinner	Snack
22	Fog Kidney Hash	Pork & Egg Ribbon Soup + Italian Pork Meatball Bake	Lamb Shoulder Roast	Chicken & Cheddar Mini Muffins
23	Italian Breakfast Carbonara Cups	Seafood Quartet Sauté + Pork Belly Slices	Carnivore Chicken Schnitzel	Nordic Salmon & Caviar Canapés
24	Herring & Egg Platter	Oven-Baked Trout with Herb Butter + Venison Burger Patties	Golden Chicken "Pasta" Bake	Pork Cracking "Chips" with Cheddar Dip
25	Danube Goose Liver Medallions	Tuscan Pork Loin Medallions	Festive Herb-Crusted Turkey Medallions	Bacon-Wrapped Shrimp Skewers
26	Empire State Cheddar Smash Burgers	Shrimp & Salmon Duo Bake + German Pork Sausage Skillet	Venison Steak & Eggs	Crab & Feta Cheese Mini Frittatas
27	Barcelona Creamy Ham Tortilla	Seafood Royalty Platter + Pork Chop & Eggs	Imperial Crown Rack of Lamb	Venison Tartare Jewels
28	Bavarian Sausage & Egg Feast	Octopus Royale with Brown Butter Glaze + French Pork & Gruyère Bake	Lamb Kebab Skewers	Oyster Royale Shooters

Week 4

Week 5

Day	Breakfast	Lunch	Dinner	Snack
29	Salmon & Cream Cheese Pillows	King Prawn & Cheddar Gratin + Pork Belly Slices	Gyudon Carnivore Bowl	Chicken & Cheddar Mini Muffins
30	Baked Mackerel Breakfast	Seafood Quartet Sauté + Italian Pork Meatball Bake	Southern Chicken Fried Steak	Nordic Salmon & Caviar Canapés





Shopping List

This shopping list is based on the carnivore diet meal plan and weekly recipes. Please note the following before you shop:

Check your pantry and fridge first: Some ingredients (like eggs, butter, and salt) are used in multiple recipes. You may already have some at home.

Buy a little extra: Quantities are calculated for 2 servings per recipe. If you plan to cook for more people, have larger portions, or want leftovers, adjust the amounts accordingly.

Freshness matters: For raw or minimally cooked dishes (like sashimi, tartare, or raw egg yolk), always use the freshest, highest-quality ingredients from a trusted source.

Ingredient substitutions: If you have dietary restrictions or preferences, you can substitute similar cuts of meat, types of fish, or dairy products as needed.

Storage: Some items (like fresh seafood, organ meats, or poultry) are best purchased closer to the day you plan to cook them. Consider freezing portions if you shop for the whole week at once.

Allergies and intolerances: Double-check all ingredients for potential allergens, especially if you are cooking for others.

Local availability: Some specialty items (like organ meats, caviar, or certain cheeses) may not be available in all stores. Plan ahead or ask your butcher/fishmonger for alternatives.

Week 1

Protein

- Eggs: 48 large (4 dozen)
- Ribeye steak: 900 g / 32 oz
- Roasted duck breast: 300 g / 10 oz
- Ground beef: 200 g / 7 oz
- Pork loin: 800 g / 28 oz
- Chicken breast (for schnitzel): 300 g / 10 oz
- Ground chicken: 250 g / 9 oz
- Chicken skin: 120 g / 4 oz
- Lamb shank (with bone): 500 g / 18 oz
- Pork sausages (homemade): 300 g / 10 oz
- Venison (ground + tartare): 450 g / 16 oz
- Pork belly: 400 g / 14 oz
- Pork shoulder (cubed): 400 g / 14 oz
- Lamb shoulder roast: 500 g / 18 oz
- Lamb medallions: 400 g / 14 oz
- Ground lamb (for patties): 350 g / 12 oz
- Lamb kebab meat: 350 g / 12 oz
- Duck breast (for dinner): 300 g / 10 oz

Seafood

- Fresh salmon (with skin): 300 g / 10 oz
- Poached salmon: 60 g / 2 oz
- Shrimp (peeled/cooked): 180 g / 6 oz
- Mussels (shelled/cooked): 100 g / 3.5 oz
- Fish bones/heads: 500 g / 18 oz
- Trout: 400 g / 14 oz
- Crab meat: 120 g / 4 oz
- Salmon roe (caviar): 40 g / 1.5 oz
- Seafood quartet (calamari, octopus, shrimp, scallops): 400 g / 14 oz

Dairy

- Butter: 170 g / 12 tbsp (about 1½ sticks or ¾ cup)
- Heavy cream: 200 ml / 13.5 tbsp
- Parmesan (grated): 60 g / 2 oz
- Cream cheese: 30 g / 1 oz
- Cheddar: 70 g / 2.5 oz
- Gruyère cheese: 120 g / 4.2 oz
- Feta cheese: 40 g / 1.5 oz

Fats & Oils

- Beef tallow: 40 g / 3 tbsp
- Pork lard: 60 g / 4 tbsp
- Duck fat: 20 g / 1.5 tbsp

Other

- Salt: 12 tsp / 48 g

Week 2

Protein

- Eggs: 50 large (just over 4 dozen)
- Egg yolks: 2 large
- Ribeye steak (sashimi): 200 g / 7 oz
- Pork meatballs: 200 g / 7 oz
- Pork loin or shoulder: 400 g + 400 g = 800 g / 28 oz
- Pork belly slices: 400 g / 14 oz
- Pork chops: 400 g / 14 oz
- Lamb ribs: 400 g / 14 oz
- Lamb (shredded/cooked): 200 g / 7 oz
- Lamb medallions: 400 g / 14 oz
- Lamb rack (Frenched): 700 g / 25 oz
- Ground lamb: 350 g / 12 oz
- Chicken breast/thighs (cooked/diced): 400 g / 14 oz
- Ground chicken: 300 g / 10 oz
- Goose liver: 200 g / 7 oz
- Duck breast: 300 g / 10 oz
- Ground beef: 350 g / 12 oz
- Venison steak: 400 g / 14 oz
- Venison tartare: 100 g / 3.5 oz

Seafood

- Fish heads/bones (for broth): 500 g / 18 oz
- Trout: 400 g / 14 oz
- Salmon (fresh + poached): 350 g / 12 oz
- Shrimp (peeled, cooked): 200 g / 7 oz
- Mussels (shelled, cooked): 100 g / 3.5 oz
- Crab meat: 120 g / 4 oz
- King prawns: 200 g / 7 oz
- Seafood quartet: 400 g / 14 oz
- Salmon roe (caviar): 40 g / 1.5 oz

Dairy

- Butter: 200 g / 14 tbsp (about 1¾ sticks or ¾ cup)
- Heavy cream: 240 ml / 16 tbsp
- Cheddar: 90 g / 3 oz
- Parmesan: 80 g / 2.8 oz
- Gruyère or Emmental: 120 g / 4.2 oz
- Feta cheese: 40 g / 1.5 oz
- Cream cheese: 30 g / 1 oz
- Greek yogurt (full-fat): 100 g / 3.5 oz

Fats & Oils

- Beef tallow: 20 g / 1.5 tbsp
- Pork lard: 30 g / 2 tbsp

Other

- Salt: 12 tsp / 48 g

Week 3

Protein

- Eggs: 48 large (4 dozen)
- Egg yolks: 2 large
- Ribeye steak: 400 g / 14 oz
- Mackerel (baked): 250 g / 9 oz
- Duck breast: 300 g / 10 oz
- Chicken breast/thigh (cooked, diced): 400 g / 14 oz
- Ground chicken: 150 g / 5 oz
- Chicken skin: 120 g / 4 oz
- Ground beef: 350 g / 12 oz
- Pork loin (medallions): 400 g / 14 oz
- Pork shoulder: 400 g / 14 oz
- Pork sausages (homemade): 300 g / 10 oz
- Pork chops: 400 g / 14 oz
- Pork belly: 400 g / 14 oz
- Lamb (cooked/shredded): 200 g / 7 oz
- Lamb shoulder/roast: 500 g / 18 oz
- Lamb chops: 400 g / 14 oz
- Ground lamb (for patties): 350 g / 12 oz
- Venison (ground + tartare + steak): 450 g / 16 oz
- Duck (for pan-roast): 300 g / 10 oz

Seafood

- King prawns: 200 g / 7 oz
- Shrimp (cooked): 200 g / 7 oz
- Mussels (cooked): 100 g / 3.5 oz
- Salmon (fresh + poached): 350 g / 12 oz
- Crab meat: 120 g / 4 oz
- Trout: 400 g / 14 oz
- Fish bones/heads (for broth): 500 g / 18 oz
- Salmon roe (caviar): 40 g / 1.5 oz

Dairy

- Butter: 190 g / 13.5 tbsp (just under 2 sticks or $\frac{3}{4}$ cup)
- Heavy cream: 200 ml / 13.5 tbsp
- Cheddar: 60 g / 2 oz
- Parmesan: 60 g / 2 oz
- Gruyère cheese: 80 g / 2.8 oz
- Feta cheese: 40 g / 1.5 oz
- Cream cheese: 30 g / 1 oz
- Greek yogurt (full-fat): 100 g / 3.5 oz

Fats & Oils

- Beef tallow: 20 g / 1.5 tbsp
- Pork lard: 30 g / 2 tbsp
- Duck fat: 20 g / 1.5 tbsp

Other

- Salt: 12 tsp / 48 g

Week 4

Protein

- Eggs: 46 large (just under 4 dozen)
- Egg yolks: 2 large
- Ground beef: 350 g / 12 oz
- Pork loin medallions: 400 g / 14 oz
- Pork shoulder: 400 g / 14 oz
- Pork belly: 400 g / 14 oz
- Pork chops: 400 g / 14 oz
- Pork sausages (homemade): 300 g / 10 oz
- Pork & Egg Soup meat: 200 g / 7 oz
- Chicken breast/thigh (cooked/diced): 400 g / 14 oz
- Ground chicken: 300 g / 10 oz
- Chicken skin: 120 g / 4 oz
- Duck breast: 300 g / 10 oz
- Goose liver: 200 g / 7 oz
- Ground lamb: 350 g / 12 oz
- Lamb shoulder roast: 500 g / 18 oz
- Lamb rack (Frenched): 700 g / 25 oz
- Lamb kebab: 350 g / 12 oz
- Venison steak: 400 g / 14 oz
- Venison burger: 350 g / 12 oz

Seafood

- Seafood quartet: 400 g / 14 oz
- Shrimp (peeled, cooked): 200 g / 7 oz
- Mussels (cooked): 100 g / 3.5 oz
- Crab meat: 120 g / 4 oz
- Salmon (fresh + poached): 350 g / 12 oz
- Salmon roe (caviar): 40 g / 1.5 oz
- Fish bones/heads (for broth): 500 g / 18 oz
- Octopus (pre-cooked): 100 g / 3.5 oz
- Trout: 400 g / 14 oz
- King prawns: 200 g / 7 oz

Dairy

- Butter: 190 g / 13.5 tbsp (just under 2 sticks or $\frac{3}{4}$ cup)
- Heavy cream: 240 ml / 16 tbsp
- Cheddar: 60 g / 2 oz
- Parmesan: 60 g / 2 oz
- Gruyère cheese: 80 g / 2.8 oz
- Feta cheese: 40 g / 1.5 oz
- Cream cheese: 30 g / 1 oz
- Greek yogurt (full-fat): 100 g / 3.5 oz

Fats & Oils

- Pork lard: 30 g / 2 tbsp
- Duck fat: 20 g / 1.5 tbsp
- Beef tallow: 20 g / 1.5 tbsp

Other

- Salt: 12 tsp / 48 g

Week 5

Protein

- Eggs: 12 large (1 dozen)
- Mackerel (baked): 250 g / 9 oz
- Salmon (fresh + poached): 150 g + 200 g = 350 g / 12 oz
- Chicken breast/thigh (cooked/diced): 200 g / 7 oz
- Ground chicken: 100 g / 3.5 oz
- Pork belly slices: 400 g / 14 oz
- Ground pork (meatballs): 200 g / 7 oz
- Ground beef (for gyudon): 350 g / 12 oz
- King prawns: 200 g / 7 oz

Seafood

- Seafood quartet: 400 g / 14 oz
- Salmon roe (caviar): 40 g / 1.5 oz

Dairy

- Butter: 70 g / 5 tbsp (½ stick or about ¼ cup)
- Cheddar: 60 g / 2 oz
- Cream cheese: 30 g / 1 oz

Fats & Oils

- Beef tallow: 20 g / 1.5 tbsp

Other

- Salt: 3 tsp / 12 g

Cooking Measurement Conversion Table

°F (Fahrenheit)	°C (Celsius)	Typical Use in Cooking
150°F	65°C	Very low/slow roasting, sous vide
160°F	70°C	Gentle roasting, slow-cooked meats
175°F	80°C	Poaching, custards, gentle simmer
200°F	95°C	Low oven, slow roasting, braising
210°F	100°C	Boiling point of water
225°F	110°C	Low oven, slow roasting, smoking
250°F	120°C	Low baking, slow roasting
275°F	135°C	Gentle baking, slow roasting
300°F	150°C	Moderate baking, roasting
325°F	165°C	Moderate oven, baking, roasting
350°F	175°C	Standard baking, roasting
375°F	190°C	Moderate-high baking, roasting
400°F	200°C	High baking, roasting
425°F	220°C	Very high baking, quick roasting
450°F	230°C	Very high heat, pizza, searing
475°F	245°C	Broiling, very high heat
500°F	260°C	Maximum oven, pizza, broiling

Ingredient / Item	US (Imperial)	Metric (European)	Notes / Typical Use
1 ounce (oz)	1 oz	28 grams (g)	Weight (solids, cheese, meat)
1 pound (lb)	1 lb	454 grams (g)	Weight (meat, large portions)
1 pound (lb)	1 lb	0.45 kilograms (kg)	Weight (rounded, large cuts)
1 gram (g)	0.035 oz	1 g	Weight (spices, small amounts)
1 kilogram (kg)	2.2 lb	1 kg	Weight (large cuts, whole birds)
1 tablespoon (tbsp)	1 tbsp	15 milliliters (ml)	Volume (liquids, butter, fat)
1 teaspoon (tsp)	1 tsp	5 milliliters (ml)	Volume (salt, spices)
1 cup	1 cup	240 milliliters (ml)	Volume (liquids, cream)
1 fluid ounce (fl oz)	1 fl oz	30 milliliters (ml)	Volume (liquids, cream)
1 quart (qt)	1 qt	950 milliliters (ml)	Volume (broth, stock)
1 liter (l)	4.2 cups	1 l	Volume (broth, stock)
1 stick butter	1 stick (4 oz)	113 grams (g)	Weight (butter, US packaging)
1 large egg	1 large	1 large (approx. 55-60g)	Count (eggs are similar in size)
1 inch	1 in	2.54 centimeters (cm)	Length (steak thickness, etc.)
1 milliliter (ml)	0.034 fl oz	1 ml	Volume (small amounts)
1 milligram (mg)	0.001 g	1 mg	Weight (trace amounts)

Description

This table provides a quick reference for converting between American (US/Imperial) and European (metric) units commonly used in cooking and recipe writing.

- **Weight:** US recipes often use ounces (oz) and pounds (lb), while European recipes use grams (g) and kilograms (kg). For small amounts (like spices), grams are most common.
- **Volume:** US recipes use teaspoons (tsp), tablespoons (tbsp), cups, fluid ounces (fl oz), and quarts (qt). European recipes use milliliters (ml) and liters (l).
- **Butter:** In the US, butter is often sold in sticks (1 stick = 4 oz = 113 g). In Europe, butter is usually measured in grams.
- **Eggs:** Large eggs are similar in size in both systems, typically 55-60 grams each.
- **Length:** Sometimes steak thickness or other dimensions are given in inches (in) or centimeters (cm).

Tip: For best accuracy, especially in baking or when following international recipes, use a digital kitchen scale that can switch between grams and ounces, and a set of measuring spoons/cups with both US and metric markings.

Conclusion

Thank you for dedicating your time and energy to exploring the Carnivore Diet Cookbook for Beginners. Your willingness to learn, experiment, and embrace a new approach to nutrition is commendable. Whether seeking better health, more energy, or simply a simpler way of eating, your journey through these pages is a meaningful step toward your goals.

Throughout this book, you have gained a comprehensive understanding of the carnivore diet—its origins, scientific foundations, and the many ways it can support health and well-being. You have learned about the nutritional value of animal-based foods, the different types of carnivore diets, and how to confidently navigate the transition period. The essential ingredients and approved foods section has equipped you with the knowledge to make informed choices at the market. At the same time, the detailed recipes have shown that variety, flavor, and satisfaction are all possible within the carnivore lifestyle.

You now have a collection of practical, easy-to-follow recipes for every meal of the day, organized by protein source to help you keep your meals interesting and enjoyable. The meal planning tips, adaptation strategies, and answers to frequently asked questions are designed to support you as you make this way of eating a sustainable part of your life.

Now, the next step is yours. Take what you have learned and bring it into your kitchen. Try new recipes, experiment with different cuts of meat, and don't be afraid to adapt meals to your preferences and needs. Remember, the carnivore diet is not about perfection but progress and discovering what works best for your body. Every meal you prepare is an opportunity to nourish yourself and move closer to your health and wellness goals.

If you ever feel uncertain or need additional support, revisit the meal plans, recipe ideas, and adaptation tips provided in this book. Consider connecting with the growing community of carnivore diet enthusiasts for inspiration, encouragement, and shared experiences. And, as always, consult with a healthcare professional if you have specific health concerns or want to tailor the diet to your unique needs.

Embrace this journey with confidence and curiosity. The path to better health is not always linear, but every positive choice you make increases over time. Celebrate your progress, listen to your body, and enjoy the simplicity and satisfaction that the carnivore diet can bring. Here's to your continued success, vibrant health, and the joy of discovering a new way to nourish yourself—one delicious, animal-based meal at a time!



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