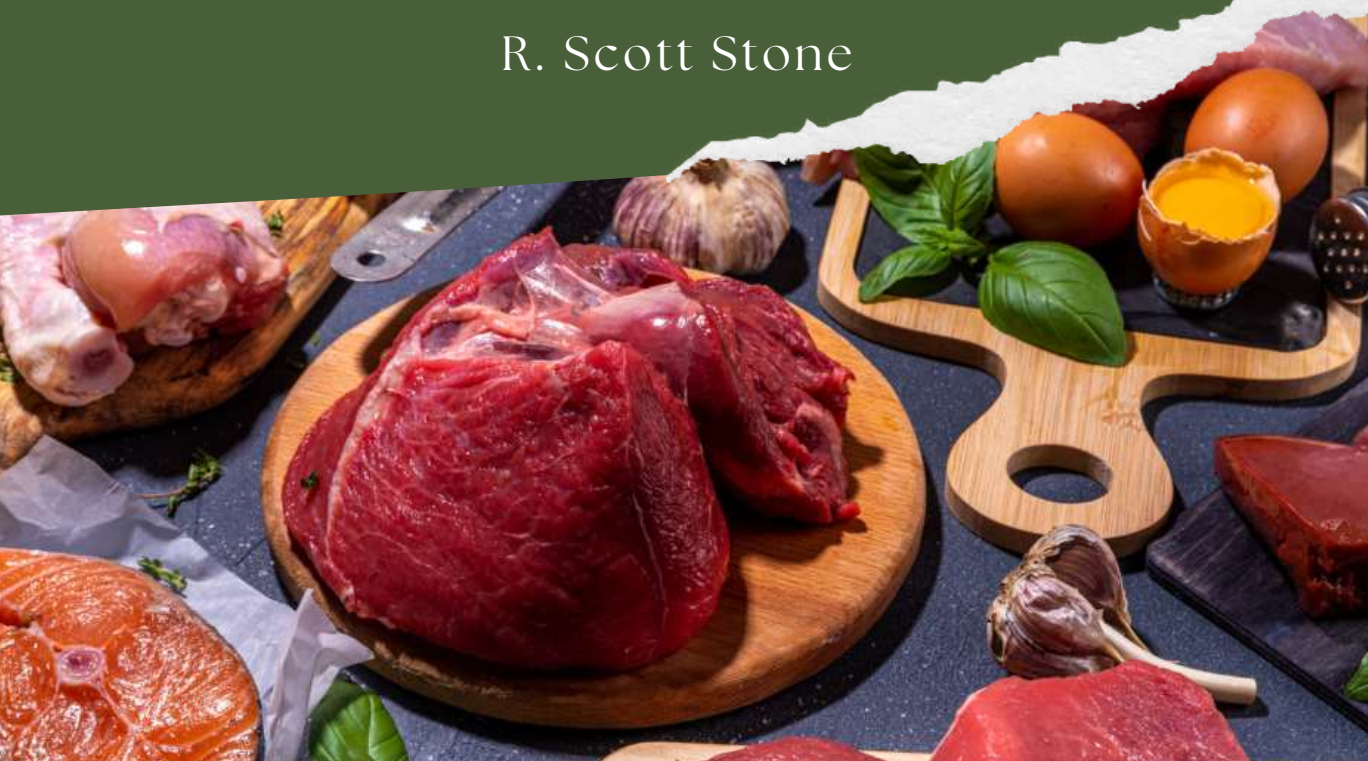




The Ultimate Carnivore Diet Guide & Cookbook

5-Week Meal Plan with 100+ High-Protein Recipes
Organized by Cooking Method

R. Scott Stone



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Table of CONTENTS

	<i>Introduction</i>	9
CHAPTER 1: The Significance of Meat in the Carnivore Diet	<i>Nutritional Profile of Meat</i> High-Quality Protein Healthy Fats Micronutrients: Key Vitamins and Minerals Comparing Meat’s Nutrient Density with Plant-Based Alternatives <i>Types of Meat</i> Red Meat White Meat Seafood and Fish Organ Meats (Offal) Exotic Meat <i>Addressing Common Myths About Meat Consumption</i>	9 9 9 10 10 10 11 11 11 12 12 12
CHAPTER 2: Selecting and Preparing Meat	<i>Understanding Meat Labels</i> Organic Meat Grass-Fed vs. Grain-Fed Free-Range and Pasture-Raised Certified Hormone-Free and Antibiotic-Free <i>Identifying Freshness and Quality</i> Visual Indicators	14 14 14 14 15 15 15

	Smell	15
	Texture	15
	Packaging	16
	<i>Choosing the Right Cuts</i>	16
	Red Meat Cuts	16
	White Meat Cuts	16
	Fish and Seafood Selection	17
	Organ Meats	17
	<i>Prepping Meat for Use</i>	17
	Cleaning and Trimming	17
	Portioning and Cutting	18
	Marinating and Resting	18
CHAPTER 3: Culinary Techniques and Cooking Methods	<i>Pan Cooking</i>	19
	<i>Searing and Browning</i>	20
	<i>Braising and Stewing</i>	20
	<i>Frying and Sautéing</i>	21
	<i>Sautéing</i>	22
	<i>Grilling</i>	22
	<i>Roasting and Baking</i>	23
	<i>Smoking</i>	24
	<i>Slow Cooking</i>	24
	<i>Temperature Table</i>	26
	<i>Meat Doneness Level</i>	27
CHAPTER 4: Recipes	<i>Breakfast Recipes</i>	28
	Bacon with Eggs	29
	Sausage with Eggs	29
	Smoked Salmon & Egg Scramble	30
	Beef & Egg Scramble	30
	Bacon & Egg Scramble	31

Cloud Eggs	31
Chicken Omelet	32
Bacon Omelet	32
Sausage Omelet	33
Chicken & Cheese Muffins	33
Beef Muffins	34
Beef Frittata	34
Pork & Egg Bake	35
Cheddar & Egg White Waffles	35
Ground Beef & Bacon Waffles	36
<i>Pan-Cooked Recipes</i>	37
Spiced Shrimp	38
Simple Flank Steak	38
Spiced Ground Chicken	39
Thyme Turkey Cutlets	39
Spiced Duck Breasts	40
Herbed Chicken Thighs	40
Bacon-Wrapped Filet Mignon	41
Herbed Pork Chops	41
Pork & Bacon Burgers	42
Spiced Lamb Chops	42
Simple Salmon	43
Broth-Braised Salmon	43
Squid in Parsley Sauce	44
Scallops in Yogurt Sauce	44
Chicken in Creamy Sauce	45
<i>Baking Recipes</i>	46
Creamy Chicken Bake	47
Herbed Pollock	47
Spiced Chicken Drumsticks	48
Bacon-Wrapped Turkey Breast	48
Marjoram Duck Legs	49
Spiced Chuck Roast	49

Rosemary Rib-Eye Steak	50
Herbed Pork Loin	50
Cheddar Pork Meatballs	51
Spiced Lamb Chops	51
Rosemary Whole Trout	52
Spiced Whole Sea Bass	52
Parsley Salmon	53
Spiced Tilapia	53
Chicken & Bacon Casserole	54
<i>Grilling Recipes</i>	55
Rosemary Cornish Hens	56
Herbed Chicken Thighs	56
Marjoram Chicken Kabobs	57
Cheesy Turkey Burgers	57
Thyme Duck Breasts	58
Herbed Beef Tenderloin	58
Spiced T-Bone Steak	59
Buttered Clams	59
Herbed Pork Chops	60
Mint Lamb Chops	60
Spiced Salmon	61
Simple Haddock	61
Buttered Mahi-Mahi	62
Rosemary Cod Parcel	62
Dill Pork Tenderloin	63
<i>Smoker Recipes</i>	64
Spiced Whole Chicken	65
Simple Chicken Legs	65
Stuffed Chicken Breasts	66
Rosemary Whole Turkey	66
Simple Duck Breasts	67
Simple Shrimp	67
Spiced Beef Brisket	68

Simple Pork Butt Roast	68
Rosemary Lamb Shoulder	69
Herbed Beef Prime Rib Roast	69
Simple Salmon	70
Rosemary Whole Trout	70
Spiced Sardine	71
Buttered Crab Legs	71
Stuffed Leg of Lamb	72
<i>Slow Cooker Recipes</i>	73
Spiced Whole Chicken	74
Buttered Chicken Thighs	74
Bacon-Wrapped Chicken Breasts	75
Rosemary-Braised Beef Shoulder	75
Herbed Pork Loin	76
Braised Pork Ribs	76
Lamb Chops in Mint Sauce	77
Dill-Braised Salmon	77
Shrimp in Butter Sauce	78
Mussel in Creamy Sauce	78
<i>Exotic Meat Recipes</i>	79
Spiced Quail	80
Herbed Whole Rabbit	80
Simple Ostrich Roast	81
Bison Burgers	81
Herbed Bison Steaks	82
Spiced Venison Chops	82
Braised Venison Roast	83
Simple Elk Roast	84
Spiced Elk Steaks	84
Kangaroo Kabobs	85
<i>Organ Meat Recipes</i>	86
Simple Chicken Gizzards	87
Crispy Chicken Gizzards	87

	Chicken Liver Kabobs	88
	Simple Beef Liver	88
	Herbed Beef Liver	89
	Simple Beef Heart	89
	Beef Herat Kabobs	90
	Parsley Pork Liver	90
	Lamb Kidneys in Creamy Sauce	91
	Organ Meat Pie	91
	<i>Appetizer Recipes</i>	92
	Chicken Nuggets	93
	Bacon-Wrapped Eggs	93
	Smoked Salmon Cheese Rolls	94
	Cheesy Bacon Balls	94
	Bacon-Wrapped Mozzarella Sticks	95
	Chicken Strips	95
	Deviled Eggs	96
	Fish Sticks	96
	Bacon-Wrapped Scallops	97
	Bacon-Wrapped Shrimp	97
	<i>Jerky Recipes</i>	98
	Chicken Jerky	99
	Ground Turkey Jerky	99
	Beef Jerky	100
	Pork Jerky	100
	Salmon Jerky	101
	<i>CHAPTER 5: Conversion Charts</i>	102
	<i>CHAPTER 6: FAQs</i>	104
	<i>Conclusion</i>	104
	<i>5-Week Meal Plan</i>	105
	<i>Index</i>	108

INTRODUCTION

The Carnivore Diet is a return to simplicity, focusing on nutrient-dense, animal-based foods that fuel the body while eliminating unnecessary carbs and inflammatory ingredients. This cookbook offers creative, flavorful recipes for every meal, making it easy to embrace this straightforward approach to eating. These recipes demonstrate that eating clean can be both tasty and practical, whether you're starting your carnivorous journey, boosting your energy levels, or supporting health objectives.

CHAPTER 1: THE SIGNIFICANCE OF MEAT IN THE CARNIVORE DIET

Meat is one of nature's most nourishing foods, rich in high-quality protein, essential fats, and readily absorbable nutrients vital for energy, muscle development, and overall well-being. Its deep-rooted cultural significance and versatility—from robust steaks to nutrient-packed organ cuts—make it a cornerstone of human diets, offering both sustenance and endless culinary possibilities while promoting a nutrient-focused approach to health.

NUTRITIONAL PROFILE OF MEAT

With its high-quality protein, healthy fats, and critical vitamins and minerals, meat is a remarkable supply of important elements that are required for the body's growth, repair, and general well-being.

High-Quality Protein

All nine essential amino acids required for biological activities are included in meat, making it a complete protein supply.

Muscle Repair and Growth

- A 3-ounce serving of beef or chicken delivers approximately 25-31 grams of protein to support muscle repair and growth.
- Complete protein in meat aids in recovery from exercise and strengthens tissues.

Tissue Maintenance

- Protein helps repair damaged tissues and promotes the development of new cells.
- Critical for enzyme production and hormone synthesis, ensuring proper metabolic function.

Healthy Fats

The fats in meat are essential for energy production, hormone regulation, and overall cellular health.

Energy Source

- Fatty cuts of beef, pork, and lamb provide long-lasting energy, ideal for physically demanding activities.
- Omega-3 fats in fish like salmon improve endurance and support cardiovascular health.

Hormonal Support

- Saturated fats from meat are vital for producing hormones such as testosterone and estrogen.
- Maintain hormonal balance, which is critical for metabolism and stress regulation.

Brain Health

- DHA from fatty fish like mackerel supports cognitive function and memory.
- Fats from organ meats contribute to brain and nervous system development.

Micronutrients: Key Vitamins and Minerals

Meat is a nutrient-dense source of vitamins and minerals, many of which are highly bioavailable.

Iron (Heme Form)

- Heme iron, found in red meats like beef and lamb, is better absorbed than iron from plants.
- Prevents iron deficiency anemia by supporting red blood cell production and oxygen transport.

Zinc

- Zinc, which is plentiful in pork and red meats, boosts immunity and speeds up wound healing.
- Supports DNA synthesis and promotes healthy skin.

Vitamin B12

- Exclusively found in animal products like liver, eggs, and shellfish, B12 supports brain health and nerve function.
- Prevents fatigue and neurological disorders caused by deficiency.

Phosphorus and Selenium

- Phosphorus in pork and poultry promotes bone health and energy metabolism.
- As an antioxidant, selenium lowers inflammation and protects cells.

Comparing Meat's Nutrient Density with Plant-Based Alternatives

Meat provides a higher concentration of bioavailable nutrients compared to most plant-based options.

Protein Efficiency

- A 3-ounce serving of steak delivers 25 grams of complete protein, compared to 8 grams in a cup of cooked quinoa.
- Meat provides all essential amino acids, while most plant proteins require careful combining to achieve completeness.

Iron Absorption

- Heme iron in meat is absorbed up to 15% more effectively than non-heme iron found in spinach and legumes.
- Helps prevent deficiencies more reliably than plant-based sources.

Vitamin B12 Advantage

- Only animal-based foods like beef and fish naturally contain B12, which is essential for nerve health and red blood cell production.
- Plant-based eaters often require supplements to meet their B12 needs.

TYPES OF MEAT

Meat comes in a variety of forms, each offering unique nutritional benefits and culinary versatility. Below is a detailed breakdown of meat types, categorized and expanded with specific examples.

Red Meat

Red meats are great for energy, immunological support, and general vigor since they are high in iron, zinc, and critical fatty acids like omega-3.

Beef

- High in protein and iron, essential for oxygen transport in the blood.
- Rich in B vitamins, especially B12, which promotes healthy neural function.

Lamb

- Packed with heme iron for energy and zinc for immune health.
- Grass-fed lamb is rich in omega-3s and conjugated linoleic acid (CLA), which may support fat metabolism.

White Meat

White meats are lean protein sources, lower in fat, and ideal for those seeking lighter, high-quality protein options.

Chicken

- A versatile protein source, low in fat, and rich in niacin and phosphorus for cellular energy and bone health.
- Skinless chicken breast is particularly popular for its low-calorie and high protein content.

Turkey

- A lean alternative to red meat, with high levels of tryptophan, which supports mood and sleep regulation.
- Provides selenium, which contributes to immune health and antioxidant defense.

Duck

- Considered a richer white meat with high levels of healthy monounsaturated fats.
- Provides selenium and zinc, promoting immune health and cell repair.

Seafood and Fish

Seafood is prized for its omega-3 fatty acids, iodine, and lean protein, promoting heart health and brain function.

Salmon

- A fatty fish rich in omega-3s (EPA and DHA) that support heart health and reduce inflammation.
- High in vitamin D, crucial for bone health and immunity.

Tuna

- A lean fish that is low in fat and high in protein, perfect for developing muscle.
- Contains selenium, which acts as a potent antioxidant.

Shellfish (Shrimp, Oysters, Mussels)

- Rich in zinc and selenium, boosting immunity and supporting reproductive health.
- High in B12 and iron, aiding in energy production.

Cod

- Low-fat white fish with ample iodine for thyroid health.
- Contains vitamin B6, which supports brain development and function.

Organ Meats (Offal)

Often referred to as nature's multivitamin, organ meats are nutrient-dense and provide an array of essential vitamins and minerals.

Liver (Beef, Chicken, Pork)

- A superfood is rich in vitamin A, iron, and B12, supporting vision, energy production, and immune function.
- High in folate, which is crucial for DNA synthesis and repair.

Kidneys (Lamb, Beef)

- High in protein, selenium, and iron, supporting cellular repair and antioxidant protection.
- Contains omega-3 fatty acids, promoting heart health.

Heart (Beef, Chicken)

- Packed with CoQ10, which supports cardiovascular health and cellular energy production.
- A rich source of zinc, selenium, and iron.

Exotic Meat

Exotic meats provide alternative sources of protein and unique flavors while often being leaner than traditional meats.

Rabbit

- Exceptionally lean and rich in high-quality protein.
- Contains more omega-3 fatty acids than most traditional white meats.

Venison (Deer)

- Leaner than most red meats, offering high protein content with lower fat levels.
- Contains selenium and iron, aiding in antioxidant protection and oxygen delivery.

Bison (Buffalo)

- Rich in iron and vitamin B12, it has less fat and more protein than beef.
- A great choice for those seeking nutrient-dense, lean red meat.

Kangaroo

- Exceptionally lean, with low-fat content and high protein levels.
- Contains CLA, which may support metabolism and fat loss.

Elk

- Lean and high in protein, with a mild flavor.
- Rich in zinc, iron, and B12, supporting energy and immune health.

Ostrich

- A red meat that's leaner than beef, with high levels of iron and protein.
- Lower in calories and fat, making it a healthy alternative to traditional red meats.

ADDRESSING COMMON MYTHS ABOUT MEAT CONSUMPTION

Despite its nutritional benefits, meat consumption is often surrounded by myths and misconceptions.

Myth: Meat Causes Heart Disease

- Research shows that moderate consumption of unprocessed red meat does not directly lead to heart disease.
- Saturated fats in meat can be part of a balanced diet when paired with nutrient-dense foods like vegetables.

- Processed meats, not fresh meats, are often linked to health risks due to added sodium and preservatives.

Myth: Meat is Difficult to Digest

- Lean cuts of meat are easily digested and provide highly bioavailable nutrients.
- Proper cooking methods, like slow cooking or marinating, make meat even easier on the digestive system.
- Digestive discomfort is more likely caused by overconsumption or pairing meat with heavy, processed side dishes.

Myth: Meat Lacks Fiber and is Bad for Gut Health

- While meat doesn't contain fiber, it isn't harmful to gut health when consumed with fiber-rich foods.
- Meat provides proteins and amino acids that are essential for maintaining gut lining integrity.
- A balanced diet rich in vegetables and meat helps to maintain a healthy gut flora.

Myth: Plant-Based Diets are Healthier than Meat-Based Diets

- Meat offers nutrients like heme iron, vitamin B12, and complete proteins, which are difficult to obtain from plants alone.
- The bioavailability of nutrients in meat is higher, meaning the body absorbs and uses them more efficiently.
- Both diets can be healthy when planned properly, but eliminating meat entirely can lead to deficiencies if not managed carefully.

Myth: Meat is Bad for the Environment

- Sustainable farming practices and grass-fed options significantly reduce the environmental impact of meat production.
- Large-scale monocropping for plant-based alternatives can also harm ecosystems and soil health.
- Ethical meat consumption, including choosing local and responsibly raised meat, supports environmental sustainability.

Myth: Meat Consumption Leads to Weight Gain

- Because they are high in protein and low in calories, lean meats like chicken and turkey can help you control your weight.
- Protein in meat helps increase satiety, reducing overall calorie intake and supporting weight loss.
- Overeating or combining meat with calorie-dense side dishes contributes to weight gain, not the meat itself.

Myth: Meat Contains Hormones and Antibiotics That Harm Health

- Regulations in many countries strictly control the use of hormones and antibiotics in livestock.
- Meat labeled "organic" or "hormone-free" is available for those concerned about additives.
- Proper cooking destroys residual antibiotics, ensuring meat is safe for consumption.

CHAPTER 2: SELECTING AND PREPARING MEAT

Selecting and preparing meat is essential for preserving its nutritional value, quality, and flavor. From understanding labels like "grass-fed" or "organic" to assessing freshness through color, smell, and texture, every choice impacts the final product. Proper handling, storage, and responsible sourcing ensure meat retains its nutrients while meeting personal preferences and dietary needs, transforming it into a reliable and satisfying source of nourishment.

UNDERSTANDING MEAT LABELS

Meat labels provide essential information about the quality, origin, and production methods of the product. Deciphering these labels can help you make informed decisions about the meat you consume.

Organic Meat

Organic meat refers to products that meet strict standards for animal care and feeding.

- Animals are raised without synthetic pesticides, herbicides, or genetically modified feeds.
- Certified organic farms must provide animals with outdoor access and use only organic feed.

Grass-Fed vs. Grain-Fed

The way livestock is fed significantly impacts the nutritional content and flavor of the meat.

Grass-Fed Meat

- Throughout their lives, animals are naturally fed grass and fodder.
- Rich in antioxidants, including vitamin E, conjugated linoleic acid (CLA), and omega-3 fatty acids.
- Meat tends to have a leaner texture and a more robust, earthy flavor.

Grain-Fed Meat

- Animals are fed a diet primarily composed of grains like corn and soy.
- This results in marbled meat having a richer, butterier taste.
- Generally, it is more affordable but lower in omega-3s compared to grass-fed options.

Free-Range and Pasture-Raised

These labels indicate the living conditions and treatment of the animals, impacting meat quality and ethical considerations.

Free-Range

- Animals, especially poultry, have access to the outdoors for part of the day.
- Typically, it results in leaner meat with a firmer texture and richer flavor.

Pasture-Raised

- Livestock spend the majority of their lives grazing on pastures.
- Increased amounts of omega-3 fatty acids, vitamins A and E.
- Meat reflects the animals' natural diet and exercise, offering enhanced flavor and texture.

Certified Hormone-Free and Antibiotic-Free

These labels ensure that the meat is free from artificial hormones and antibiotics, prioritizing purity and safety.

Hormone-Free Meat

- Animals are raised without growth hormones that accelerate weight gain.
- Especially important for beef and dairy cattle, as hormone use is prohibited in poultry and pork.
- Reduces potential health risks linked to hormone residues in meat.

Antibiotic-Free Meat

- Livestock are raised without the use of antibiotics, ensuring no residues remain in the final product.
- Aids in the fight against the expanding problem of antibiotic resistance.
- Often accompanied by better animal welfare practices.

IDENTIFYING FRESHNESS AND QUALITY

Meat safety, taste, and nutritional value all depend on its freshness and quality.

Visual Indicators

The appearance of meat can provide important clues about its freshness and quality.

Color Differences

- **Red Meat:** Fresh beef or lamb should have a bright, cherry-red color. Brown or gray hues may indicate oxidation or spoilage.
- **Poultry:** Fresh chicken or turkey should appear pale pink. Avoid poultry with gray or greenish tones.
- **Fish:** Look for shiny, translucent skin and bright eyes (for whole fish). Fillets should have a vibrant appearance, not dull or faded.

Smell

The smell of meat is another key indicator of its freshness.

- Fresh meat should have a clean, neutral smell. Slightly sweet or mild aromas are acceptable for certain fish and poultry.
- A sour, ammonia-like, or overly fishy odor indicates that the meat is no longer fresh.
- Avoid meat that has an off-putting or sharp smell.

Texture

The texture of the meat can reveal its quality and freshness.

- To the touch, fresh meat should feel solid and somewhat springy.
- Meat that is overly soft or sticky is likely past its prime.
- Surface moisture should be minimal. Excessively wet or slimy meat is a sign of deterioration.
- Discoloration, such as dark spots or greenish patches, is a sign of spoilage.
- Slimy textures indicate bacterial growth and should be avoided.

Packaging

The type of packaging can significantly impact the freshness and quality of meat.

- Extends shelf life by reducing exposure to oxygen. Meat in vacuum-sealed packaging may appear darker but is usually fresh.
- Ideal for storing meat for longer periods or freezing.
- Fresh cuts from a butcher are often loosely packaged but should be consumed quickly.
- Look for tightly wrapped packaging to avoid contamination or air exposure.

CHOOSING THE RIGHT CUTS

Selecting the appropriate cut of meat is crucial for achieving the desired flavor, texture, and culinary outcome.

Red Meat Cuts

Red meat cuts are categorized by the part of the animal they come from, each suited for specific purposes based on texture and fat content.

Loin Cuts

- Includes tenderloin, sirloin, and strip steak.
- These slices are valued for their softness and work well with fast cooking techniques like pan-searing or grilling.
- Choose loin cuts when you want a leaner option with a premium texture.

Rib Cuts

- Includes ribeye steak, short ribs, and prime rib.
- Known for rich marbling, these cuts are flavorful and best for roasting, grilling, or slow-cooking.
- Opt for rib cuts when prioritizing flavor and juiciness.

Round Cuts

- Includes top round, bottom round, and eye of round.
- Lean and slightly tougher, making them better suited for slow-cooking, braising, or roasting.
- Perfect for dishes requiring sliced or shredded meat.

White Meat Cuts

White meat cuts, especially from poultry, differ in fat content, texture, and culinary application.

Breast

- The leanest cut, ideal for grilling, roasting, or stir-frying.
- Choose breast meat for dishes requiring a neutral flavor and lower fat content.

Thighs

- Darker and richer in flavor, with slightly more fat.
- Better for braising, baking, or stews, as they remain moist and tender during longer cooking times.

Wings

- A combination of meat, skin, and fat, popular for frying or grilling.
- Opt for wings when making appetizers or finger foods with crispy textures.

Fish and Seafood Selection

Choosing the right fish or seafood cut depends on the cooking method and the type of dish being prepared.

Whole Fish

- Best for grilling, baking, or steaming when presentation and flavor intensity are priorities.
- Ideal for recipes where the bones and skin enhance the flavor.

Fillets

- Boneless and skinless options like salmon or cod fillets are perfect for frying, baking, or broiling.
- Choose fillets for ease of preparation and quick-cooking dishes.

Organ Meats

Organ meats come in various forms, each with unique characteristics that suit specific culinary uses.

Liver

- Available from beef, chicken, or pork, the liver has a rich flavor and soft texture.
- Best for pâtés, sautéing, or slow-cooking recipes where its bold taste can shine.

Heart

- Beef or chicken heart is firmer and slightly chewy. Works well when marinated and grilled or used in stews.

Kidneys

- Typically, kidneys have a unique texture and robust flavor from lamb or beef.
- Choose for dishes like steak and kidney pie or slow-cooked casseroles.

PREPPING MEAT FOR USE

Proper preparation of meat ensures optimal flavor, texture, and safety. It is important to follow some specific steps for cleaning, trimming, portioning, and preparing meat before cooking.

Cleaning and Trimming

Preparing meat starts with cleaning and trimming to remove unwanted parts and ensure safety.

Removing Excess Fat or Silver Skin

- **Red Meat:** Trim off thick layers of fat and the tough, silver membrane (silver skin) found on cuts like tenderloin or ribs. This prevents chewiness and allows even cooking.
- Use a sharp knife for precise trimming without removing too much of the meat itself.

Properly Washing Poultry and Fish

- **Poultry:** Rinse lightly under cold water to remove any surface residues or loose feathers. When cooking, always use a fresh paper towel to pat dry for crispier skin.
- **Fish:** Gently rinse fillets or whole fish to remove scales or excess slime, then dry to avoid waterlogging during cooking.

Portioning and Cutting

Portioning meat appropriately ensures even cooking and makes meal prep more efficient.

Cutting Meat into Uniform Sizes

- Slice red meat into evenly sized portions to prevent uneven cooking, especially when grilling or pan-searing.
- For dishes like stir-fries, cut strips of meat thinly and consistently to achieve quick and uniform cooking.

Dividing Large Cuts for Storage

- Separate larger cuts like roasts or whole chickens into smaller, manageable portions before freezing.
- To avoid freezer burn and facilitate simpler thawing for single meals, securely wrap each dish in plastic wrap or vacuum-seal.

Marinating and Resting

Enhancing flavor and ensuring the meat cooks evenly begins with marinating and resting.

Marinating Meat

- Use simple marinades with acidic components (like lemon juice or vinegar) to tenderize tougher cuts such as flank steak or chicken thighs.
- For subtle flavor enhancement, marinate red meat for several hours or overnight in the refrigerator.

Resting Meat Before Cooking

- Before cooking, take the meat out of the refrigerator for 20 to 30 minutes to bring it closer to room temperature. This ensures more even cooking and prevents the outside from overcooking while the inside remains cold.
- Resting is particularly important for thicker cuts like steaks or roasts.

CHAPTER 3: CULINARY TECHNIQUES AND COOKING METHODS

Cooking meat is both an art and a science, where proper techniques enhance its flavor, texture, and nutritional value. Whether searing, roasting, or braising, each method plays a unique role in transforming raw cuts into flavorful dishes. Mastering these techniques ensures tender, juicy results while elevating the overall culinary experience, making every meal truly satisfying.

PAN COOKING

Pan cooking involves heating a skillet or pan on a stovetop to cook meat with butter or animal fat. It is ideal for achieving a seared, golden-brown crust on the meat while maintaining tenderness and juiciness inside. This technique works with a variety of meats and serving sizes and provides exact control over heat.

Ideal Cuts

Pan cooking works best for smaller, tender cuts that cook evenly and quickly.

- **Steaks:** Tender cuts like ribeye, sirloin, or filet mignon develop a perfect crust while remaining juicy inside.
- **Chicken Breast or Thighs:** Boneless options cook evenly and retain their natural flavor.
- **Pork Chops:** Thick or thin-cut chops work well with pan searing, producing a caramelized exterior.
- **Fish Fillets:** Salmon, cod, or tilapia fillets benefit from gentle pan cooking for a delicate, flaky texture.

Process

Preheating the Pan

- For even heat distribution, use a heavy-bottomed skillet made of stainless steel or cast iron.
- Preheat the pan on medium-high heat for 2-3 minutes before adding butter or fat.

Cooking the Meat

- For Steaks or Chops: Sear one side until a crust forms (2-4 minutes), then flip and cook to the desired doneness.
- For Chicken or Pork: Start with medium heat to ensure the meat cooks through without burning the exterior.
- For Fish: Cook skin-side down first for a crisp texture, then gently flip for even cooking.

Using the Proper Heat Levels

- High heat for searing or browning.
- Medium heat is used for even cooking of thicker cuts.
- Low heat for delicate meats like fish or thin slices.
- To ensure softness, remove the meat from the pan and let it rest for five to ten minutes so that the fluids may redistribute.

SEARING AND BROWNING

Searing involves cooking the surface of meat at high temperatures to achieve a deep, golden-brown crust. This process enhances flavor through the Maillard reaction, where heat transforms proteins and sugars on the meat's surface into complex, savory notes.

- Used primarily for flavor development rather than cooking the meat through.
- Often a preparatory step before roasting, braising, or grilling.

Ideal Cuts

Certain cuts of meat respond particularly well to searing due to their texture and natural fat content.

- **Steaks:** Cuts like ribeye, strip steak, and tenderloin are perfect for achieving a well-browned exterior while retaining a juicy interior.
- **Chops:** Pork chops and lamb chops benefit from searing, as the crust enhances their natural flavors.
- **Tender Cuts of Red Meat:** Cuts such as filet mignon or sirloin, with minimal connective tissue, sear beautifully without requiring extended cooking times.

Process

Preheating the Pan

- Start with a heavy-bottomed skillet or cast-iron pan for even heat distribution.
- Heat the pan until it's hot enough to create an audible sizzle when the meat is placed on it.

Placing the Meat

- Using a towel, pat the meat dry to eliminate any surplus moisture that can impede its browning.
- Prior to putting it in the pan, liberally season with salt and pepper.

Allowing the Meat to Caramelize

- Don't move the meat too soon when it's in the pan. Let it develop a crust, which typically takes 2-4 minutes per side.
- Flip the meat only once for even browning.

Final Steps

- After searing, allow the meat to rest or finish cooking via another method (e.g., oven roasting or braising) as needed.
- Use wine, broth, or water to deglaze the pan, and use the tasty browned pieces that remain to make a sauce.

BRAISING AND STEWING

Braising involves cooking larger cuts of meat partially submerged in liquid over low heat for an extended time, typically in the oven or on the stovetop. Stewing, on the other hand, uses fully submerged, smaller meat pieces cooked similarly in liquid. Both methods rely on moist heat to break down connective tissue, resulting in tender meat and a rich, flavorful broth.

Ideal Cuts

Tougher cuts with higher connective tissue content work best for these methods due to their ability to become melt-in-your-mouth tender with slow cooking.

- **Brisket:** Ideal for braising, as the slow cooking process renders its tough fibers tender.
- **Short Ribs:** Benefit from braising or stewing to break down their connective tissue and enhance their rich, beefy flavor.
- **Lamb Shanks:** Perfect for slow cooking as the heat and liquid soften the meat around the bone, adding depth to the dish.
- **Oxtails:** Popular in stews for their gelatin-rich texture, which thickens the cooking liquid into a luscious sauce.

Tips for Braising and Stewing

Searing Meat Before Adding Liquid

- For a rich, caramelized flavor basis, brown the meat in a Dutch oven before braising or stewing.
- Searing also creates fond (browned bits on the bottom of the pan), which enhances the overall flavor of the dish when deglazed.

Choosing the Right Liquids

- **Bone Broth:** Adds depth of flavor and complements beef, lamb, or poultry-based braises and stews.
- **Water:** Works as a neutral base, but enhancing it with aromatics (onions, garlic, herbs) ensures a flavorful result.

Tips

- To retain moisture and capture steam while cooking, use a cover that fits tightly.
- Cook at a low, steady temperature (typically 300°F-325°F) to allow gradual tenderization.

FRYING AND SAUTÉING

Frying and sautéing are versatile, high-heat cooking methods that deliver quick and flavorful results, each suited to specific cuts and textures of meat.

Frying

Frying immerses meat in hot butter or fat, creating a crispy, golden crust and locking in moisture.

- Meat is submerged in hot oil, allowing the surface to crisp while the interior cooks quickly.
- Ideal for achieving a crunchy texture and even cooking.

Ideal Cuts

- **Chicken Wings:** Perfect for frying due to their size and natural fat content, creating crispy skin and tender meat.
- **Breaded Pork Chops:** The breading crisps up beautifully while sealing in the pork's juices.
- **Battered Fish:** Fish fillets like cod or haddock take on a light, crispy coating when fried.

Process

Maintaining Consistent Heat

- Heat oil to 350°F-375°F and monitor with a thermometer to avoid undercooking or burning.
- Fry in small batches to prevent the fat temperature from dropping.

SAUTÉING

Sautéing is a quick cooking method that uses a small amount of butter, which is ideal for developing flavor without breading or deep frying.

- Meat is cooked over medium to high heat in a shallow pan, allowing it to brown evenly while staying tender.
- Great for highlighting the natural flavor of the meat with minimal added fat.

Best for Thin Cuts

- **Chicken Strips:** Quick to cook and develop a golden-brown surface, perfect for stir-fries or fajitas.
- **Pork Medallions:** Thin slices of tender pork cook evenly and retain moisture.
- **Ground Meats:** Sautéing ground beef, chicken, or pork ensures even browning for tacos, sauces, or casseroles.

Process

Cooking Meat Evenly

- Use a non-stick or stainless-steel skillet and heat before adding butter to prevent sticking.
- Spread meat in a single layer to ensure each piece makes contact with the pan.
- Avoid overcrowding to allow proper browning.
- After sautéing, deglaze the pan with a splash of broth, wine, or water to incorporate browned bits into a sauce.

GRILLING

Grilling involves exposing meat to direct or indirect heat from a grill. This method caramelizes the surface of the meat, locking in juices and creating a smoky, charred flavor unique to this cooking style. It's ideal for achieving a balance between a crispy exterior and a tender interior.

Ideal Cuts

Grilling works best with cuts of meat that can cook quickly and evenly over high heat.

- **Ribeye and Sirloin:** Marbled cuts of red meat hold up well to the intense heat, staying juicy while developing a smoky crust.
- **Chicken Thighs:** Their natural fat content keeps them moist, making them less likely to dry out compared to chicken breasts.
- **Whole Fish:** Grilling whole fish like snapper or trout enhances flavor while keeping the flesh moist and tender.

Tips for Successful Grilling

Preheating the Grill and Cleaning the Grates

- Heat the grill for 10-15 minutes before placing the meat to ensure that it is even cooking and that there is proper searing.
- To ensure clean grill marks and avoid sticking, use a grill brush to wipe the grates.

Using Direct vs. Indirect Heat

- **Direct Heat:** Place meat directly over the flame for quick-cooking cuts like steaks, burgers, and chicken thighs.
- **Indirect Heat:** Move meat to a cooler area of the grill for larger cuts like bone-in chicken or roasts, allowing them to cook more slowly without burning.

Managing the Grill's Temperature

- For reliable results, check the interior grill temperature using a thermometer.
- For most meats, medium-high heat (375°F-450°F) is ideal.

Avoid Overhandling the Meat

- Flip the meat only once to allow proper searing and prevent tearing of the crust.
- Let the meat rest for 5-10 minutes after grilling to redistribute juices and ensure tenderness.

ROASTING AND BAKING

Roasting and baking involve cooking meat in an oven, typically at moderate to high temperatures. Roasting is often associated with higher heat and uncovered cooking to achieve a golden, caramelized crust while baking generally uses lower heat and may involve covering the meat to retain moisture. Both techniques are ideal for preparing larger cuts or whole pieces of meat.

Ideal Cuts

The following cuts work particularly well with roasting and baking due to their size and fat content:

- **Whole Chickens:** Evenly cooks the bird while allowing the skin to crisp.
- **Pork Roasts:** Cuts like loin or shoulder benefit from slow, even cooking to break down connective tissue and develop rich flavors.
- **Lamb Legs:** Perfect for roasting at high heat to create a browned crust while keeping the interior tender.
- **Salmon Fillets:** Baking ensures gentle cooking, preserving the fish's delicate texture and moisture.

Process

Setting the Right Temperature Based on the Meat Type

Red Meat

- Roast lamb or beef roasts at 375°F-450°F for a caramelized crust and juicy interior.
- Use a meat thermometer to achieve desired doneness (e.g., 135°F for medium-rare beef).

Poultry

- Whole chicken or turkey should roast at 350°F-375°F to cook through while keeping the skin crispy.
- For safety, make sure the interior temperature reaches 165°F.

Fish

- Bake salmon or similar fillets at 350°F-400°F for even cooking without drying out.

Importance of Basting or Covering to Retain Moisture

Basting

- Regularly spoon juices or melted butter over the meat during cooking to enhance flavor and prevent drying.

- Particularly useful for cuts like pork roast or turkey, where moisture loss can occur over extended cooking times.

Covering

- Use foil or a lid for lean cuts or delicate meats (like fish) to trap steam and keep the meat moist.
- Remove the cover near the end of cooking to allow for browning if desired.

SMOKING

Smoking involves cooking meat at low temperatures (generally 200°F and 250°F) over an extended period, with wood smoke providing distinct flavor profiles. The process not only enhances the taste but also breaks down connective tissues, making it ideal for tougher cuts of meat.

Ideal Cuts

Smoking works best with cuts that benefit from slow, even cooking to achieve tenderness and flavor infusion.

- **Ribs:** Pork or beef ribs are a smoking classic, developing a smoky crust and tender, fall-off-the-bone texture.
- **Brisket:** The extended cooking time renders the tough connective tissues into juicy, tender slices.
- **Whole Chickens:** Smoking imparts a rich flavor to the meat while keeping it moist.
- **Fish:** Delicate proteins like trout or salmon absorb smoke flavors beautifully, making them ideal for shorter smoking sessions.

Selecting Wood Types for Flavor Profiles

Because different woods transmit different tastes, you may adjust the smoke to suit the sort of meat you're cooking.

- **Hickory:** Strong and smoky, best for pork ribs and brisket.
- **Applewood:** Mild and slightly sweet, perfect for poultry and fish.
- **Cherry:** Sweet with a hint of tartness, works well with beef and pork.
- **Mesquite:** Intense and earthy, ideal for bold-flavored meats like brisket.

Maintaining Consistent Temperature

- Keep the smoker between 200°F-250°F to ensure even cooking and prevent drying out the meat.
- To keep an eye on the interior temperature of meat and guarantee food safety, use a meat thermometer.
- Adjust vents and fuel (charcoal or wood) to maintain steady heat throughout the smoking process.

SLOW COOKING

Slow cooking involves placing meat and other ingredients into a slow cooker or similar appliance, which maintains a steady temperature between 170°F and 280°F. This technique is perfect for reducing the amount of active cooking time while softening and flavoring tough pieces of meat.

Ideal Cuts

Slow cooking works best with tougher, collagen-rich cuts of meat that benefit from prolonged, moist heat.

- **Beef:** Chuck roast, brisket, and short ribs become tender and flavorful with extended cooking.
- **Pork:** Shoulder, butt, and ribs are excellent for slow cooking due to their fat content and connective tissue.
- **Chicken:** Bone-in thighs, drumsticks, and whole chickens remain moist and flavorful.
- **Lamb:** Shanks and shoulders develop rich, hearty flavors in the slow cooker.

Process

Preparing the Meat

- Optionally, sear the pork in a hot skillet before putting it in the slow cooker for a richer taste. This process intensifies the dish's flavor and produces a caramelized crust.
- Trim excess fat if desired to reduce greasiness in the finished dish.

Choosing the Right Settings

- **Low Heat:** Best for long cooking times (6-10 hours), allowing tougher cuts to become tender.
- **High Heat:** Suitable for shorter durations (4-6 hours) while still delivering good results.

Monitoring Liquids

- Enough liquid should be used to partially cover the meat to provide uniform cooking without over-steaming.
- Avoid opening the lid frequently, as this releases heat and extends cooking time.

Finishing Touches

- Put delicate ingredients like fresh herbs or dairy (e.g., cream) in the last 30 minutes to prevent overcooking.
- Replace the meat and let it rest briefly before serving.

TEMPERATURE TABLE

Type of Meat	Cut/Type	Recommended Internal Temperature
Beef	Steaks and Roasts	125°F (52°C) – Rare
		135°F (57°C) – Medium Rare
		145°F (63°C) – Medium
	Ground Beef	160°F (71°C)
Lamb	Chops and Roasts	135°F (57°C) – Medium Rare
	Ground Lamb	160°F (71°C)
Pork	Chops, Roasts, and Ribs	145°F (63°C)
	Ground Pork	160°F (71°C)
Chicken and Turkey	Whole or Parts	165°F (74°C)
	Ground Poultry	165°F (74°C)
Fish and Seafood	Fillets and Steaks	145°F (63°C)
	Shellfish	Cook until shells open
	Scallops	Cook until milky and firm
Venison and Game Meat	Steaks and Roasts	145°F (63°C)
	Ground Venison	160°F (71°C)

MEAT DONENESS LEVEL

Doneness Level	Internal Temperature	Recommended Internal Temperature
Rare	120-125°F (49-52°C)	Bright red center, cool to warm interior
Medium Rare	130-135°F (54-57°C)	Warm red center with slightly pink edges
Medium	140-145°F (60-63°C)	Pink center with more browned edges
Medium Well	150-155°F (66-68°C)	Slightly pink center, mostly browned
Well Done	160°F+ (71°C+)	Fully brown throughout, no pink

Preferred Doneness by Meat Type

- **Beef Steaks and Roasts:** Often enjoyed rare to medium.
- **Lamb and Veal:** Medium rare to medium preferred for tenderness.
- **Pork:** Best at medium (145°F/63°C) with slight pinkness for safety and moisture.
- **Poultry:** Always cooked to well done (165°F/74°C) for food safety.

BREAKFAST RECIPES



Bacon with Eggs

Allergens:

Gluten-free, Sugar-free, Dairy-free



Sausage with Eggs

Allergens:

Gluten-free, Sugar-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	35 mins.	4 individuals

PREP TIME	COOKING TIME	SERVINGS
10 mins.	20 mins.	2 individuals

Ingredients Required:

- Avocado oil baking spray
- Sugar-free bacon strips – 7 oz.
- Eggs – 8
- Salt & powdered black pepper – as desired

Ingredients Required:

- Gluten-free sausage links – 4
- Unsalted butter – 2 tbsp.
- Eggs – 2
- Salt & powdered black pepper – as desired

Procedure:

1. For preheating, set your oven to 350 °F.
2. Line a baking tray with bakery paper.
3. Lay out the bacon strips onto the baking tray.
4. Bake for around 15-20 minutes.
5. Flip the bacon strips and bake for around 15 minutes.
6. In the meantime, put the boiled eggs into a large pot of water on the burner at around high heat.
7. Cook the water until boiling.
8. Cover the saucepan right away and switch off the heat.
9. Let the pot cover for around 15-18 minutes.
10. Drain the eggs and shift into a basin of an ice bath for around 5 minutes.
11. Drain the eggs completely.
12. Take the bacon strips out of the oven and lay them out on a plate covered with paper towels.
13. After peeling, season the eggs with salt and pepper.
14. Enjoy alongside the bacon.

Procedure:

1. For preheating, set your oven to 400 °F
2. Line a baking tray with bakery paper.
3. Lay out the sausage links onto the baking tray.
4. Bake for around 15-20 minutes, rotating the sausages once halfway through.
5. In the meantime, sizzle butter into a large-sized cast-iron wok on the burner at around medium heat.
6. Crack an egg into a small-sized basin.
7. Pour the egg into the pan and boil, tossing the pot occasionally, for about 2½ to 3 minutes.
8. Carefully shift the cooked egg onto a plate.
9. Repeat with the remnant egg.
10. Take off the baking tray from the oven and divide the sausage links onto serving plates.
11. Place 1 fried egg onto each plate and sprinkle with salt and pepper.
12. Enjoy right away.

Nutritional Info:

Calories: 408
Fats (g): 27.6
Carbs (g): 0.3
Protein (g): 29.2

Nutritional Info:

Calories: 570
Fats (g): 47.6
Carbs (g): 1
Protein (g): 26.5



Smoked Salmon & Egg Scramble

Allergens:

Gluten-free, Sugar-free



Beef & Egg Scramble

Allergens:

Gluten-free, Sugar-free, Dairy-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	6 mins.	4 individuals

Ingredients Required:

- Unsalted butter – 1 tbsp.
- Eggs – 4, whisked
- Salt & powdered black pepper – as desired
- Smoked salmon – ½ cup, crumbled

Procedure:

1. Sizzle butter into a large-sized wok on the burner at around medium heat.
2. Cook the smoked salmon for around 1 minute.
3. Put in eggs, salt, and pepper and blend.
4. Cook for around 3-4 minutes, stirring frequently.
5. Enjoy right away.

PREP TIME	COOKING TIME	SERVINGS
10 mins.	15 mins.	2 individuals

Ingredients Required:

- Ground beef – ½ lb.
- Eggs – 3
- Salt & powdered black pepper – as desired
- Fresh parsley – 1 tsp., cut up

Procedure:

1. Sizzle a wok on the burner at around medium-high heat.
2. Cook the ground beef for around 8-10 minutes.
3. Meanwhile, in a basin, mix together the eggs, salt, and pepper.
4. Put the whisked eggs into the wok and cook for a round of 3-4 minutes, stirring all the time.
5. Blend in parsley and take off from the burner.
6. Enjoy right away.

Nutritional Info:

Calories: 257
Fats (g): 17
Carbs (g): 0.4
Protein (g): 19.3

Nutritional Info:

Calories: 280
Fats (g): 18.6
Carbs (g): 0.1
Protein (g): 21.2



Bacon & Egg Scramble

Allergens:

Gluten-free, Sugar-free

Cloud Eggs

Allergens:

Gluten-free, Sugar-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	15 mins.	4 individuals

PREP TIME	COOKING TIME	SERVINGS
10 mins.	6 mins.	2 individuals

Ingredients Required:

- Sugar-free bacon strips – 8
- Eggs – 8
- Heavy cream – 3 tbsp.
- Salt & powdered white pepper – as desired
- Unsalted butter – 2 tbsp.
- Parmesan cheese – 1/3 cup, grated

Procedure:

1. Sizzle an anti-sticking wok on the burner at around medium heat.
2. Cook the bacon strips for around 8-10 minutes, flipping from time to time.
3. In the meantime, put the eggs, cream, salt, and pepper into a basin and whisk to incorporate.
4. With tongs, shift the bacon strips onto a plate lined with paper towels.
5. Then, crumble the cooked Bacon strips.
6. Drain the bacon grease from the wok, leaving about 1 tbsp inside.
7. In the same wok with bacon grease, sizzle butter on the burner at around medium heat and put in the egg mixture.
8. Cook for around 2-3 minutes, stirring all the time.
9. Blend in bacon pieces and cheese and cook for around 2 minutes, stirring all the time.
10. Enjoy right away.

Nutritional Info:

Calories: 240
Fats (g): 18.6
Carbs (g): 1.6
Protein (g): 15.5

Ingredients Required:

- Eggs – 2, whites and yolks separated
- Salt – as desired
- Parmesan cheese – ¼ cup, grated

Procedure:

1. For preheating, arrange a rack in the middle of the oven.
2. Set your oven to 450 °F.
3. Arrange bakery paper onto a baking tray.
4. Put the egg whites and 2 pinches of salt into a basin and, with a hand blender, whisk at low speed to form stiff peaks.
5. Lightly blend in cheese.
6. With a spoon, place 2 mounds of whipped egg whites onto the baking tray.
7. With the back of a spoon, make a small-sized well in the middle of each mound.
8. Bake for around 3 minutes.
9. After 3 minutes, place egg – 1 yolk in the center of each egg white mound.
10. Bake for around 3 minutes.
11. Enjoy right away.

Nutritional Info:

Calories: 130
Fats (g): 8.6
Carbs (g): 0.8
Protein (g): 2.4



Chicken Omelet

Allergens:

Gluten-free, Sugar-free



Bacon Omelet

Allergens:

Gluten-free, Sugar-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	8 mins.	2 individuals

PREP TIME	COOKING TIME	SERVINGS
10 mins.	15 mins.	2 individuals

Ingredients Required:

- Eggs – 4
- Cooked chicken – ½ cup, cut up
- Mozzarella cheese – ½ cup, grated
- Salt & powdered black pepper – as desired
- Unsalted butter – 2 tsp.

Ingredients Required:

- Eggs – 4
- Salt & powdered black pepper – as desired
- Sugar-free bacon strips – 4
- Unsalted butter – 1 tbsp.
- Cheddar cheese – 2 oz. shredded

Procedure:

1. For preheating, set your oven to a broiler.
2. Arrange a rack about 4 inches from the heating element.
3. Whisk the eggs well after cracking them into a basin.
4. Put in remnant ingredients except for butter and blend to incorporate.
5. Sizzle butter into an ovenproof wok on the burner at around medium heat.
6. Put in egg mixture and tilt the wok to spread.
7. Immediately turn the heat around medium-low and cook for around 3-4 minutes.
8. Immediately shift the wok under the broiler and broil for around 2-3 minutes.
9. Cut the omelet into serving portions and enjoy.

Procedure:

1. Put the eggs, salt, and pepper into a basin and whisk to incorporate them thoroughly.
2. Sizzle an anti-sticking wok on the burner at around medium-high heat.
3. Cook the bacon strips for around 8-10 minutes.
4. To drain, place the bacon on a platter covered with paper towels. Then, chop the bacon strips.
5. With paper towels, wipe out the wok.
6. Sizzle the butter in the same wok on the burner at around medium-low heat.
7. Cook the egg mixture for around 2 minutes.
8. Carefully flip the omelet and top with cut-up bacon.
9. Cook for around 1-2 minutes.
10. Take off from the burner and immediately place the cheese in the center of the omelet.
11. Cut the omelet into two halves after folding the sides over the cheese.
12. Enjoy right away.

Nutritional Info:

Calories: 283
Fats (g): 21.8
Carbs (g): 0.8
Protein (g): 18.5

Nutritional Info:

Calories: 302
Fats (g): 15.3
Carbs (g): 0.5
Protein (g): 38.5



Sausage Omelet

Allergens:

Gluten-free, Sugar-free



Chicken & Cheese Muffins

Allergens:

Gluten-free, Sugar-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	40 mins.	6 individuals

PREP TIME	COOKING TIME	SERVINGS
10 mins.	15 mins.	4 individuals

Ingredients Required:

- Avocado oil baking spray
- Gluten-free sausage links – 8 oz., casing removed and crumbled
- Eggs – 8
- Cheddar cheese – 1 cup, shredded
- Heavy cream – ½ cup
- Salt & powdered black pepper – as desired

Procedure:

1. For preheating, set your oven to 350 °F.
2. Apply baking spray to a 9 x 13-inch baking sheet.
3. Sizzle an anti-sticking frying pan over medium heat.
4. Cook the sausage for around 8-10 minutes.
5. In the meantime, put the remnant ingredients into a bowl and whisk to incorporate thoroughly.
6. Take it off the burner and drain off the grease from the sausage thoroughly.
7. Place the cooked sausage at the bottom of the baking pan and top it with the egg mixture.
8. Bake for around 30 minutes.
9. Take off from the oven and carefully shift the omelet onto a chopping board.
10. Cut into serving portions and enjoy.

Nutritional Info:

Calories: 334
Fats (g): 26.9
Carbs (g): 1.1
Protein (g): 21.2

Ingredients Required:

- Avocado oil baking spray
- Eggs – 4
- Unsalted butter – ¼ cup, liquefied
- Cheddar cheese – ¼ cup, grated
- Pork rinds – ¼ cup, finely crushed
- Salt & powdered black pepper – as desired
- Cooked chicken – 1½ cups, shredded
- Parmesan cheese – ½ cup, shredded
- Water – ¼ cup

Procedure:

1. For preheating, set your oven to 400 °F.
2. Apply a thin layer of baking spray to eight muffin tin holes.
3. Put eggs, butter, and water into a basin and whisk to incorporate thoroughly.
4. Put in pork rinds, salt, and pepper, and blend thoroughly.
5. Put in chicken and Parmesan cheese and lightly blend to incorporate.
6. Place the mixture into muffin holes.
7. Bake for around 13-15 minutes.
8. Take off the muffin tin from the oven and place it onto a cooling metal rack to cool for around 10 minutes.
9. Carefully turn the muffins onto a platter and enjoy moderately hot.

Nutritional Info:

Calories: 287
Fats (g): 22.5
Carbs (g): 1.2
Protein (g): 23.2



Beef Muffins

Allergens:

Gluten-free, Sugar-free



Beef Frittata

Allergens:

Gluten-free, Sugar-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	20 mins.	4 individuals

PREP TIME	COOKING TIME	SERVINGS
10 mins.	45 mins.	8 individuals

Ingredients Required:

- Avocado oil baking spray.
- Eggs – 8
- Salt & powdered black pepper – as needed
- Water – 2 tbsp.
- Cooked beef – 10 oz., finely cut up
- Fresh parsley – 1 tbsp., cut up

Procedure:

1. For preheating, set your oven to 350 °F.
2. Apply baking spray to eight of the muffin tin's holes.
3. Put the eggs, salt, pepper, and water into a basin and whisk to incorporate them thoroughly.
4. Put in beef and parsley and blend to incorporate.
5. Shift the mixture into muffin holes.
6. Bake for around 18-20 minutes.
7. Take off the muffin tin from the oven and place it onto a cooling metal rack to cool for around 10 minutes.
8. Carefully turn the muffins onto a platter and enjoy moderately hot.

Nutritional Info:

Calories: 216
Fats (g): 10.6
Carbs (g): 1
Protein (g): 25.2

Ingredients Required:

- Avocado oil baking spray
- Unsalted butter – 1 tsp.
- Cooked beef – 4 cups, cut up
- Parmesan cheese – 2 tbsp, shredded
- Egg whites – 4
- Milk – 1½ cups
- Cheddar cheese – 1 cup, shredded
- Salt & powdered black pepper – as desired
- Eggs – 3

Procedure:

1. For preheating, set your oven to 350 °F.
2. Apply baking spray to a 9-inch pie pan.
3. Sizzle butter into a large-sized wok on the burner at around medium heat.
4. Cook the beef for around 3-5 minutes.
5. Shift the cooked beef into the pie dish.
6. Put the eggs, egg whites, milk, cheddar cheese, salt, and pepper into a basin and whisk to incorporate them thoroughly.
7. Pour egg mixture over cooked beef and top with Parmesan cheese.
8. Bake for around 40 minutes.
9. Take off the pie dish from the oven and set it aside for around 5 minutes.
10. Cut into serving portions and enjoy.

Nutritional Info:

Calories: 221
Fats (g): 14.4
Carbs (g): 0.9
Protein (g): 22.9



Pork & Egg Bake

Allergens:

Gluten-free, Sugar-free



Cheddar & Egg White Waffles

Allergens:

Gluten-free, Sugar-free

PREP TIME

10 mins.

COOKING TIME

40 mins.

SERVINGS

4 individuals

PREP TIME

10 mins.

COOKING TIME

10 mins.

SERVINGS

2 individuals

Ingredients Required:

- Ground pork – 1 lb.
- Eggs – 6
- Parmesan cheese – 1 cup, freshly grated
- Heavy cream – ½ cup
- Salt – as desired

Procedure:

1. For preheating, set your oven to 350 °F.
2. Sizzle a large-sized wok on the burner at around medium-high heat.
3. Cook the ground pork for around 8-10 minutes.
4. In a basin, whisk together the eggs, Parmesan cheese, heavy cream, and salt.
5. Shift the cooked ground pork to the bottom of a 9x13-inch baking pan.
6. Put the egg mixture over the pork.
7. Bake for around 25-30 minutes.
8. Take off the baking pan from the oven and set aside to cool for around 5 minutes before enjoying.

Nutritional Info:

Calories: 532
Fats (g): 42.6
Carbs (g): 0.9
Protein (g): 35.2

Ingredients Required:

- Egg whites – 2
- Cheddar cheese – 1 cup, shredded
- Avocado oil baking spray

Procedure:

1. Put the egg whites and cheese into a small-sized basin and blend to incorporate.
2. Preheat a waffle iron and then spray it with baking spray.
3. Place half of the mixture into the preheated waffle iron.
4. Cook for around 4-5 minutes.
5. Cook the remnant waffle in the same manner.
6. Enjoy moderately hot.

Nutritional Info:

Calories: 244
Fats (g): 19.4
Carbs (g): 1
Protein (g): 16.8



Ground Beef & Bacon Waffles

Allergens:

Gluten-free, Sugar-free

PREP TIME

10 mins.

COOKING TIME

10 mins.

SERVINGS

2 individuals

Ingredients Required:

- Cooked ground beef – ½ cup
- Cooked sugar-free bacon strips – 3, cut up
- Eggs – 2
- Cheddar cheese – ½ cup, shredded
- Mozzarella cheese – ½ cup, shredded
- Salt & powdered black pepper – as desired
- Avocado oil baking spray

Procedure:

1. Put beef and remnant ingredients into a medium-sized basin and blend to incorporate thoroughly.
2. Preheat a waffle iron and then spray it with baking spray.
3. Place half of the mixture into the preheated waffle iron.
4. Cook for around 4-5 minutes.
5. Cook the remnant waffle in the same manner.
6. Enjoy moderately hot.

Nutritional Info:

Calories: 42
Fats (g): 21.2
Carbs (g): 1
Protein (g): 18.1

PAN-COOKED RECIPES



Spiced Shrimp

Allergens:

Gluten-free, Sugar-free, Egg-free



Simple Flank Steak

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	6 mins.	4 individuals

Ingredients Required:

- Unsalted butter – 2 tbsp.
- Shrimp – 1½ lb., peeled and deveined
- Paprika – ¼ tsp.
- Powdered turmeric – ¼ tsp.
- Garlic powder – ¼ tsp.
- Onion powder – ¼ tsp.
- Fresh parsley – 1 tbsp., cut up

Procedure:

1. Sizzle butter into a large-sized anti-sticking wok on the burner at around medium-high heat.
2. Cook the shrimp for around 2-3 minutes.
3. Flip the shrimp and blend in spices.
4. Cook for around 2-3 minutes.
5. Blend in parsley and enjoy right away.

Nutritional Info:

Calories: 286
Fats (g): 18.1
Carbs (g): 0.5
Protein (g): 25.6

PREP TIME	COOKING TIME	SERVINGS
5 mins.	10 mins.	4 individuals

Ingredients Required:

- Unsalted butter – 1 tbsp.
- Beef flank steaks – 4 (6 oz.)
- Salt & powdered black pepper – as desired

Procedure:

1. Sizzle butter into a wok on the burner at around medium-high heat.
2. Cook steaks with salt and pepper for around 3-5 minutes per side.
3. Enjoy right away.

Nutritional Info:

Calories: 401
Fats (g): 25.1
Carbs (g): 0
Protein (g): 45.4



Spiced Ground Chicken

Allergens:

Gluten-free, Sugar-free, Egg-free

Thyme Turkey Cutlets

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME

10 mins.

COOKING TIME

12 mins.

SERVINGS

4 individuals

PREP TIME

10 mins.

COOKING TIME

9 mins.

SERVINGS

4 individuals

Ingredients Required:

- Unsalted butter – 3 tbsp.
- Powdered cumin – ¼ tsp.
- Powdered turmeric – ¼ tsp.
- Paprika – ¼ tsp.
- Salt & powdered black pepper – as desired
- Ground chicken – 1 lb.
- Water – ¼ cup
- Fresh parsley – 2 tbsp., cut up

Procedure:

1. Sizzle butter into a wok on the burner at around medium heat.
2. Cook the chicken for around 4-5 minutes.
3. Blend in spices and cook for around 1 minute.
4. Blend in water and cook for around 4-6 minutes.
5. Blend in parsley and take off from the burner.
6. Enjoy right away.

Ingredients Required:

- Boneless turkey breast cutlets – 4 (4 oz.)
- Unsalted butter – 3 tbsp.
- Salt & powdered black pepper – as desired
- Fresh thyme – 1 tbsp.

Procedure:

1. Sizzle butter into a large-sized wok on the burner at around medium-high heat.
2. Cook the turkey breast cutlets with salt and pepper for around 3-4 minutes per side.
3. Blend in thyme and cook for about 1 minute.
4. Enjoy right away.

Nutritional Info:

Calories: 375
Fats (g): 17.8
Carbs (g): 0.9
Protein (g): 30.6

Nutritional Info:

Calories: 205
Fats (g): 7.1
Carbs (g): 0.2
Protein (g): 33



Spiced Duck Breasts

Allergens:

Gluten-free, Sugar-free, Dairy-free, Egg-free



Herbed Chicken Thighs

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	23 mins.	3 individuals

Ingredients Required:

- Duck breasts – 2 (8-oz.)
- Paprika – ¼ tsp.
- Garlic powder – ¼ tsp.
- Onion powder – ¼ tsp.
- Salt & powdered black pepper – as desired

Procedure:

1. With a knife, gently score the skin into a diamond pattern.
2. Put the spices, salt, and pepper into a small-sized basin and blend thoroughly.
3. Rub the duck breasts with a spice mixture.
4. Place the duck breasts into a large-sized, cold cast-iron wok, skin side down.
5. Place a heavy, smaller wok on top of duck breasts.
6. Lay out the wok on the burner at around medium-low heat.
7. Cook for around 5 minutes.
8. Take off the smaller wok.
9. Sear the duck breasts for around 15 minutes.
10. Drain off the excess grease from the wok and flip the duck breasts.
11. Cook for around 2-3 minutes.
12. Take off the duck breasts from the burner and shift onto a chopping board for around 10 minutes.
13. Cut the duck breasts into serving portions and enjoy.

Nutritional Info:

Calories: 390
Fats (g): 18.6
Carbs (g): 0.3
Protein (g): 49.2

PREP TIME	COOKING TIME	SERVINGS
10 mins.	17 mins.	4 individuals

Ingredients Required:

- Bone-in chicken thighs – 1½ lb.
- Dried oregano – ½ tsp.
- Dried thyme – ½ tsp.
- Salt & powdered black pepper – as desired
- Unsalted butter – 2 tbsp., divided
- Chicken bone broth – ¼ cup

Procedure:

1. Put the chicken thighs, herbs, salt, and pepper into a basin and blend thoroughly.
2. Sizzle butter into a large-sized wok on the burner at around medium heat.
3. Put the chicken thighs into the wok, smooth side down.
4. Cook for around 5-7 minutes.
5. Flip the chicken thighs.
6. Cook for around 7 minutes.
7. Put in broth and cook for around 2-3 minutes.
8. Enjoy right away.

Nutritional Info:

Calories: 388
Fats (g): 19.7
Carbs (g): 1
Protein (g): 49.4



Bacon-Wrapped Filet Mignon

Allergens:

Gluten-free, Sugar-free, Dairy-free, Egg-free



Herbed Pork Chops

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	14 mins.	4 individuals

Ingredients Required:

- Filet mignon steaks – 4 (1½-inch thick)
- Sugar-free, thin-cut bacon strips – 4
- Salt – as desired
- Avocado oil baking spray

Procedure:

1. Wrap each filet with 1 bacon strip.
2. Then, secure each filet with toothpicks in place.
3. Sprinkle the filets with salt lightly.
4. Spray a cast-iron wok with baking spray and sizzle on the burner at around medium heat.
5. Place filets into the wok.
6. Cook for around 2 minutes, flipping after every 30 seconds per side.
7. Cook for around 4-6 minutes per side.
8. Enjoy right away.

Nutritional Info:

Calories: 306
Fats (g): 14.1
Carbs (g): 0.2
Protein (g): 41.5

PREP TIME	COOKING TIME	SERVINGS
10 mins.	10 mins.	4 individuals

Ingredients Required:

- Dried oregano – ¼ tsp.
- Dried thyme – ¼ tsp.
- Dried rosemary – ¼ tsp.
- Salt & powdered black pepper – as desired
- Pork loin chops – 4
- Unsalted butter – 2 tbsp.

Procedure:

1. Put the herbs, salt, and pepper into a basin and blend thoroughly.
2. Rub the pork chops with the herb mixture generously.
3. Sizzle butter into a cast-iron wok on the burner at around medium-high heat.
4. Sear the pork chops for around 3-5 minutes per side.
5. Enjoy right away.

Nutritional Info:

Calories: 240
Fats (g): 12.6
Carbs (g): 0.3
Protein (g): 28.2



Pork & Bacon Burgers

Allergens:

Gluten-free, Sugar-free, Dairy-free, Egg-free



Spiced Lamb Chops

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	10 mins.	8 individuals

Ingredients Required:

- Ground pork – 2 lb.
- Sugar-free bacon strips – ½ lb., finely cut up
- Salt & powdered black pepper – as desired
- Avocado oil baking spray

Procedure:

1. Put the pork, bacon, salt, and pepper into a large-sized basin and blend to incorporate thoroughly.
2. Shape the mixture into eight patties.
3. Spray a cast-iron wok with baking spray and sizzle on the burner at around medium-high heat.
4. Place the patties into the wok and immediately turn the heat around medium.
5. Cook for around 5 minutes per side.
6. Enjoy right away.

Nutritional Info:

Calories: 422
Fats (g): 34.6
Carbs (g): 0.9
Protein (g): 23.8

PREP TIME	COOKING TIME	SERVINGS
10 mins.	8 mins.	4 individuals

Ingredients Required:

- Paprika – ½ tsp.
- Powdered cumin – ½ tsp.
- Garlic powder – ½ tsp.
- Salt & powdered black pepper – as desired
- Unsalted butter – 3 tbsp.
- Lamb chops – 8 (4-oz.)

Procedure:

1. Put the spices, salt, and pepper into a basin and blend thoroughly.
2. With a knife, make 3-4 cuts on both sides of each chop.
3. Rub the chops with the spice mixture generously.
4. Sizzle butter into a large-sized wok on the burner at around medium heat.
5. Cook the chops for around 2-4 minutes per side. Enjoy right away.

Nutritional Info:

Calories: 571
Fats (g): 24.7
Carbs (g): 2.3
Protein (g): 80.3



Simple Salmon

Allergens:

Gluten-free, Sugar-free, Egg-free



Broth-Braised Salmon

Allergens:

Gluten-free, Sugar-free, Dairy-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	7 mins.	4 individuals

PREP TIME	COOKING TIME	SERVINGS
10 mins.	17 mins.	3 individuals

Ingredients Required:

- Boneless salmon fillets – 4 (4 oz.)
- Salt & powdered black pepper – as desired
- Unsalted butter – 2 tbsp.

Ingredients Required:

- Chicken bone broth – 1/3 cup
- Salt & powdered black pepper – as desired
- Boneless salmon fillets – 3 (6 oz.)

Procedure:

1. Season the salmon fillets with salt and pepper to taste.
2. Sizzle butter into a large-sized wok on the burner at around medium-high heat.
3. Lay out the salmon fillets into the wok, skin-side up.
4. Cook for around 4 minutes.
5. Flip the side and cook for around 3 minutes.
6. Enjoy right away.

Procedure:

1. Put the salmon fillet in the bottom of a large-sized pot.
2. Put the broth, salt, and pepper in it and blend it thoroughly. Set aside for around 15 minutes.
3. Place the pot on the burner at around high heat.
4. Cook the mixture until boiling.
5. Turn the heat around low.
6. Cook with the cover for around 10-12 minutes.
7. Enjoy right away.

Nutritional Info:

Calories: 251
Fats (g): 13.3
Carbs (g): 0
Protein (g): 29.3

Nutritional Info:

Calories: 258
Fats (g): 10.6
Carbs (g): 0.2
Protein (g): 33.4



Squid in Parsley Sauce

Allergens:

Gluten-free, Sugar-free, Egg-free

Scallops in Yogurt Sauce

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	6 mins.	3 individuals

PREP TIME	COOKING TIME	SERVINGS
10 mins.	6 mins.	4 individuals

Ingredients Required:

- Unsalted butter – 2 tbsp.
- Squids – 1 lb., cleaned
- Paprika – ½ tsp.
- Salt & powdered black pepper – as desired
- Fresh parsley – 1 tbsp., cut up

Ingredients Required:

- Sea scallops – 1¼ lb., side muscles removed
- Powdered cinnamon – ¼ tsp.
- Powdered cumin – ¼ tsp.
- Paprika – ¼ tsp.
- Salt – as desired
- Plain Greek yogurt – 6 oz., whipped
- Fresh cilantro – 1 tbsp., cut up

Procedure:

1. Sizzle butter into a large-sized wok on the burner at around medium heat.
2. Cook the squids with paprika, salt, and pepper for around 5-6 minutes.
3. Blend in parsley and take off from the burner.
4. Enjoy right away.

Procedure:

1. Sizzle butter into a large-sized wok on the burner at around medium-high heat.
2. Sauté the spices and salt for around 30-40 seconds.
3. Put in scallops and yogurt and blend.
4. Cook for around 5 minutes.
5. Enjoy right away with the garnishing of cilantro.

Nutritional Info:

Calories: 146
Fats (g): 2.7
Carbs (g): 0.2
Protein (g): 17

Nutritional Info:

Calories: 172
Fats (g): 2.1
Carbs (g): 0.2
Protein (g): 28.9



Chicken in Creamy Sauce

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	20 mins.	2 individuals

Ingredients Required:

- Boneless & skinless chicken thighs – 2 (5 oz.), cut in half horizontally
- Salt & powdered black pepper – as desired
- Unsalted butter – 2 tbsp.
- Chicken bone broth – ½ cup
- Paprika – ¼ tsp.
- Powdered cumin – ¼ tsp.
- Garlic powder – ¼ tsp.
- Heavy cream – 1/3 cup

Nutritional Info:

Calories: 483
Fats (g): 39.4
Carbs (g): 7.7
Protein (g): 50.7

Procedure:

1. Use salt and pepper to rub the chicken breasts.
2. Sizzle butter into a large-sized wok on the burner at around medium-high heat.
3. Cook the chicken thighs for around 4-5 minutes per side.
4. Shift the chicken thighs onto a platter and cover them with a piece of heavy-duty foil to keep them warm.
5. With a spoon, discard the butter from the wok, leaving 1 tbsp inside.
6. Put the broth and spices in the same wok on the burner at around medium heat.
7. With a whisk, scrape the brown bits from the bottom.
8. Cook for around 4-5 minutes.
9. Take off the wok from the burner and blend in heavy cream.
10. Again, put the wok on the burner at around medium heat.
11. Cook for around 2-3 minutes.
12. Blend in cooked chicken and take it off the burner.
13. Enjoy right away.

BAKING RECIPES



Creamy Chicken Bake

Allergens:

Gluten-free, Sugar-free, Egg-free

Herbed Pollock

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	1 hr. 4 mins.	4 individuals

PREP TIME	COOKING TIME	SERVINGS
10 mins.	15 mins.	4 individuals

Ingredients Required:

- Unsalted butter – 3 tbsp., divided
- Cream cheese – 1 (8 oz.) package, softened
- Chicken bone broth – 1 cup, divided
- Heavy cream – ½ cup
- Salt & powdered black pepper – as desired
- Dried tarragon – 1 tsp., crushed
- Boneless chicken breasts – 4 (6 oz.)

Procedure:

1. For preheating, set your oven to 350 °F.
2. With 1 tbsp of butter, grease a 13x9-inch baking pan.
3. Sizzle remnant butter into a wok on the burner at around low heat.
4. Cook the cream cheese and ½ cup of broth for around 3-4 minutes, stirring all the time.
5. Blend in cream, tarragon, salt, and pepper and take off the burner.
6. Pour remnant broth into the baking pan.
7. Arrange chicken breasts in the baking pan and top with cream mixture.
8. Bake for around 45-60 minutes.
9. Enjoy right away.

Nutritional Info:

Calories: 729
Fats (g): 52.8
Carbs (g): 0.6
Protein (g): 55.8

Ingredients Required:

- Avocado oil baking spray
- Boneless pollock fillets – 4 (6 oz.)
- Unsalted butter – 2 tbsp., liquefied
- Dried rosemary – ¼ tsp.
- Dried thyme – ¼ tsp.
- Dried oregano – ¼ tsp.
- Salt & powdered black pepper – as desired

Procedure:

1. For preheating, set your oven to 380 °F.
2. Spray a large-sized baking tray with baking spray.
3. Coat the pollock fillets with butter and then sprinkle with herbs, salt, and pepper.
4. Lay out the pollock fillets onto the baking tray.
5. Bake for around 12-15 minutes.
6. Enjoy right away.

Nutritional Info:

Calories: 257
Fats (g): 9.1
Carbs (g): 0.1
Protein (g): 42.3



Spiced Chicken Drumsticks

Allergens:

Gluten-free, Sugar-free, Egg-free



Bacon-Wrapped Turkey Breast

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	40 mins.	6 individuals

PREP TIME	COOKING TIME	SERVINGS
10 mins.	1 hr.	8 individuals

Ingredients Required:

- Unsalted butter – ½ cup, liquefied
- Garlic powder – ¼ tsp.
- Onion powder – ¼ tsp.
- Salt & powdered black pepper – as desired
- Skinless chicken drumsticks – 6 (8 oz.)
- Avocado oil baking spray

Ingredients Required:

- Avocado oil baking spray
- Unsalted butter – 2 tbsp., liquefied
- Fresh rosemary – 2 tbsp., cut up
- Salt & powdered black pepper – as desired
- Boneless & skinless turkey breast – 1 (3-lb.)
- Sugar-free bacon strips – 10

Procedure:

1. Put the butter, garlic powder, onion powder, salt, and pepper into a large-sized basin and blend thoroughly.
2. Put in chicken drumsticks and coat with marinade generously.
3. Cover the basin and put into your fridge for at least 3-5 hours.
4. For preheating, set your oven to 400 °F.
5. Spray a large-sized baking tray with baking spray.
6. Lay out the drumsticks onto the baking tray.
7. Bake for around 40 minutes.
8. Enjoy right away.

Procedure:

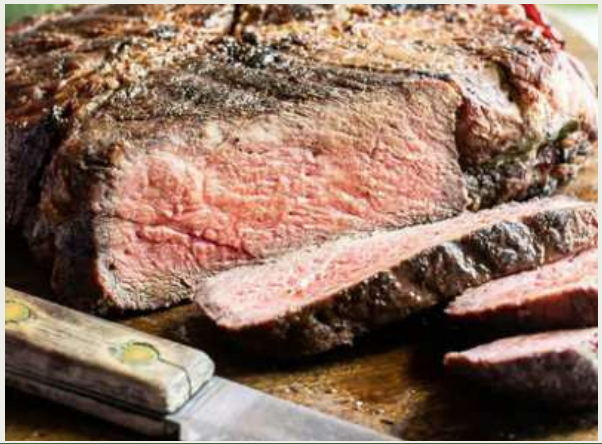
1. For preheating, set your oven to 400 °F.
2. Arrange a metal rack into a roasting pan and then spray it with baking spray.
3. Put the butter, rosemary, salt, and pepper into a small-sized basin and blend to incorporate them.
4. Coat the turkey breast with butter mixture.
5. Wrap the turkey breast with bacon strips.
6. Lay the turkey breast onto the rack and put it into the roasting pan.
7. Brush the bacon with the butter mixture.
8. Bake for around 1 hour.
9. Take off the turkey breast from the oven and shift onto a chopping board for around 10 minutes.
10. Cut the turkey breast into serving portions and enjoy.

Nutritional Info:

Calories: 368
Fats (g): 28.8
Carbs (g): 0.3
Protein (g): 56.7

Nutritional Info:

Calories: 297
Fats (g): 6.8
Carbs (g): 1
Protein (g): 54



Marjoram Duck Legs

Allergens:

Gluten-free, Sugar-free, Egg-free

Spiced Chuck Roast

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	1½ hrs.	2 individuals

PREP TIME	COOKING TIME	SERVINGS
10 mins.	1 hr. 10 mins.	6 individuals

Ingredients Required:

- Avocado oil baking spray
- Unsalted butter – 3 tbsp., liquefied
- Dried marjoram – 2 tsp.
- Salt & powdered black pepper – as desired
- Duck legs – 4

Ingredients Required:

- Avocado oil baking spray
- Beef chuck roast – 2 lb., fats removed
- Unsalted butter – 1 tbsp., liquefied
- Paprika – ½ tsp.
- Garlic powder – ½ tsp.
- Onion powder – ½ tsp.
- Salt & powdered black pepper – as desired

Procedure:

1. For preheating, set your oven to 325 °F.
2. Spray a large-sized baking tray with baking spray.
3. Put the butter, marjoram, salt, and pepper into a small-sized basin and blend to incorporate them.
4. Coat the duck legs with marjoram mixture.
5. Lay out the duck legs onto the baking tray.
6. Bake for around 1½ hours.
7. Flip the duck legs once halfway through.
8. Enjoy right away.

Procedure:

1. For preheating, set your oven to 390 °F.
2. Spray a large-sized baking tray with baking spray.
3. Put the butter, spices, salt, and pepper into a basin and blend thoroughly.
4. Rub the beef roast with a spice mixture.
5. Lay out the roast on the baking tray.
6. Bake for around 60-70 minutes.
7. After the cooking period is completed, pull the basket out and then take off the roast.
8. Shift the roast onto a chopping board.
9. With a piece of heavy-duty foil, cover the roast for around 10 minutes.
10. Cut the roast into serving portions and enjoy.

Nutritional Info:

Calories: 413
Fats (g): 1.2
Carbs (g): 0.2
Protein (g): 40.2

Nutritional Info:

Calories: 292
Fats (g): 12.1
Carbs (g): 0.3
Protein (g): 45.9



Rosemary Rib-Eye Steak

Allergens:

Gluten-free, Sugar-free, Egg-free



Herbed Pork Loin

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	22 mins.	6 individuals

Ingredients Required:

- Avocado oil baking spray
- Beef rib-eye steak – 2 lb.
- Fresh rosemary – 1 tbsp.
- Salt & powdered black pepper – as desired
- Unsalted butter – 1 tbsp., liquefied

Procedure:

1. For preheating, set your oven to 420 °F.
2. Spray a large-sized baking tray with baking spray.
3. Coat the steak with butter and then rub it with rosemary, salt, and pepper.
4. Lay out the steak on the baking tray.
5. Bake for around 20-22 minutes.
6. Flip the steak once halfway through.
7. Take off the steak from the oven and shift onto a chopping board for around 10 minutes.
8. Cut the steak into serving portions and enjoy.

Nutritional Info:

Calories: 233
Fats (g): 9
Carbs (g): 0.2
Protein (g): 35.3

PREP TIME	COOKING TIME	SERVINGS
10 mins.	50 mins.	6 individuals

Ingredients Required:

- Avocado oil baking spray
- Pork loin – 2 lb.
- Unsalted butter – 3 tbsp., liquefied & divided
- Dried thyme – ½ tsp.
- Dried oregano – ½ tsp.
- Dried rosemary – ½ tsp.
- Salt & powdered black pepper – as desired

Procedure:

1. For preheating, set your oven to 375 °F.
2. Spray a large-sized baking pan with baking spray.
3. Put the butter, herbs, salt, and pepper into a small-sized basin and blend to incorporate.
4. Coat the pork loin with butter mixture.
5. Lay out the pork loin into the baking pan.
6. Bake for around 45-50 minutes.
7. Take off the pork loin from the oven and shift onto a platter for around 10 minutes.
8. Cut the loin into serving portions and enjoy.

Nutritional Info:

Calories: 392
Fats (g): 21.1
Carbs (g): 0.3
Protein (g): 40.3



Cheddar Pork Meatballs

Allergens:

Gluten-free, Sugar-free

Spiced Lamb Chops

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	20 mins.	4 individuals

PREP TIME	COOKING TIME	SERVINGS
10 mins.	14 mins.	4 individuals

Ingredients Required:

- Avocado oil baking spray
- Ground pork – ¼ lb.
- Cheddar cheese – 3 oz., grated
- Pork rinds – ¼ cup, crushed
- Small-sized egg – 1
- Salt & powdered black pepper – as desired

Ingredients Required:

- Lamb shoulder chops – 4
- Unsalted butter – 3 tbs., liquefied
- Garlic powder – ¼ tsp.
- Onion powder – ¼ tsp.
- Salt & powdered black pepper – as desired
- Avocado oil baking spray

Procedure:

1. For preheating, set your oven to 350 °F.
2. Spray a large-sized baking tray with baking spray.
3. Put the ground pork and remnant ingredients into an electric food processor and process them thoroughly.
4. Shape the mixture into equal-sized meatballs.
5. Lay out the meatballs onto the baking tray.
6. Bake for around 18-20 minutes.
7. Enjoy right away.

Procedure:

1. Put the chops and remnant ingredients into a large-sized basin and blend to incorporate.
2. Cover the basin and put into your fridge for around 2 hours.
3. For preheating, set your oven to 375 °F.
4. Spray a large-sized baking tray with baking spray.
5. Spray a cast-iron wok with baking spray and sizzle on the burner at around medium-high heat.
6. Sear the chops for around 1½-2 minutes per side.
7. Take off from the burner.
8. Lay out the chops onto the baking tray.
9. Bake for around 9-10 minutes.
10. Enjoy right away.

Nutritional Info:

Calories: 247
Fats (g): 16.7
Carbs (g): 1.1
Protein (g): 23.3

Nutritional Info:

Calories: 421
Fats (g): 22.5
Carbs (g): 0.2
Protein (g): 43.3



Rosemary Whole Trout

Allergens:

Gluten-free, Sugar-free, Dairy-free, Egg-free

Spiced Whole Sea Bass

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	22 mins.	3 individuals

PREP TIME	COOKING TIME	SERVINGS
10 mins.	20 mins.	2 individuals

Ingredients Required:

- Avocado oil baking spray
- Wild-caught trout – 1 (1½-lb.), gutted and cleaned
- Dried rosemary – 1 tsp.
- Salt & powdered black pepper – as desired
- Unsalted butter – 3 tbsp., liquefied

Ingredients Required:

- Avocado oil baking spray
- Whole sea bass – 1 (1 lb.) scaled and gutted
- Unsalted butter – 1 tbsp.
- Garlic powder – ¼ tsp.
- Onion powder – ¼ tsp.
- Salt & powdered black pepper – as desired

Procedure:

1. For preheating, set your oven to 400 °F.
2. Spray a large-sized baking tray with baking spray.
3. Sprinkle the trout with rosemary, salt, and pepper from inside and outside.
4. Then, drizzle with butter.
5. Lay out the trout onto the baking tray.
6. Bake for around 20-22 minutes.
7. Enjoy right away.

Procedure:

1. For preheating, set your oven to 425 °F.
2. Spray a large-sized baking tray with baking spray.
3. Put the butter, spices, salt, and pepper into a basin and blend to incorporate.
4. Rub the outside and inside of the fish with butter mixture.
5. Lay out the fish onto the baking tray.
6. Bake for around 15-20 minutes.
7. Enjoy right away.

Nutritional Info:

Calories: 459
Fats (g): 20.5
Carbs (g): 0.2
Protein (g): 59.3

Nutritional Info:

Calories: 302
Fats (g): 11.4
Carbs (g): 0.3
Protein (g): 45.3



Parsley Salmon

Allergens:

Gluten-free, Sugar-free, Egg-free



Spiced Tilapia

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME

10 mins.

COOKING TIME

20 mins.

SERVINGS

6 individuals

PREP TIME

10 mins.

COOKING TIME

20 mins.

SERVINGS

4 individuals

Ingredients Required:

- Avocado oil baking spray
- Boneless salmon fillets – 6 (4 oz.)
- Unsalted butter – 2 tbsp., liquefied
- Fresh parsley – 2 tbsp., minced
- Salt & powdered black pepper – as desired

Procedure:

1. For preheating, set your oven to 400 °F.
2. Spray a large-sized baking pan with baking spray.
3. Put the salmon fillets and remnant ingredients into a basin and blend thoroughly.
4. Lay out the salmon fillets into the baking pan.
5. Bake for around 15-20 minutes.
6. Enjoy right away.

Ingredients Required:

- Avocado oil baking spray
- Boneless tilapia fillets – 4 (6 oz.)
- Unsalted butter – 2 tbsp., liquefied
- Paprika – ½ tsp.
- Garlic powder – ½ tsp.
- Onion powder – ¼ tsp.
- Salt & powdered black pepper – as desired

Procedure:

1. For preheating, set your oven to 375 °F.
2. Spray a large-sized baking tray with baking spray.
3. Put the butter, spices, salt, and pepper into a small-sized basin and blend thoroughly.
4. Coat the tilapia fillets with a spice mixture.
5. Lay out the tilapia fillets onto the baking tray.
6. Bake for around 15-20 minutes.
7. Flip the tilapia fillets once halfway through.
8. Enjoy right away.

Nutritional Info:

Calories: 214
Fats (g): 11.8
Carbs (g): 0.2
Protein (g): 24.6

Nutritional Info:

Calories: 199
Fats (g): 8.1
Carbs (g): 0.2
Protein (g): 32.3



Chicken & Bacon Casserole

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME

15 mins.

COOKING TIME

45 mins.

SERVINGS

6 individuals

Ingredients Required:

- Avocado oil baking spray
- Boneless & skinless chicken breasts – 6 (5 oz.)
- Salt & powdered black pepper – as desired
- Sugar-free bacon strips – 6
- Homemade mayonnaise – ½ cup
- Cream cheese – 1 (8 oz.) package, softened
- Parmesan cheese – 1 cup, shredded & divided
- Cheddar cheese – 1 cup, shredded
- Pork rinds – 1 package, crushed
- Unsalted butter – ¼ cup, liquefied

Procedure:

1. For preheating, set your oven to 425 °F.
2. Spray a 13x9-inch casserole dish with baking spray.
3. After placing the chicken breasts in the casserole dish's bottom, season with salt and pepper.
4. Bake for around 30 minutes.
5. In the meantime, sizzle an anti-sticking wok on the burner at around medium heat.
6. Cook the bacon for around 8-10 minutes.
7. With a slotted spoon, take off the cooked bacon from the wok and place it onto a plate lined with paper towels.
8. Then, cut the bacon strips into pieces.
9. Put the mayonnaise, cream cheese, ½ cup of Parmesan cheese, and cheddar cheese into a basin and blend to incorporate.
10. Put in bacon pieces and blend thoroughly.
11. Put the remnant Parmesan cheese, pork rinds, and butter into another basin and blend to incorporate.
12. Take the casserole dish from the oven and place the bacon mixture over the chicken breasts, followed by the butter mixture.
13. Now, set your oven to 350 °F.
14. Bake for around 15 minutes.
15. Enjoy right away.

Nutritional Info:

Calories: 826
 Fats (g): 62.9
 Carbs (g): 1.1
 Protein (g): 60.6

GRILLING RECIPES



Rosemary Cornish Hens

Allergens:

Gluten-free, Sugar-free, Egg-free



Herbed Chicken Thighs

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME

15 mins.

COOKING TIME

1 hr.

SERVINGS

4 individuals

PREP TIME

10 mins.

COOKING TIME

24 mins.

SERVINGS

4 individuals

Ingredients Required:

- Avocado oil baking spray
- Cornish game hens – 4
- Fresh rosemary sprigs – 4
- Unsalted butter – ¼ cup, liquefied
- Salt & powdered black pepper – as desired

Procedure:

1. For preheating, set your grill to medium heat.
2. Generously spray the grill grate with baking spray.
3. With paper towels, pat dry the hens.
4. Tuck the wings behind the backs and tie the legs together with kitchen strings.
5. Coat the outside of each hen with 1 butter and sprinkle with salt and pepper.
6. Stuff the cavity of each hen with a rosemary sprig.
7. Lay out the hens onto the grill.
8. Cook for around 50-60 minutes.
9. Take off the hens from the grill and shift them onto a platter for around 10 minutes.
10. Cut each hen into serving portions and enjoy.

Nutritional Info:

Calories: 430
Fats (g): 33
Carbs (g): 0.3
Protein (g): 25.4

Ingredients Required:

- Avocado oil baking spray
- Unsalted butter – 2 tbsp., liquefied
- Dried rosemary – ¼ tsp.
- Dried parsley – ¼ tsp.
- Dried thyme – ¼ tsp.
- Salt & powdered black pepper – as desired
- Boneless & skinless chicken thighs – 4 (5 oz.)

Procedure:

1. For preheating, set your grill to medium-high heat.
2. Generously spray the grill grate with baking spray.
3. Put the butter, herbs, salt, and pepper into a basin and blend to incorporate thoroughly.
4. Coat the thighs with spice mixture generously.
5. Lay out the chicken thighs on the grill.
6. Cook for around 10-12 minutes per side
7. Enjoy right away.

Nutritional Info:

Calories: 137
Fats (g): 4.7
Carbs (g): 0.3
Protein (g): 22.4



Marjoram Chicken Kabobs

Allergens:

Gluten-free, Sugar-free, Egg-free



Cheesy Turkey Burgers

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	16 mins.	4 individuals

PREP TIME	COOKING TIME	SERVINGS
10 mins.	18 mins.	4 individuals

Ingredients Required:

- Boneless & skinless chicken breasts – 1½ lb., cubed
- Unsalted butter – 2 tbsp.
- Dried marjoram – 1 tsp., crushed
- Salt & powdered black pepper – as desired
- Avocado oil baking spray

Ingredients Required:

- Avocado oil baking spray
- Ground turkey – 2 lb.
- Parmesan cheese – 1 cup, grated
- Salt & powdered black pepper – as desired

Procedure:

1. Put the chicken, oil, marjoram, salt, and pepper into a basin and blend thoroughly.
2. Cover the basin of chicken mixture and set aside at room temperature for around 10-15 minutes.
3. For preheating, set your grill to medium heat.
4. Generously spray the grill grate with baking spray.
5. Thread the chicken onto pre-soaked wooden skewers.
6. Lay out the skewers of chicken onto the grill.
7. Cook for around 6-8 minutes per side.
8. Enjoy right away.

Procedure:

1. For preheating, set your grill to medium-high heat.
2. Generously spray the grill grate with baking spray.
3. Put the ground turkey, cheese, salt, and pepper into a basin and blend thoroughly.
4. Make 4 (¾-inch thick) patties from the mixture.
5. With your thumbs, make a shallow but wide depression in each patty.
6. Lay out the patties onto the grill, depression-side down.
7. Cook for around 8 minutes.
8. Flip and cook for around 8-10 minutes.
9. Enjoy right away.

Nutritional Info:

Calories: 248
Fats (g): 12.6
Carbs (g): 0.3
Protein (g): 29.2

Nutritional Info:

Calories: 502
Fats (g): 22.6
Carbs (g): 0.1
Protein (g): 71.7



Thyme Duck Breasts

Allergens:

Gluten-free, Sugar-free, Dairy-free, Egg-free

Herbed Beef Tenderloin

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	16 mins.	4 individuals

PREP TIME	COOKING TIME	SERVINGS
10 mins.	40 mins.	12 individuals

Ingredients Required:

- Fresh thyme – 2 tbsp., cut up
- Salt & powdered black pepper – as desired
- Duck breasts – 4
- Avocado oil baking spray

Ingredients Required:

- Avocado oil baking spray
- Unsalted butter – 1 cup
- Fresh rosemary – 2 tbsp, cut up
- Fresh thyme – 2 tbsp, cut up
- Salt & powdered black pepper – as desired
- Beef tenderloin – 1 (4-lb.)

Procedure:

1. In a basin, blend together the thyme, salt, and pepper.
2. Make small, crosshatch incisions over the breast's skin using a sharp knife.
3. Rub the duck breasts with thyme mixture.
4. Cover the basin of duck breasts and put into your fridge to marinate for around 12 hours.
5. For preheating, set your grill to medium-high heat.
6. Generously spray the grill grate with baking spray.
7. Place the duck breasts onto the grill, skin side down.
8. Cook for around 6-8 minutes per side.
9. Take off the duck breasts from the grill and shift onto a platter for around 5 minutes.
10. Cut each duck breast into serving portions and enjoy.

Procedure:

1. In an electric food processor, combine the butter, herbs, salt, and pepper and pulse until a paste forms. Shift the paste into a large-sized basin.
2. Add the tenderloin and coat generously with the mixture. Put into your fridge to marinate for at least 2 hours, flipping from time to time.
3. Take off the tenderloin from the fridge and set aside at room temperature for at least 30 minutes.
4. For preheating, set your grill to medium-high heat and leave half the portion unheated. Generously spray the grill grate with baking spray.
5. Lay out the tenderloin onto the heated side and sear for around 5 minutes per side.
6. Now, shift the tenderloin onto the unheated side of the grill and cover with a lid. Cook for around 20-30 minutes, flipping from time to time.
7. Shift the tenderloin onto a chopping board for around 10-15 minutes. Cut the tenderloin into serving portions and enjoy.

Nutritional Info:

Calories: 376
Fats (g): 11.5
Carbs (g): 0.1
Protein (g): 62.7

Nutritional Info:

Calories: 470
Fats (g): 31.2
Carbs (g): 3.2
Protein (g): 44.1



Spiced T-Bone Steak

Allergens:

Gluten-free, Sugar-free, Dairy-free, Egg-free



Buttered Clams

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	14 mins.	8 individuals

Ingredients Required:

- Avocado oil baking spray
- Paprika – 1 tsp.
- Powdered cumin – 1 tsp.
- Garlic powder – ½ tsp.
- Onion powder – ½ tsp.
- Salt & powdered black pepper – as desired
- Beef T-bone steaks – 4 (1½-lb.) (1-inch thick)

Procedure:

1. For preheating, set your grill to high heat.
2. Generously spray the grill grate with baking spray.
3. In a basin, blend together the spices, salt and pepper.
4. Coat the steaks with spice mixture generously.
5. Lay out the steaks onto the grill. Cook for around 5-7 minutes per side.
6. Shift the steak onto a chopping board for around 10 minutes.
7. Cut each steak into serving portions and enjoy.

Nutritional Info:

Calories: 707
Fats (g): 34.5
Carbs (g): 0.7
Protein (g): 71.6

PREP TIME	COOKING TIME	SERVINGS
10 mins.	8 mins.	6 individuals

Ingredients Required:

- Littleneck clams – 24
- Cold unsalted butter – ½ cup, cut up
- Fresh parsley – 2 tbsp, minced
- Salt & powdered black pepper – as desired

Procedure:

1. For preheating, set your grill to high heat.
2. Scrub the clams under cold running water.
3. Into a large-sized casserole dish, blend together remnant ingredients.
4. Place the casserole dish onto the grill.
5. Now, lay out the clams directly onto the grill.
6. Cook with the cover for around 5-8 minutes.
7. With tongs, carefully shift the opened clams into the casserole dish and take them off the grill.
8. Enjoy right away.

Nutritional Info:

Calories: 306
Fats (g): 17.6
Carbs (g): 0.3
Protein (g): 29.3



Herbed Pork Chops

Allergens:

Gluten-free, Sugar-free, Egg-free



Mint Lamb Chops

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	14 mins.	6 individuals

Ingredients Required:

- Pork loin chops – 6 (5 oz.)
- Unsalted butter – 2 tbsp., liquefied
- Dried oregano – ¼ tsp.
- Dried thyme – ¼ tsp.
- Dried parsley – ¼ tsp.
- Salt & powdered black pepper – as desired
- Avocado oil baking spray

Procedure:

1. In a large-sized resealable bag, put the chops, dried herbs, salt, and pepper and seal it tightly.
2. Shake the bag to coat it thoroughly.
3. Put into your fridge overnight, flipping from time to time.
4. For preheating, set your grill to high heat.
5. Generously spray the grill grate with baking spray.
6. Take off the chops from the bag and reserve the marinade.
7. Lay out the pork chops on the grill.
8. Cook for around 5-7 minutes per side, basting with reserved marinade twice.
9. Enjoy right away.

Nutritional Info:

Calories: 208
Fats (g): 8.6
Carbs (g): 0.6
Protein (g): 29.9

PREP TIME	COOKING TIME	SERVINGS
10 mins.	20 mins.	4 individuals

Ingredients Required:

- Avocado oil baking spray
- Lamb loin chops – 4 (6 oz.), trimmed
- Unsalted butter – 1 tbsp., liquefied
- Fresh mint leaves – 2 tbsp., cut up
- Salt & powdered black pepper – as desired

Procedure:

1. For preheating, set your grill to medium-high heat.
2. Generously spray the grill grate with baking spray.
3. In a basin, blend together lamb chops, mint, butter, salt and pepper.
4. Lay out the lamb chops onto the grill.
5. Cook for around 10 minutes per side.
6. Enjoy right away.

Nutritional Info:

Calories: 350
Fats (g): 16.1
Carbs (g): 0.6
Protein (g): 48



Spiced Salmon

Allergens:

Gluten-free, Sugar-free, Dairy-free, Egg-free



Simple Haddock

Allergens:

Gluten-free, Sugar-free, Dairy-free, Egg-free

PREP TIME

10 mins.

COOKING TIME

10 mins.

SERVINGS

6 individuals

PREP TIME

10 mins.

COOKING TIME

10 mins.

SERVINGS

4 individuals

Ingredients Required:

- Unsalted butter – 2 tbsp.,
- Powdered cumin – ½ tsp.
- Paprika – ½ tsp.
- Garlic powder – ¼ tsp.
- Onion powder – ¼ tsp.
- Salt & powdered black pepper – as desired
- Boneless salmon fillets – 6 (6 oz.)
- Avocado oil baking spray

Procedure:

1. Put the butter, spices, salt, and pepper into a large basin and blend thoroughly.
2. Put in salmon fillets and coat with mixture generously.
3. Put into your fridge to marinate for around 30 minutes.
4. For preheating, set your grill to high heat.
5. Generously spray the grill grate with baking spray.
6. Lay out the salmon fillets onto the grill, skin-side down.
7. Cover with the lid and cook for around 4-5 minutes per side.
8. Enjoy right away.

Nutritional Info:

Calories: 225
Fats (g): 11.8
Carbs (g): 1
Protein (g): 29.5

Ingredients Required:

- Avocado oil baking spray
- Boneless haddock fillets – 4 (4 oz.)
- Salt & powdered black pepper – as desired

Procedure:

1. For preheating, set your grill to medium heat.
2. Generously spray the grill grate with baking spray.
3. Sprinkle the haddock fillets with salt and pepper.
4. Lay out the haddock fillets onto the grill.
5. Cook for around 3-5 minutes per side.
6. Enjoy right away.

Nutritional Info:

Calories: 127
Fats (g): 1.1
Carbs (g): 0
Protein (g): 27.5



Buttered Mahi-Mahi

Allergens:

Gluten-free, Sugar-free, Egg-free



Rosemary Cod Parcel

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	10 mins.	4 individuals

Ingredients Required:

- Avocado oil baking spray
- Boneless mahi-mahi fillets – 4 (6 oz.)
- Unsalted butter – 2 tbsp., liquefied
- Salt & powdered black pepper – as desired

Procedure:

1. For preheating, set your grill to medium heat.
2. Generously spray the grill grate with baking spray.
3. Coat fish fillets with butter and sprinkle with salt and pepper.
4. Lay out the fish fillets onto the grill.
5. Cook for around 5 minutes per side.
6. Enjoy right away.

Nutritional Info:

Calories: 195
Fats (g): 7
Carbs (g): 0
Protein (g): 31.6

PREP TIME	COOKING TIME	SERVINGS
10 mins.	15 mins.	4 individuals

Ingredients Required:

- Boneless cod fillets – 4 (4 oz.)
- Unsalted butter – 3 tbsp., liquefied
- Fresh rosemary – 1 tbsp., cut up
- Salt & powdered black pepper – as desired

Procedure:

1. For preheating, set your grill to medium-high heat.
2. Arrange 4 square pieces of heavy-duty foil onto a smooth surface.
3. Place 1 cod fillet over each foil square.
4. In a basin, blend together butter, rosemary, salt and pepper.
5. Pour butter mixture over cod fillets.
6. Fold the foil around the cod fillets to seal them.
7. Lay out the cod parcels onto the grill.
8. Cook for around 12-15 minutes.
9. Take off the parcels from the grill and shift each onto a plate.
10. Carefully open each parcel and enjoy.

Nutritional Info:

Calories: 170
Fats (g): 8.2
Carbs (g): 0.2
Protein (g): 20.8



Dill Pork Tenderloin

Allergens:

Gluten-free, Sugar-free, Dairy-free, Egg-free

PREP TIME

10 mins.

COOKING TIME

20 mins.

SERVINGS

6 individuals

Ingredients Required:

- Fresh dill – 3 tbsp., cut up
- Salt & powdered black pepper – as desired
- Pork tenderloins – 2 (1 lb.), trimmed
- Avocado oil baking spray

Nutritional Info:

Calories: 313
Fats (g): 12.6
Carbs (g): 0.2
Protein (g): 35.7

Procedure:

1. In a small-sized basin, blend the dill, salt, and pepper together.
2. Place 1 tenderloin over a piece of plastic wrap.
3. With a sharp knife, slice through the meat to within ½-inch of the opposite side.
4. Now, open the tenderloin like a book.
5. Cover the tenderloin with another plastic wrap and, with a mallet, gently pound into ½-inch thickness.
6. Repeat with the remnant tenderloin.
7. Take off the plastic wrap.
8. Spread a thin layer of dill mixture over the center of each tenderloin.
9. Roll the tenderloin like a cylinder.
10. With a kitchen string, tie the roll at several places tightly.
11. Repeat with remnant tenderloin.
12. Rub each roll with the remnant dill mixture generously.
13. With plastic wrap, cover each roll and lay it out on a baking tray.
14. Put into your fridge for at least 4-6 hours.
15. For preheating, set your grill to medium-high heat.
16. Generously spray the grill grate with baking spray.
17. Take off the plastic wrap from the tenderloins.
18. Lay out the tenderloins onto the grill.
19. Cook for around 16-20 minutes, flipping from time to time.
20. Take off the tenderloins from the grill and shift onto a chopping board.
21. With a piece of heavy-duty foil, cover each tenderloin for at least 5 minutes.
22. Cut each tenderloin into serving portions and enjoy.

SMOKER RECIPES



Spiced Whole Chicken

Allergens:

Gluten-free, Sugar-free, Dairy-free, Egg-free



Simple Chicken Legs

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	5 hrs.	6 individuals

Ingredients Required:

- Garlic powder – 1 tsp.
- Powdered cumin – 1 tsp.
- Powdered cinnamon – 1 tsp.
- Paprika – 1 tsp.
- Salt & powdered black pepper – as desired
- Whole chicken – 1 (4-lb.), giblet removed

Procedure:

1. Soak the wood chips in water for at least 1 hour.
2. For preheating, set your smoker at 200-225 °F, using charcoal and soaked wood chips.
3. Put the spices, salt, and pepper into a basin and blend thoroughly.
4. Rub the chicken with the spice mixture generously.
5. Place the chicken onto the smoker.
6. Cook with the cover for around 3-5 hours.
7. Shift the chicken onto a chopping board for around 10 minutes.
8. Cut the chicken into serving portions and enjoy.

Nutritional Info:

Calories: 540
Fats (g): 9.6
Carbs (g): 0.4
Protein (g): 88.3

PREP TIME	COOKING TIME	SERVINGS
10 mins.	2 hrs. 3 mins.	6 individuals

Ingredients Required:

- Skinless chicken legs – 3 lb.
- Unsalted butter – 3 tbsp., liquefied
- Salt & powdered black pepper – as desired

Procedure:

1. Put the chicken legs and remnant ingredients into a large-sized basin and blend to incorporate thoroughly.
2. Put into your fridge for around 1 hour.
3. For preheating, set your smoker at 250 °F, using charcoal.
4. Lay out the chicken legs onto the smoker.
5. Cook with the cover for around 1½-2 hours.
6. In the meantime, for preheating, arrange a rack in the center of the oven.
7. Set your oven to a broiler.
8. Take off the chicken legs from the smoker and shift them onto a baking tray, skin side up.
9. Broil for around 2-3 minutes.
10. Enjoy right away.

Nutritional Info:

Calories: 499
Fats (g): 24
Carbs (g): 0
Protein (g): 65.9



Stuffed Chicken Breasts

Allergens:

Gluten-free, Sugar-free, Egg-free

Rosemary Whole Turkey

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	3 hrs.	4 individuals

PREP TIME	COOKING TIME	SERVINGS
15 mins.	10 hrs.	12 individuals

Ingredients Required:

- Boneless & skinless chicken breasts – 4 (6-oz.)
- Gluten-free sausage links – 2/3 cup, cut up
- Cheddar cheese – 2/3 cup, grated
- Salt & powdered black pepper – as desired
- Sugar-free bacon strips – 8

Ingredients Required:

- Whole turkey – 1 (10-lb.) neck & giblets removed
- Salt & powdered black pepper – as desired
- Fresh rosemary sprigs – 2-3
- Unsalted butter – ½ cup, softened

Procedure:

1. Soak the wood chips in water for at least 1 hour.
2. For preheating, set your smoker at 250 °F, using charcoal and wood chips.
3. With a sharp knife, gently create a pocket for each chicken breast.
4. Stuff each chicken pocket with sausage and cheese.
5. Add some pepper and salt to the chicken breasts.
6. Two bacon strips should be wrapped around each stuffed chicken breast.
7. Lay out the chicken breasts onto the smoker.
8. Cook with the cover for around 3 hours.
9. Enjoy right away.

Procedure:

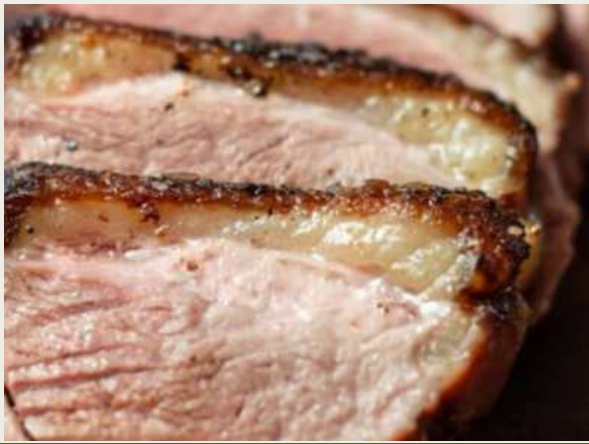
1. For preheating, set your smoker at 225-250 °F, using charcoal.
2. Sprinkle the inside and outside of the turkey with salt and butter.
3. Rub the outer side of the turkey with butter.
4. Stuff the cavity of the turkey with rosemary sprigs.
5. Lay out the turkey into a disposable roasting pan.
6. With a piece of heavy-duty foil, cover the roasting pan loosely.
7. Lay out the roasting pan onto the smoker.
8. Cook with the cover for around 10 hours, basting with pan juices after every 1 hour.
9. Shift the turkey onto a chopping board for around 20 minutes.
10. Cut the turkey into serving portions and enjoy.

Nutritional Info:

Calories: 841
Fats (g): 53.8
Carbs (g): 1
Protein (g): 82.8

Nutritional Info:

Calories: 725
Fats (g): 26.6
Carbs (g): 0.2
Protein (g): 111



Simple Duck Breasts

Allergens:

Gluten-free, Sugar-free, Dairy-free, Egg-free

Simple Shrimp

Allergens:

Gluten-free, Sugar-free, Dairy-free, Egg-free

PREP TIME

10 mins.

COOKING TIME

1 hrs.

SERVINGS

4 individuals

PREP TIME

15 mins.

COOKING TIME

30 mins.

SERVINGS

4 individuals

Ingredients Required:

- Duck breasts – 4 (6-oz.)
- Salt & powdered black pepper – as desired

Ingredients Required:

- Shrimp – 1½ lb., peeled and deveined
- Salt – as desired

Procedure:

1. For preheating, set your smoker at 225 °F, using charcoal.
2. Make diamond-shaped cuts in the duck's skin with a knife.
3. Add some pepper and salt to the duck breasts.
4. Lay out the duck breasts onto the smoker, skin side facing upwards.
5. Cook with the cover for around 40-60 minutes, flipping once halfway through.
6. Enjoy right away.

Procedure:

1. Put the shrimp into a shallow pan and sprinkle with salt.
2. With a plastic wrap, cover the pan and put it into your fridge for around 2 hours.
3. Now, rinse the shrimp under cold running water and then, with paper towels, pat dry them.
4. For at least an hour, soak apple wood chips in water.
5. For preheating, set your smoker at 140-220 °F, using charcoal and wood chips.
6. Lay out the shrimp onto the smoker.
7. Cook with the cover for around 15-30 minutes.
8. Enjoy right away.

Nutritional Info:

Calories: 231
Fats (g): 24.7
Carbs (g): 0
Protein (g): 37.4

Nutritional Info:

Calories: 168
Fats (g): 8.4
Carbs (g): 0
Protein (g): 32.3



Spiced Beef Brisket

Allergens:

Gluten-free, Sugar-free, Dairy-free, Egg-free



Simple Pork Butt Roast

Allergens:

Gluten-free, Sugar-free, Dairy-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	7 hrs.	8 individuals

PREP TIME	COOKING TIME	SERVINGS
10 mins.	14 hrs.	16 individuals

Ingredients Required:

- Dried thyme – 1 tsp.
- Paprika – 1 tsp.
- Garlic powder – 1 tsp.
- Onion powder – 1 tsp.
- Salt & powdered black pepper – as desired
- Beef brisket – 1 (5-lb.) trimmed

Ingredients Required:

- Pork butt roast – 1 (7-lb.)
- Salt & powdered black pepper – as desired

Procedure:

1. In a basin, blend together the thyme, spices, salt, and pepper.
2. Rub the brisket with the spice mixture generously.
3. With plastic wrap, cover the brisket and put it into your fridge overnight.
4. For preheating, set your smoker at 250 °F, using charcoal and hickory.
5. Lay out the brisket on the smoker
6. Cook with the cover for around 3-3½ hours per side.
7. Shift the brisket onto a chopping board for around 10-15 minutes before enjoying it.
8. Cut the brisket into serving portions and enjoy.

Procedure:

1. For preheating, set your smoker at 200-225 °F, using charcoal.
2. Lots of salt and pepper should be put on the pork roast.
3. Arrange a roasting rack into a drip pan.
4. Lay out the pork roast over the rack.
5. Lay out the drip pan onto the smoker.
6. Cook for around 10-14 hours.
7. Shift the roast onto a chopping board for around 10-15 minutes.
8. Cut the roast into serving portions and enjoy.

Nutritional Info:

Calories: 745
Fats (g): 22.3
Carbs (g): 0.5
Protein (g): 85.2

Nutritional Info:

Calories: 381
Fats (g): 24.6
Carbs (g): 0
Protein (g): 35.3



Rosemary Lamb Shoulder

Allergens:

Gluten-free, Sugar-free, Dairy-free, Egg-free



Herbed Beef Prime Rib Roast

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	7½ hrs.	12 individuals

Ingredients Required:

- Boneless lamb shoulder – 5 lb.
- Fresh rosemary sprigs – 3-4
- Salt & powdered black pepper – as desired

Procedure:

1. Soak the wood chips in water for at least 1 hour.
2. For preheating, set your smoker at 225 °F, using charcoal and wood chips.
3. Place the lamb shoulder flat onto a chopping board. With a paring knife, make several deep cuts throughout the shoulder.
4. Insert rosemary pieces into each cut and sprinkle generously with salt and pepper.
5. Lay out the lamb shoulder onto the smoker over the indirect heat side. Cook with the cover for around 6 hours.
6. Now, wrap the lamb shoulder with a double layer of heavy-duty foil. Place the foil-wrapped lamb shoulder onto the smoker.
7. Now, set the smoker at 350 °F. Cook with the cover for around 1½ hours.
8. Shift the lamb shoulder onto a chopping board and loosely cover it with a piece of heavy-duty foil for around 10 minutes.
9. Cut the leg of lamb into serving portions and enjoy.

Nutritional Info:

Calories: 430
Fats (g): 20.9
Carbs (g): 0.2
Protein (g): 79.7

PREP TIME	COOKING TIME	SERVINGS
10 mins.	3 hrs. 50 mins.	10 individuals

Ingredients Required:

- Beef prime rib roast – 1 (5-lb.)
- Salt – as desired
- Unsalted butter – 5 tbsp., liquefied
- Dried thyme – 1 tsp.
- Dried rosemary – 1 tsp.
- Powdered black pepper – as desired

Procedure:

1. Sprinkle the roast with salt generously. With plastic wrap, cover the roast and put it into your fridge for around 24 hours.
2. In a basin, blend together the remnant ingredients.
3. Massage both sides of the roast with the butter mixture.
4. Lay out the roast on a large-sized plate and put it into your fridge for around 6-12 hours.
5. Soak wood chips in water for at least 1 hour.
6. For preheating, set your smoker at 225-230 °F, using wood chips. Lay out the roast onto the smoker. Cook with the cover for around 3-3½ hours.
7. In the meantime, for preheating, set your oven to 400 °F.
8. Take off the roast from the smoker and shift into a roasting pan.
9. Roast for around 15-20 minutes. Shift the roast onto a chopping board for around 10-15 minutes. Cut the roast into serving portions and enjoy.

Nutritional Info:

Calories: 600
Fats (g): 45.6
Carbs (g): 0.3
Protein (g): 38.2



Simple Salmon

Allergens:

Gluten-free, Sugar-free, Dairy-free, Egg-free



Rosemary Whole Trout

Allergens:

Gluten-free, Sugar-free, Dairy-free, Egg-free

PREP TIME

10 mins.

COOKING TIME

30 mins.

SERVINGS

6 individuals

PREP TIME

10 mins.

COOKING TIME

3 hrs.

SERVINGS

8 individuals

Ingredients Required:

- Boneless salmon fillets – 2 (1-lb.)
- Salt & powdered black pepper – as desired

Ingredients Required:

- Whole lake trout – 1 (7-lb.), butterflied
- Salt & powdered black pepper – as desired
- Fresh rosemary – ¼ cup, cut up

Procedure:

1. For preheating, set your smoker at 225 °F, using charcoal.
2. Add some pepper and salt to the salmon pieces.
3. Lay out the salmon fillets onto the smoker.
4. Cook with the cover for around 30 minutes.
5. Take off the salmon fillets from the smoker and shift them onto a chopping board for around 5 minutes.
6. Cut the salmon fillets into serving portions and enjoy.

Procedure:

1. Sprinkle the trout with the salt and pepper generously.
2. Then, rub the trout with rosemary.
3. Place the fish into a large container and put it into your fridge for around 6-7 hours.
4. Take off the trout from the container and, with paper towels, pat dry it.
5. Set aside at room temperature for around 2 hours before cooking.
6. Soak the wood chips in water for at least 1 hour.
7. For preheating, set your smoker at 225 °F, using wood chips.
8. Lay out the trout onto the smoker.
9. Cook with the cover for around 1½-3 hours.
10. Take off the trout from the smoker and shift it onto a chopping board for around 5 minutes.
11. Cut the trout into serving portions and enjoy.

Nutritional Info:

Calories: 327
Fats (g): 19.8
Carbs (g): 0
Protein (g): 36.1

Nutritional Info:

Calories: 633
Fats (g): 31.8
Carbs (g): 0.4
Protein (g): 85.2



Spiced Sardine

Allergens:

Gluten-free, Sugar-free, Dairy-free, Egg-free



Buttered Crab Legs

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME

10 mins.

COOKING TIME

2 hrs.

SERVINGS

5 individuals

PREP TIME

10 mins.

COOKING TIME

40 mins.

SERVINGS

10 individuals

Ingredients Required:

- Paprika – ½ tsp.
- Onion powder – ½ tsp.
- Garlic powder – ½ tsp.
- Powdered cumin – ½ tsp.
- Salt & powdered black pepper – as desired
- Boneless sardine fillets – 2 lb.
- Avocado oil baking spray

Procedure:

1. Soak wood chips in water for at least 1 hour.
2. For preheating, set your smoker at 200 °F, using wood chips.
3. In a basin, blend together all spices
4. Spray the sardine fillets with baking spray and then rub them generously with the spice mixture.
5. Again, spray the sardine fillets with baking spray.
6. Lay out the filets onto a soaked wooden plank and place them onto the smoker.
7. Cook for around 2 hours.
8. Enjoy right away.

Ingredients Required:

- Unsalted butter – 1 lb. liquefied
- Dried parsley – 1 tbs.
- Salt & powdered black pepper – as desired
- Snow crab legs – 10 lb.

Procedure:

1. Soak the wood chips in water for at least 1 hour.
2. For preheating, set your smoker at 250 °F, using charcoal and wood chips.
3. Put the butter, parsley, salt, and pepper into a basin and blend thoroughly.
4. Place the crab legs and half of the butter mixture into a large-sized foil pan and blend thoroughly.
5. Lay out the foil pan of crab legs onto the smoker.
6. Cook with the cover for around 30-40 minutes, coating with the remnant butter mixture after every 10 minutes.
7. Enjoy right away.

Nutritional Info:

Calories: 394
Carbs (g): 0.4
Protein (g): 45.4
Fats (g): 21.1

Nutritional Info:

Calories: 766
Fats (g): 43.8
Carbs (g): 0.1
Protein (g): 88.2



Stuffed Leg of Lamb

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME

15 mins.

COOKING TIME

3 hrs.

SERVINGS

8 individuals

Ingredients Required:

For the Filling:

- Cream cheese – 1 (8-oz.) package, softened
- Cooked sugar-free bacon – ¼ cup, crumbled

For the Spice Mixture:

- Dried rosemary – 1 tsp.
- Garlic powder – 1 tsp.
- Onion powder – 1 tsp.
- Paprika – 1 tsp.
- Salt & powdered black pepper – as desired

For the Leg of Lamb:

- Boneless leg of lamb – 1 (4-5-lb.), butterflied
- Unsalted butter – 3 tbsp., liquefied

Nutritional Info:

Calories: 758
Fats (g): 43.1
Carbs (g): 2.1
Protein (g): 86

Procedure:

1. For the filling: put the cream cheese and bacon into a basin and blend to incorporate thoroughly.
2. For the spice mixture: put it into another small basin and blend the rosemary, spices, salt, and pepper together.
3. Place the leg of the lamb onto a smooth surface.
4. Sprinkle the inside of the leg with some spice mixture.
5. Place the filling mixture over the inside surface and roll tightly.
6. With a butcher's twine, tie the roll to secure the filling.
7. Coat the outer side of the roll with butter and then sprinkle with spice mixture.
8. For preheating, set your smoker at 225-240 °F, using charcoal and wood chips.
9. Lay out the leg of the lamb onto the smoker.
10. Cook with the cover for around 2½-3 hours.
11. Shift the leg of lamb onto a chopping board and loosely cover it with a piece of heavy-duty foil for around 20-25 minutes.
12. Cut the leg of lamb into serving portions and enjoy.

SLOW COOKER RECIPES



Spiced Whole Chicken

Allergens:

Gluten-free, Sugar-free, Dairy-free, Egg-free

Buttered Chicken Thighs

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
15 mins.	4 hrs. 5 mins.	10 individuals

PREP TIME	COOKING TIME	SERVINGS
10 mins.	6 hrs.	6 individuals

Ingredients Required:

- Avocado oil baking spray
- Paprika – 1 tbsp.
- Powdered cumin – 1 tsp.
- Onion powder – 1 tsp.
- Garlic powder – 1 tsp.
- Salt & powdered black pepper – as desired
- Whole chicken – 1 (5-lb.), neck & giblets removed

Procedure:

1. Coat the internal pot of your slow cooker with baking spray.
2. Roll a piece of heavy-duty foil into a ring shape and then arrange it in the internal pot of your slow cooker.
3. In a small-sized basin, blend together the spices, salt and pepper. Rub the cavity and outer side of the chicken with the spice mixture generously. Lay out the chicken on top of the foil ring.
4. With the lid, cover the slow cooker and press the “High” setting for 4 hours.
5. In the meantime, for preheating, set your oven to broiler.
6. After cooking time is completed, take off the lid of the slow cooker and shift the chicken onto a broiler pan. Broil for around 3-5 minutes.
7. Take off the chicken from the oven and place on a chopping board for around 9-10 minutes. Cut the chicken into serving portions and enjoy.

Nutritional Info:

Calories: 437
Fats (g): 16.9
Carbs: 0.4
Protein (g): 65.7

Ingredients Required:

- Boneless & skinless chicken thighs – 6 (6-oz.)
- Cold unsalted butter – ¼ cup, cut up
- Salt & powdered black pepper – as desired

Procedure:

1. Lay out the chicken thighs in the internal pot of your slow cooker.
2. Top with butter pieces and sprinkle with salt and pepper.
3. With the lid, cover the slow cooker and press the “Low” setting for 6 hours.
4. After cooking time is completed, take off the lid of the slow cooker and enjoy it right away.

Nutritional Info:

Calories: 286
Fats (g): 13.8
Carbs: 0
Protein (g): 38.3



Bacon-Wrapped Chicken Breasts

Allergens:

Gluten-free, Sugar-free, Egg-free



Rosemary-Braised Beef Shoulder

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	8 hrs.	4 individuals

Ingredients Required:

- Boneless & skinless chicken breasts – 4 (4-oz.)
- Sugar-free bacon strips – 8
- Powdered black pepper – as desired
- Cream cheese – $\frac{3}{4}$ cup, softened
- Fresh chives – 2 tbsp., cut up
- Avocado oil baking spray

Procedure:

1. Use a meat tool to pound each chicken breast until it is $\frac{1}{2}$ inch thick.
2. Sprinkle each chicken breast with black pepper.
3. Put the cream cheese and chives into a basin and blend thoroughly.
4. Lay out the chicken breasts on a smooth surface.
5. Put about two tablespoons of the cream cheese mix in the middle of each chicken breast.
6. Carefully wrap the chicken around the cream cheese mixture.
7. Wrap 2 bacon strips around each chicken breast, ensuring that it covers the open ends.
8. Coat the internal pot of your slow cooker with baking spray.
9. Lay out the wrapped chicken breasts in your slow cooker pot.
10. With the lid, cover the slow cooker and press the “Low” setting for 6 $\frac{1}{2}$ -8 hours.
11. After cooking time is completed, take off the lid of the slow cooker and enjoy it right away.

Nutritional Info:

Calories: 682
Fats (g): 47.8
Carbs: 1.1
Protein (g): 57.6

PREP TIME	COOKING TIME	SERVINGS
10 mins.	9 hrs.	14 individuals

Ingredients Required:

- Beef shoulder – 1 (8-lb.)
- Salt & powdered black pepper – as desired
- Unsalted butter – $\frac{1}{4}$ cup
- Fresh rosemary sprigs – 2
- Chicken bone broth – $\frac{1}{2}$ cup

Procedure:

1. Rub the beef shoulder with salt and pepper.
2. Sizzle butter into a large-sized, anti-sticking wok on the burner at around medium-high heat.
3. Sear the beef shoulder for around 2-3 minutes per side.
4. Shift the beef shoulder with any butter into the internal pot of your slow cooker.
5. Lay out the rosemary sprigs over the roast and top with broth.
6. With the lid, cover the slow cooker and press the “Low” setting for 9 hours.
7. After cooking time is completed, take off the lid of the slow cooker and immediately shift the beef shoulder into a large-sized serving plate.
8. Cut the beef shoulder into serving portions and enjoy.

Nutritional Info:

Calories: 515
Fats (g): 33.1
Carbs: 0.3
Protein (g): 48.3



Herbed Pork Loin

Allergens:

Gluten-free, Sugar-free, Egg-free



Braised Pork Ribs

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	8 hrs.	8 individuals

Ingredients Required:

- Chicken bone broth – ½ cup
- Unsalted butter – 2 tbsp., liquefied
- Dried sage – ¼ tsp.
- Dried basil – ¼ tsp.
- Dried oregano – ¼ tsp.
- Garlic powder – ½ tsp.
- Salt & powdered black pepper – as desired
- Pork loin – 2½ lb., trimmed

Procedure:

1. Put the broth, butter, herbs, garlic powder, salt, and pepper into a medium-sized basin and blend thoroughly.
2. Put the pork loin in the internal pot of your slow cooker and top it with the broth mixture.
3. With the lid, cover the slow cooker and press the “Low” setting for 7-8 hours.
4. After cooking time is completed, take off the lid of the slow cooker and, with two forks, shred the meat.
5. With a spoon, blend the meat with pot juices and enjoy.

Nutritional Info:

Calories: 242
Fats (g): 8.8
Carbs: 0.9
Protein (g): 37.8

PREP TIME	COOKING TIME	SERVINGS
10 mins.	10 hrs.	6 individuals

Ingredients Required:

- Pork ribs – 3 lb.
- Chicken bone broth – ½ cup
- Unsalted butter – 1 tbsp.
- Salt & powdered black pepper – as desired

Procedure:

1. Put the ribs and remnant ingredients in the internal pot of your slow cooker and blend them with a wooden spoon thoroughly.
2. With the lid, cover the slow cooker and press the “Low” setting for 8½-10 hours.
3. After cooking time is completed, take off the lid of the slow cooker and enjoy it right away.

Nutritional Info:

Calories: 506
Fats (g): 32
Carbs: 0.2
Protein (g): 45.9



Lamb Chops in Mint Sauce

Allergens:

Gluten-free, Sugar-free, Dairy-free, Egg-free



Dill-Braised Salmon

Allergens:

Gluten-free, Sugar-free, Dairy-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	4 hrs.	6 individuals

Ingredients Required:

- Lamb shoulder chops – 6 (8-oz.)
- Salt & powdered black pepper – as desired
- Fresh mint – 2 tbsp., cut up
- Chicken bone broth – ¼ cup

Procedure:

1. Lots of salt and pepper should be put on the lamb chops.
2. Put the chops and remnant ingredients in the internal pot of your slow cooker and blend them with a wooden spoon thoroughly.
3. With the lid, cover the slow cooker and press the “High” setting for 3½-4 hours.
4. After cooking time is completed, take off the lid of the slow cooker and enjoy it right away.

Nutritional Info:

Calories: 340
Fats (g): 17.6
Carbs (g): 0.1
Protein (g): 42.2

PREP TIME	COOKING TIME	SERVINGS
10 mins.	1¼ hrs.	6 individuals

Ingredients Required:

- Boneless salmon fillets – 6 (4-oz.)
- Chicken bone broth – 1 cup
- Fresh dill – 2 tbsp., cut up
- Salt & powdered black pepper – as desired

Procedure:

1. Put the salmon and remnant ingredients in the internal pot of your slow cooker and blend them with a wooden spoon thoroughly.
2. With the lid, cover the slow cooker and press the “Low” setting for 1-1¼ hours.
3. After cooking time is completed, take off the lid of the slow cooker and enjoy it right away.

Nutritional Info:

Calories: 192
Fats (g): 7.1
Carbs: 0.2
Protein (g): 22.6



Shrimp in Butter Sauce

Allergens:

Gluten-free, Sugar-free, Egg-free

Mussel in Creamy Sauce

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
15 mins.	1½ hrs.	4 individuals

PREP TIME	COOKING TIME	SERVINGS
10 mins.	30 mins.	5 individuals

Ingredients Required:

- Shrimp – 1½ lb., peeled and deveined
- Unsalted butter – ¼ cup, sliced
- Chicken bone broth – ¼ cup
- Dried parsley – 1 tsp.
- Salt & powdered black pepper – as desired

Ingredients Required:

- Chicken bone broth – ½ cup
- Heavy cream – ½ cup
- Fresh cilantro leaves – 1 tbsp.
- Salt & powdered black pepper – as desired
- Mussels – 2 lb., scrubbed & debearded

Procedure:

1. Put the shrimp and remnant ingredients in the internal pot of your slow cooker and blend them with a wooden spoon thoroughly.
2. With the lid, cover the slow cooker and press the “High” setting for 1½ hours.
3. After cooking time is completed, take off the lid of the slow cooker and enjoy it right away.

Procedure:

1. In the internal pot of your slow cooker, blend broth, heavy cream, cilantro, salt, and pepper together.
2. Put in mussels and blend with cream mixture
3. With the lid, cover the slow cooker, and press “High” setting for 20-30 minutes.
4. After cooking time is completed, take off the lid of the slow cooker and discard any unopened muscles.
5. Enjoy right away.

Nutritional Info:

Calories: 244
Fats (g): 13.5
Carbs: 0.4
Protein (g): 26.1

Nutritional Info:

Calories: 333
Fats (g): 21.4
Carbs: 0.3
Protein (g): 23.8

EXOTIC MEAT RECIPES



Spiced Quail

Allergens:

Gluten-free, Sugar-free, Egg-free



Herbed Whole Rabbit

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	16 mins.	4 individuals

Ingredients Required:

- Avocado oil baking spray
- Unsalted butter – 2 tbsp., liquefied
- Dried parsley – ½ tsp.
- Paprika – ½ tsp.
- Garlic powder – ¼ tsp.
- Onion powder – ¼ tsp.
- Salt & powdered black pepper – as desired
- Quail – 4

Procedure:

1. For preheating, set your outdoor grill to medium heat.
2. Generously spray the grill grate with baking spray.
3. Put the butter, parsley, spices, salt, and pepper into a basin and blend to incorporate thoroughly.
4. Coat each quail with the butter mixture generously.
5. Lay out the quail onto the grill.
6. Cook for around 8 minutes per side.
7. Take off the quail from the grill and set aside for around 5 minutes before enjoying.

Nutritional Info:

Calories: 271
Fats (g): 20
Carbs (g): 0.6
Protein (g): 22

PREP TIME	COOKING TIME	SERVINGS
10 mins.	35 mins.	4 individuals

Ingredients Required:

- Unsalted butter – ¼ cup, liquefied
- Fresh rosemary – 1 tsp. finely cut up
- Fresh parsley – 1 tsp., finely cut up
- Fresh thyme – 1 tsp., finely cut up
- Salt & powdered black pepper – as desired
- Whole rabbit – 1 (2½-lb.)
- Avocado oil baking spray

Procedure:

1. For preheating, set your oven to 400 °F.
2. Spray a large-sized baking pan with baking spray.
3. Put the butter, herbs, salt, and pepper into a small-sized basin and blend to incorporate.
4. Rub the rabbit with the butter mixture generously.
5. Lay out the rabbit into the baking pan.
6. Bake for around 30-35 minutes.
7. Take off the rabbit from the oven and shift onto a platter for around 10 minutes.
8. Cut the rabbit into serving portions and enjoy.

Nutritional Info:

Calories: 452
Fats (g): 29.1
Carbs (g): 0.3
Protein (g): 49.3



Simple Ostrich Roast

Allergens:

Gluten-free, Sugar-free, Egg-free



Bison Burgers

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	30 mins.	5 individuals

Ingredients Required:

- Ostrich roast – 1 (1¼ lb.)
- Salt & powdered black pepper – as desired
- Unsalted butter – 2 tbsp.
- Avocado oil baking spray

Procedure:

1. Rub the ostrich roast with salt and pepper.
2. Set it aside at room temperature for around 2 hours.
3. Sizzle butter into a large-sized wok on the burner at medium-high heat.
4. Cook the ostrich roast for around 2-3 minutes per side.
5. Take off from the burner and set it aside.
6. For preheating, set your oven to 365 °F.
7. Spray a large-sized baking pan with baking spray.
8. Lay out the ostrich roast in the baking pan.
9. Bake for around 25-30 minutes.
10. Take off the ostrich roast and shift it onto a platter for around 10 minutes.
11. Cut the roast into serving portions and enjoy.

Nutritional Info:

Calories: 220
Fats (g): 10.5
Carbs (g): 0
Protein (g): 20.3

PREP TIME	COOKING TIME	SERVINGS
10 mins.	10 mins.	2 individuals

Ingredients Required:

- Ground bison – ½ lb.
- Fresh parsley – 1 tsp., minced
- Salt & powdered black pepper – as desired
- Avocado oil baking spray
- Cheddar cheese slices – 2

Procedure:

1. Put the bison, parsley, salt, and pepper into a basin and blend to incorporate.
2. Make 2 (4-inch) patties from the mixture.
3. Spray a grill pan with baking spray and sizzle on the burner at around medium-high heat.
4. Cook the patties for around 4-5 minutes per side.
5. After 11 minutes of cooking, lay out 1 cheese slice over each patty.
6. Enjoy right away.

Nutritional Info:

Calories: 349
Fats (g): 19.1
Carbs (g): 0.3
Protein (g): 23.1



Herbed Bison Steaks

Allergens:

Gluten-free, Sugar-free, Dairy-free, Egg-free



Spiced Venison Chops

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	18 mins.	4 individuals

Ingredients Required:

- Avocado oil baking spray
- Bison rib-eye steaks – 4 (8-oz.)
- Dried thyme – ¼ tsp.
- Dried oregano – ¼ tsp.
- Dried rosemary – ¼ tsp.
- Dried parsley – ¼ tsp.
- Salt & powdered black pepper – as desired

Procedure:

1. For preheating, set your oven to 425 °F.
2. Spray a large-sized baking tray with baking spray.
3. Put the herbs, salt, and pepper into a small-sized basin and blend thoroughly.
4. Rub each bison steak with the herb mixture.
5. Lay out the bison steaks onto the baking tray.
6. Bake for around 15-18 minutes, flipping once halfway through.
7. Enjoy right away.

Nutritional Info:

Calories: 320
Fats (g): 10
Carbs (g): 5
Protein (g): 54.3

PREP TIME	COOKING TIME	SERVINGS
10 mins.	20 mins.	4 individuals

Ingredients Required:

- Venison chops – 4 (4-oz.)
- Unsalted butter – 2 tbsp., liquefied
- Paprika – ½ tsp.
- Garlic powder – ¼ tsp.
- Onion powder – ¼ tsp.
- Salt & powdered black pepper – as desired
- Avocado oil baking spray

Procedure:

1. Put the chops and remnant ingredients into a medium-sized basin and blend to incorporate thoroughly.
2. Put into your fridge for around 2-3 hours.
3. For preheating, set your oven to 400 °F.
4. Spray a large-sized baking tray with baking spray.
5. Take off from the fridge and coat the chops with baking spray.
6. Lay out the venison chops onto the baking tray.
7. Bake for around 15-20 minutes.
8. Flip the venison chops once halfway through.
9. Enjoy right away.

Nutritional Info:

Calories: 209
Fats (g): 6.1
Carbs (g): 0.3
Protein (g): 33.3



Braised Venison Roast

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	4 hrs. 21 mins.	8 individuals

Ingredients Required:

- Paprika – 1 tsp.
- Garlic powder – 1 tsp.
- Onion powder – 1 tsp.
- Salt & powdered black pepper – as desired
- Venison chuck roast – 1 (3-lb.)
- Unsalted butter – 2 tbsp.
- Fresh thyme sprigs – 1
- Fresh rosemary sprig – 1
- Chicken bone broth – 4-5 cups

Nutritional Info:

Calories: 391
Fats (g): 9
Carbs (g): 0.8
Protein (g): 55

Procedure:

1. For preheating, arrange a rack in the center of the oven.
2. Set your oven to 300 °F.
3. Put the spices, salt, and pepper into a small basin and blend them to incorporate.
4. Rub the roast with the spice mixture.
5. Sizzle butter in a large-sized Dutch oven on the burner at around medium-high heat.
6. Sear the roast for around 2-3 minutes per side.
7. Put in herb sprigs and broth and turn the heat at around high.
8. Cook the mixture until boiling.
9. Cover the pot and immediately shift into the oven.
10. Bake for around 3-4 hours.
11. Take off the pot from the oven.
12. With tongs, shift the roast onto a platter.
13. With a piece of heavy-duty foil, cover the roast to keep warm.
14. Take off the herb sprigs from the braising liquid.
15. With a spoon, skim the fat off the liquid.
16. Place the Dutch oven on the burner at around medium-high heat.
17. Cook the liquid until boiling.
18. Turn the heat to around medium.
19. Cook for around 8-10 minutes, stirring from time to time.
20. With two forks, shred the meat and return it to the pot.
21. Coat the meat with sauce.
22. Cook for around 3-5 minutes.
23. Enjoy right away.



Simple Elk Roast

Allergens:

Gluten-free, Sugar-free, Egg-free

Spiced Elk Steaks

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME

10 mins.

COOKING TIME

1 hr.

SERVINGS

6 individuals

PREP TIME

10 mins.

COOKING TIME

12 mins.

SERVINGS

4 individuals

Ingredients Required:

- Avocado oil baking spray
- Elk roast – 2 lb.
- Unsalted butter – ½ cup
- Salt & powdered black pepper – as desired

Procedure:

1. For preheating, set your oven to 400 °F.
2. Spray a large baking tray with a baking pan.
3. Coat the elk roast with butter and then rub with salt and pepper.
4. Lay out the elk roast in the baking pan.
5. Bake for around 55-60 minutes.
6. Take off the roast from the oven and shift it onto a chopping board for around 10 minutes.
7. Cut the roast into serving portions and enjoy.

Nutritional Info:

Calories: 442
Fats (g): 21.5
Carbs (g): 0
Protein (g): 47.3

Ingredients Required:

- Avocado oil baking spray
- Unsalted butter – 2 tbsp., liquefied
- Paprika – ½ tsp.
- Garlic powder – 1/3 tsp.
- Onion powder – 1/3 tsp.
- Salt & powdered black pepper – as desired
- Elk steaks – 4 (4-oz.)

Procedure:

1. For preheating, set your grill to medium heat.
2. Generously spray the grill grate with baking spray.
3. Put the butter, spices, salt, and pepper into a basin and blend to incorporate thoroughly.
4. Coat each steak with butter mixture generously.
5. Lay out the steaks onto the grill.
6. Cook for around 5-6 minutes per side.
7. Take off the steaks from the grill and set aside for around 5 minutes before enjoying.

Nutritional Info:

Calories: 260
Fats (g): 13.7
Carbs (g): 0.3
Protein (g): 33.3



Kangaroo Kabobs

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	8 mins.	4 individuals

Ingredients Required:

- Kangaroo steaks – 1 lb., cut into ¾-inch chunks
- Unsalted butter – 2 tbsp., liquefied
- Garlic powder – ½ tsp.
- Salt & powdered black pepper – as desired
- Avocado oil baking spray

Procedure:

1. Put the kangaroo chunks and remnant ingredients into a large-sized basin and blend to incorporate.
2. Put into your fridge for a round 1 hour.
3. Take off the basin of kangaroo chunks from the oven and set it aside at room temperature for around 20-30 minutes.
4. For preheating, set your grill to medium-high heat.
5. Generously spray the grill grate with baking spray.
6. Take off the kangaroo chunks from the marinade and thread them onto metal skewers.
7. Lay out the skewers onto the grill.
8. Cook for around 6-8 minutes, flipping after every 2 minutes.
9. Take off the skewers from the grill and place them onto a platter for around 5 minutes before enjoying.

Nutritional Info:

Calories: 292
Fats (g): 16.5
Carbs (g): 0.1
Protein (g): 26.3

ORGAN MEAT RECIPES



Simple Chicken Gizzards

Allergens:

Gluten-free, Sugar-free, Egg-free

Crispy Chicken Gizzards

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME

10 mins.

COOKING TIME

15 mins.

SERVINGS

2 individuals

PREP TIME

15 mins.

COOKING TIME

18 mins.

SERVINGS

4 individuals

Ingredients Required:

- Unsalted butter – 1 tbsp.
- Chicken gizzards – ½ lb., cut into small-sized pieces
- Salt & powdered black pepper – as desired

Ingredients Required:

- Chicken gizzards – 1½ lb., trimmed
- Pork rinds – ½ cup, finely crushed
- Garlic powder – ½ tsp.
- Salt & powdered black pepper – as desired
- Unsalted butter – 2 cups

Procedure:

1. Put the gizzards into a pot of cold water on the burner at around high heat.
2. Cook the mixture until boiling.
3. Drain the gizzard pieces and rinse under cold running water.
4. Sizzle butter into a wok on the burner at around medium heat.
5. Cook the gizzard pieces for around 6-8 minutes.
6. Blend in salt and pepper and cook for around 1-2 minutes.
7. Enjoy right away.

Procedure:

1. Put the gizzards into a pot of cold water on the burner at around high heat.
2. Cook the mixture until boiling.
3. Through a colander, strain the gizzards and set aside to cool.
4. Place the pork rinds, garlic powder, salt, and pepper into a shallow dish and blend thoroughly.
5. Coat the gizzard pieces with pork rind mixture and shake off the excess.
6. Sizzle butter into a deep wok on the burner at around medium-high heat.
7. Cook the gizzard pieces for around 2-3 minutes.
8. Immediately turn the heat around to medium.
9. Cook with the cover for around 10 minutes, stirring from time to time.
10. Move the gizzard pieces to a plate lined with paper towels with a forked spoon so they can drain before you eat them.

Nutritional Info:

Calories: 179
Fats (g): 10.4
Carbs (g): 0
Protein (g): 21.5

Nutritional Info:

Calories: 670
Fats (g): 76.8
Carbs (g): 1.1
Protein (g): 19.2



Chicken Liver Kabobs

Allergens:

Gluten-free, Sugar-free, Egg-free

Simple Beef Liver

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	8 mins.	3 individuals

PREP TIME	COOKING TIME	SERVINGS
10 mins.	7 mins.	4 individuals

Ingredients Required:

- Chicken livers – 1 lb., trimmed & cubed
- Garlic powder – ¼ tsp.
- Onion powder – ¼ tsp.
- Paprika – ¼ tsp.
- Unsalted butter – 2 tbsp., liquefied
- Avocado oil baking spray

Ingredients Required:

- Beef liver – 1 lb., membrane removed & cut into bite-sized pieces
- Salt & powdered black pepper – as desired
- Unsalted butter – 2 tbsp.

Procedure:

1. In a medium-sized basin, blend together the chicken livers and remnant ingredients.
2. Put into your fridge to marinate for at least 30 minutes.
3. Thread the liver cubes onto a pre-soaked wooden skewer.
4. Lightly spray a grill pan with baking spray and sizzle on the burner at around medium-high heat.
5. Cook the skewers for around 3-4 minutes per side.
6. Enjoy right away.

Procedure:

1. With paper towels, pat dry the beef liver pieces.
2. Sprinkle the beef liver pieces with salt and pepper generously.
3. Set aside at room temperature for around 5 minutes.
4. Sizzle butter into a wok on the burner at around medium heat.
5. Cook the liver pieces for around 5-7 minutes, stirring once halfway through.
6. Enjoy right away.

Nutritional Info:

Calories: 252
Fats (g): 13.9
Carbs (g): 0.3
Protein (g): 39

Nutritional Info:

Calories: 239
Fats (g): 12.7
Carbs (g): 0
Protein (g): 23.7



Herbed Beef Liver

Allergens:

Gluten-free, Sugar-free, Egg-free



Simple Beef Heart

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	5 mins.	4 individuals

Ingredients Required:

- Unsalted butter – 2 tbsp.
- Beef liver – 1 lb., membrane removed & cut into thin strips
- Dried oregano – ¼ tsp.
- Dried thyme – ¼ tsp.
- Dried rosemary – ¼ tsp.
- Salt & powdered black pepper – as desired

Procedure:

1. Sizzle butter into a heavy-bottomed wok on the burner at around medium-high heat.
2. Stir-fry the liver slices, herbs, salt, and pepper for around 3-5 minutes.
3. Enjoy right away.

Nutritional Info:

Calories: 408
Fats (g): 27.6
Carbs (g): 0.3
Protein (g): 29.2

PREP TIME	COOKING TIME	SERVINGS
10 mins.	8 mins.	4 individuals

Ingredients Required:

- Beef heart – 1 (2-lb.), trimmed & cut into 1½-inch slices
- Salt & powdered black pepper – as desired
- Unsalted butter – 2 tbsp.

Procedure:

1. Put the heart slices, salt, and pepper into a basin and toss to incorporate.
2. Put into your fridge for 8 hours.
3. Sizzle butter into a wok on the burner at around medium-high heat.
4. Sear the beef heart slices for around 2-4 minutes per side.
5. Enjoy right away.

Nutritional Info:

Calories: 540
Fats (g): 22
Carbs (g): 0
Protein (g): 80



Beef Herat Kabobs

Allergens:

Gluten-free, Sugar-free, Egg-free



Parsley Pork Liver

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	26 mins.	6 individuals

Ingredients Required:

- Avocado oil baking spray
- Beef heart – 2¼ lb., trimmed & cut into cubes
- Unsalted butter – 2 tbsp., liquefied
- Salt & powdered black pepper – as desired

Procedure:

1. For preheating, set your grill to high heat.
2. Generously spray the grill grate with baking spray.
3. Put the beef heart cubes, butter, salt, and pepper into a basin and toss to incorporate.
4. Thread the beef heart cubes onto a pre-soaked wooden skewer.
5. Lay out the skewers onto the grill.
6. Cook for around 8-10 minutes.
7. Flip the skewers and cook for around 8 minutes.
8. Again, flip the skewers and cook for around 5-8 minutes.
9. Enjoy right away.

Nutritional Info:

Calories: 357
Fats (g): 12
Carbs (g): 0
Protein (g): 54

PREP TIME	COOKING TIME	SERVINGS
10 mins.	8 mins.	4 individuals

Ingredients Required:

- Unsalted butter – 2 tbsp.
- Pork liver – 1 lb., sliced
- Chicken bone broth – ½ cup
- Fresh parsley – 2 tbsp., cut up
- Salt & powdered black pepper – as desired

Procedure:

1. Sizzle butter into a large-sized wok on the burner at around medium heat.
2. Cook the liver for around 3-4 minutes.
3. Put in broth, parsley, salt, and pepper and cook for around 2-3 minutes.
4. Enjoy right away.

Nutritional Info:

Calories: 240
Fats (g): 10.6
Carbs (g): 0.7
Protein (g): 20.2



Lamb Kidneys in Creamy Sauce

Allergens:

Gluten-free, Sugar-free



Organ Meat Pie

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME

10 mins.

COOKING TIME

15 mins.

SERVINGS

4 individuals

PREP TIME

10 mins.

COOKING TIME

25 mins.

SERVINGS

4 individuals

Ingredients Required:

- Lamb kidneys – 1 lb., membrane & fat removed
- Unsalted butter – 2 tbsp.
- Chicken bone broth – ½ cup
- Heavy cream – ½ cup
- Salt & powdered black pepper – as desired
- Fresh parsley – 2 tbsp., cut up

Procedure:

1. Cut the lamb kidneys in half.
2. Sizzle butter into a pot on the burner at around medium-high heat.
3. Cook the kidneys for around 4-5 minutes.
4. With a slotted spoon, shift the kidneys onto a plate.
5. Put the broth and cream into the same pot on the burner at around medium heat.
6. Cook for around 4-5 minutes.
7. Put in lamb kidneys, salt, and pepper and blend.
8. Cook for around 5 minutes.
9. Blend in parsley and enjoy right away.

Nutritional Info:

Calories: 380
Fats (g): 20.6
Carbs (g): 1
Protein (g): 28.2

Ingredients Required:

- Ground beef – ½ lb.
- Beef heart – ½ lb., finely cut up
- Beef liver – ½ lb., finely cut up
- Salt – as desired
- Unsalted butter – 1 tbsp., liquefied
- Eggs – 3, whisked

Procedure:

1. Put the meat and salt into a basin and blend to incorporate.
2. Sizzle butter into a wok on the burner at around medium-high heat.
3. Cook the meat mixture for around 4-5 minutes.
4. Take off the burner and drain the grease.
5. Set aside to cool.
6. For preheating, set your oven to 350 °F.
7. Put the whisked eggs into the meat mixture and blend to incorporate.
8. Shift the meat mixture into a 9-inch pie plate.
9. Bake for around 15-20 minutes.
10. Take off from the burner and set aside for around 5 minutes before enjoying.

Nutritional Info:

Calories: 411
Fats (g): 28
Carbs (g): 0.1
Protein (g): 35

APPETIZER RECIPES



Chicken Nuggets

Allergens:

Gluten-free, Sugar-free, Egg-free



Bacon-Wrapped Eggs

Allergens:

Gluten-free, Sugar-free, Dairy-free

PREP TIME	COOKING TIME	SERVINGS
15 mins.	20 mins.	3 individuals

PREP TIME	COOKING TIME	SERVINGS
10 mins.	35 mins.	4 individuals

Ingredients Required:

- Avocado oil baking spray
- Boneless & skinless chicken breasts – 9 oz., cut into 1-inch cubes
- Pork rinds – ½ cup, finely crushed
- Parmesan cheese – ½ tbsp., shredded
- Salt & powdered black pepper – as desired

Ingredients Required:

- Avocado oil baking spray
- Hard-boiled eggs – 4, peeled
- Sugar-free bacon strips – 8

Procedure:

1. For preheating, set your oven to 425 °F.
2. Spray a large-sized baking tray with baking spray.
3. Put the chicken cubes and remnant ingredients into a large-sized resealable bag and seal the bag.
4. Shake the bag vigorously to incorporate thoroughly.
5. Lay out the nuggets onto the baking tray.
6. Bake for around 15-20 minutes.
7. Enjoy moderately hot.

Procedure:

1. For preheating, set your oven to 400 °F.
2. Spray eight holes of a muffin tin.
3. Wrap each egg with two bacon strips.
4. Place the wrapped eggs into the muffin tin.
5. Bake for around 15-20 minutes.
6. Gently turn the eggs and bake for around 10-15 minutes.
7. Take off from the oven and set aside for around 5 minutes before enjoying.

Nutritional Info:

Calories: 229
Fats (g): 8.5
Carbs (g): 1.1
Protein (g): 18.3

Nutritional Info:

Calories: 254
Fats (g): 22
Carbs (g): 0.8
Protein (g): 11



Smoked Salmon Cheese Rolls

Allergens:

Gluten-free, Sugar-free, Egg-free



Cheesy Bacon Balls

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME

10 mins.

SERVINGS

4 individuals

PREP TIME

105 mins.

SERVINGS

10 individuals

Ingredients Required:

- Smoked salmon slices – 4
- Cream cheese – 2 oz., softened

Ingredients Required:

- Gluten-free cooked sausage – 3 oz.
- Cream cheese – 1 lb., softened
- Cheddar cheese – 3 cups, shredded
- Salt & powdered black pepper – as desired
- Sugar-free bacon bits – 4 oz.

Procedure:

1. Place the smoked salmon pieces on a flat surface.
2. Put a little cream cheese on top of each slice.
3. Roll up the salmon slices and enjoy.

Procedure:

1. Put the sausage, cream cheese, cheese, salt, and pepper into an electric food processor and process to incorporate thoroughly.
2. Place the cheese mixture over the plastic wrap and shape it into bite-sized balls.
3. Lay out the balls onto two bakery paper-lined baking trays and put them into your fridge for around 1-2 hours.
4. Place the bacon pieces onto a bakery paper.
5. Roll the cheese balls in bacon and enjoy.

Nutritional Info:

Calories: 330
Fats (g): 10.2
Carbs (g): 1.1
Protein (g): 50.2

Nutritional Info:

Calories: 395
Fats (g): 34.8
Carbs (g): 1.3
Protein (g): 17.2



Bacon-Wrapped Mozzarella Sticks

Allergens:

Gluten-free, Sugar-free, Egg-free



Chicken Strips

Allergens:

Gluten-free, Sugar-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	16 mins.	3 individuals

Ingredients Required:

- Avocado oil baking spray
- Sugar-free bacon strips – 6
- Mozzarella cheese sticks – 6, frozen overnight

Procedure:

1. For preheating, set your oven to 425 °F.
2. Spray a large-sized baking tray with baking spray.
3. Sizzle an anti-sticking wok on the burner at around medium heat.
4. Cook the bacon strips for around 5-6 minutes.
5. With a frying ladle, shift the bacon strips onto a plate lined with paper towels.
6. Wrap a bacon strip around each cheese stick and secure it with a toothpick.
7. Lay out the cheese sticks onto the baking tray.
8. Bake for around 7-10 minutes.
9. Enjoy moderately hot.

Nutritional Info:

Calories: 279
Fats (g): 25.9
Carbs (g): 0.1
Protein (g): 8

PREP TIME	COOKING TIME	SERVINGS
15 mins.	45 mins.	4 individuals

Ingredients Required:

- Pork rinds – 6 oz., finely crushed
- Eggs – 2
- Boneless chicken thighs – 1 lb., cut into strips
- Salt – as desired

Procedure:

1. For preheating, set your oven to 400 °F.
2. Arrange bakery paper onto a large-sized baking tray.
3. Put the pork rinds into a basin.
4. Whisk the eggs into another basin.
5. Sprinkle the chicken strips with salt.
6. Coat each chicken strip into pork rinds, then dip them into whipped egg, and again coat them with pork rinds.
7. Lay out the chicken strips onto the baking tray.
8. Bake for around 40-45 minutes, flipping once after 20 minutes.
9. Enjoy moderately hot.

Nutritional Info:

Calories: 415
Fats (g): 28.6
Carbs (g): 1.1
Protein (g): 37.5



Deviled Eggs

Allergens:

Gluten-free, Sugar-free, Dairy-free



Fish Sticks

Allergens:

Gluten-free, Sugar-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	5 mins.	6 individuals

PREP TIME	COOKING TIME	SERVINGS
15 mins.	20 mins.	4 individuals

Ingredients Required:

- Eggs – 6
- Homemade mayonnaise – ¼ cup
- Salt & powdered black pepper – as desired
- Cooked chicken – 1/3 cup, shredded

Ingredients Required:

- Boneless tilapia fillets – 1 lb., cut into strips
- Parmesan cheese – 1½ cups, shredded
- Pork rinds – 1 cup, finely crushed
- Salt & powdered black pepper – as desired
- Eggs – 2, whisked

Procedure:

1. Put the eggs into a large-sized pot of water on the burner at around high heat. Cook until boiling.
2. Cover the pot and immediately take it off the burner.
3. Set aside with the cover for at least 10-12 minutes.
4. Drain the water and let the eggs cool thoroughly.
5. Take off the peel of eggs and then cut in half lengthwise.
6. Take off the egg yolks and put them into a basin.
7. Add remnant ingredients and blend to incorporate.
8. Put the chicken mixture in egg white halves.
9. Lay out the eggs onto a plate.
10. Cover and chill before enjoying.

Procedure:

1. For preheating, set your oven to 450 °F.
2. Arrange bakery paper onto a large-sized baking tray.
3. Put the pork rinds, salt, and pepper into a shallow basin and blend thoroughly.
4. Put the eggs and a splash of water into a second shallow basin and whisk thoroughly.
5. Put the cheese into a third shallow basin.
6. Coat the tilapia strips with pork rind mixture, then dip them into whisked eggs, and finally coat them with cheese.
7. Lay out the tilapia strips onto the baking tray.
8. Bake for around 18-20 minutes.
9. Take off from the burner and shift the tilapia strips onto a platter.
10. Enjoy moderately hot.

Nutritional Info:

Calories: 110
Fats (g): 7.6
Carbs (g): 1.6
Protein (g): 8.1

Nutritional Info:

Calories: 281
Fats (g): 16.7
Carbs (g): 1.9
Protein (g): 22.7



Bacon-Wrapped Scallops

Allergens:

Gluten-free, Sugar-free, Egg-free

Bacon-Wrapped Shrimp

Allergens:

Gluten-free, Sugar-free, Dairy-free, Egg-free

PREP TIME

15 mins.

COOKING TIME

15 mins.

SERVINGS

8 individuals

PREP TIME

15 mins.

COOKING TIME

25 mins.

SERVINGS

4 individuals

Ingredients Required:

- Sea scallops – 16, side muscles removed
- Unsalted butter – 2 tbsp.
- Salt & powdered black pepper – as desired
- Sugar-free bacon strips – 8, cut in half crosswise

Ingredients Required:

- Shrimp – 8 peeled and deveined
- Sugar-free bacon strips – 4, cut each in half crosswise
- Avocado oil baking spray

Procedure:

1. For preheating, set your oven to 425 °F.
2. Arrange bakery paper onto a large-sized baking tray.
3. Wrap each scallop with one half bacon strip and secure it with toothpicks.
4. Drizzle the scallops with butter and then sprinkle with salt and pepper.
5. Lay out the scallops on the baking tray.
6. Bake for around 12-15 minutes.
7. Enjoy moderately hot.

Procedure:

1. Wrap each shrimp with one bacon slice.
2. Lay out the shrimp into a baking tray and put it into your fridge for around 20 minutes.
3. For preheating, set your oven to 400 °F.
4. Spray a large-sized baking tray with baking spray.
5. Lay out the shrimp onto the baking tray.
6. Bake for around 20-25 minutes.
7. Enjoy moderately hot.

Nutritional Info:

Calories: 236
Fats (g): 15.7
Carbs (g): 1.6
Protein (g): 20.8

Nutritional Info:

Calories: 205
Fats (g): 10.8
Carbs (g): 0.3
Protein (g): 12.3

JERKY RECIPES



Chicken Jerky

Allergens:

Gluten-free, Sugar-free, Dairy-free, Egg-free



Ground Turkey Jerky

Allergens:

Gluten-free, Sugar-free, Dairy-free, Egg-free

PREP TIME	COOKING TIME	SERVINGS
10 mins.	2½ hrs.	6 individuals

Ingredients Required:

- Avocado oil baking spray
- Salt & powdered black pepper – as desired
- Boneless chicken breasts – 1 lb., cut into thin slices

Procedure:

1. For preheating, set your oven to 200 °F.
2. Arrange 1 wire rack onto each of 2 baking trays.
3. Spray the wire racks with baking spray.
4. Add some pepper and salt to the chicken pieces.
5. Lay out the chicken slices onto the wire racks.
6. Bake for around 2-2½ hours.
7. Take off the baking trays from the oven and set them aside to cool thoroughly before enjoying.

Nutritional Info:

Calories: 124
Fats (g): 4.1
Carbs (g): 0
Protein (g): 25

PREP TIME	COOKING TIME	SERVINGS
15 mins.	2½ hrs.	15 individuals

Ingredients Required:

- Ground turkey – 1½ lb.
- Water – 3 tbsp.
- Dried sage – ¼ tsp.
- Paprika – ¼ tsp.
- Garlic powder – ¼ tsp.
- Onion powder – ¼ tsp.
- Salt & powdered black pepper – as desired

Procedure:

1. Put the ground turkey and remnant ingredients into a basin and blend them to incorporate thoroughly.
2. Put it into your fridge overnight.
3. Shape the turkey mixture into sticks.
4. Set your dehydrator at 155 °F.
5. Line the dehydrator trays with bakery paper.
6. Lay out the turkey sticks onto the dehydrator trays.
7. Cook for around 2½ hours.
8. Switch off the dehydrator and take off the lid.
9. Keep the jerky inside for around 1 hour.
10. Take off the dehydrator trays from the dehydrator and set them aside to cool thoroughly before enjoying.

Nutritional Info:

Calories: 50
Fats (g): 2.1
Carbs (g): 0.8
Protein (g): 10.2



Beef Jerky

Allergens:

Gluten-free, Sugar-free, Dairy-free, Egg-free

Pork Jerky

Allergens:

Gluten-free, Sugar-free, Dairy-free, Egg-free

PREP TIME

10 mins.

COOKING TIME

2 hrs.

SERVINGS

10 individuals

PREP TIME

10 mins.

COOKING TIME

6 hrs.

SERVINGS

12 individuals

Ingredients Required:

- Avocado oil baking spray
- Salt & powdered black pepper – as desired
- Beef flank steak– 2 lb., trimmed & cut into thin slices

Ingredients Required:

- Pork roast – 2 lb., cut into 1-inch strips

Procedure:

1. For preheating, set your oven to 275 °F.
2. Arrange one wire rack onto each of 2 baking trays. Spray the wire racks with baking spray.
3. Add some pepper and salt to the steak pieces.
4. Lay out the steak slices onto the wire racks.
5. Bake for around 2 hours.
6. Take off the baking trays from the oven and set them aside to cool thoroughly before enjoying.

Procedure:

1. Set the temperature of your dehydrator at 125 °F.
2. Line the dehydrator trays with bakery paper.
3. Lay out the pork strips onto the dehydrator trays.
4. Cook for around 6 hours.
5. Take off the dehydrator trays from the dehydrator and set them aside to cool thoroughly before enjoying.

Nutritional Info:

Calories: 220
Fats (g): 12.6
Carbs (g): 0
Protein (g): 26.5

Nutritional Info:

Calories: 168
Fats (g): 8.9
Carbs (g): 0
Protein (g): 18.2



Salmon Jerky

Allergens:

Gluten-free, Sugar-free, Dairy-free, Egg-free

PREP TIME

10 mins.

COOKING TIME

3 hrs.

SERVINGS

6 individuals

Ingredients Required:

- Avocado oil baking spray
- Boneless & skinless salmon fillet – 1 lb., cut into thin slices
- Salt & powdered black pepper – as desired

Procedure:

1. For preheating, set your oven to 200 °F.
2. Arrange 1 wire rack onto each of 2 baking trays.
3. Spray the wire racks with baking spray.
4. Sprinkle the salmon slices with salt and pepper.
5. Lay out the salmon slices onto the wire racks.
6. Bake for around 2½-3 hours.
7. Take off the baking trays from the oven and set them aside to cool thoroughly before enjoying.

Nutritional Info:

Calories: 209
Fats (g): 12.6
Carbs (g): 0
Protein (g): 20

CHAPTER 5: CONVERSION CHARTS

Mass

Imperial (ounces)	Metric (gram)
¼ ounce	7 grams
½ ounce	14 grams
1 ounce	28 grams
2 ounces	56 grams
3 ounces	85 grams
4 ounces	113 grams
5 ounces	141 grams
6 ounces	170 grams
7 ounces	198 grams

Imperial (ounces)	Metric (gram)
8 ounces	226 grams
9 ounces	255 grams
10 ounces	283 grams
11 ounces	311 grams
12 ounces	340 grams
13 ounces	368 grams
14 ounces	396 grams
15 ounces	425 grams
16 ounces/ 1 pound	455 grams

Cups & Spoons

Cups	Metric
¼ cup	60 milliliters
1/3 cup	80 milliliters
½ cup	120 milliliters
1 cup	240 milliliters

Spoon	Metric
¼ teaspoon	1¼ milliliters
½ teaspoon	2½ milliliters
1 teaspoon	5 milliliters
2 teaspoons	10 milliliters
1 tablespoon	20 milliliters

Liquid

Imperial	Metric
1 fluid ounce	30 milliliters
2 fluid ounces	60 milliliters
3½ fluid ounces	80 milliliters
2¾ fluid ounces	100 milliliters
4 fluid ounces	125 milliliters
5 fluid ounces	150 milliliters
6 fluid ounces	180 milliliters
7 fluid ounces	200 milliliters
8¾ fluid ounces	250 milliliters
10½ fluid ounces	310 milliliters
13 fluid ounces	375 milliliters

Imperial	Metric
15 fluid ounces	430 milliliters
16 fluid ounces	475 milliliters
17 fluid ounces	500 milliliters
21½ fluid ounces	625 milliliters
26 fluid ounces	750 milliliters
35 fluid ounces	1 Liter
44 fluid ounces	1¼ Liters
52 fluid ounces	1½ Liters
70 fluid ounces	2 Liters
88 fluid ounces	2½ Liters

CHAPTER 6: FAQs

Can I Drink Coffee or Tea on the Carnivore Diet?

While the Carnivore Diet focuses solely on animal-based foods, many people include coffee or tea in their routine as they are low in carbohydrates and do not interfere with the diet's principles. However, purists may choose to avoid them entirely.

Can I Eat Dairy on the Carnivore Diet?

Dairy products like cheese, butter, and heavy cream are generally accepted on the Carnivore Diet, especially if they are low in carbohydrates. However, some individuals avoid dairy due to lactose intolerance or its potential to cause inflammation.

Will the Carnivore Diet Help with Weight Loss?

The high protein level of the Carnivore Diet makes people feel full on fewer calories, which leads to weight loss for many people. However, results vary based on individual metabolism, portion sizes, and adherence to the diet.

Conclusion

As you get the final pages of this Carnivore Diet Recipes Cookbook, it's worth reflecting on the journey you've embarked upon—one that goes beyond food and delves into a profound shift in how you view nourishment and wellness. The carnivore diet isn't just a way of eating; it's a commitment to simplicity, vitality, and fueling your body with the essentials it needs to thrive.

This cookbook has been crafted to serve as your trusted guide, providing not only delicious recipes but also a deeper understanding of the carnivore lifestyle. From protein-packed breakfasts that kickstart your day to hearty dinners perfect for family gatherings, each recipe was thoughtfully designed to make this diet approachable, flavorful, and sustainable. You've seen how versatile and satisfying carnivore meals can be, proving that eating for health doesn't mean compromising on taste.

More than just meals, this book is about empowering you to take control of your health. By focusing on nutrient-dense, high-quality foods, the carnivore diet simplifies what can often feel like a complicated world of nutrition. It allows you to cut through the noise of endless diet trends and focus on what truly matters—eating in a way that supports your body, enhances your energy, and brings clarity to your daily life.

As you integrate these recipes into your routine, remember that the journey doesn't end here. Experiment, adjust, and explore—make these dishes your own and discover what works best for your unique needs. Whether you're seeking better digestion, improved energy, or a simpler way to manage your meals, this cookbook is here to inspire you every step of the way.

Thank you for allowing this book to be part of your health journey. Here's to discovering the joy of eating well, embracing the richness of the carnivore diet, and savoring every bite along the way. Happy cooking, and may your path forward be as fulfilling as the meals you create!

5-Week Meal Plan

Day	Breakfast	Lunch	Dinner	Snacks
1	Bacon with Eggs	Chicken in Creamy Sauce	Grilled Herbed Pork Chops	Beef Jerky
2	Sausage with Eggs	Spiced Duck Breasts	Broth-Braised Salmon	Cheesy Bacon Balls
3	Cloud Eggs	Pork & Bacon Burgers	Bacon-Wrapped Filet Mignon	Bacon-Wrapped Mozzarella Sticks
4	Beef & Egg Scramble	Thyme Turkey Cutlets	Herbed Beef Tenderloin	Chicken Nuggets
5	Bacon & Egg Scramble	Spiced Ground Chicken	Spiced Lamb Chops	Deviled Eggs
6	Smoked Salmon & Egg Scramble	Chicken & Bacon Casserole	Mint Lamb Chops	Salmon Jerky
7	Chicken Omelet	Dill-Braised Salmon	Buttered Clams	Bacon-Wrapped Shrimp
8	Bacon Omelet	Rosemary Rib-Eye Steak	Rosemary Whole Trout	Bacon-Wrapped Scallops
9	Sausage Omelet	Simple Flank Steak	Herbed Pollock	Beef Muffins
10	Chicken & Cheese Muffins	Spiced Whole Chicken	Herbed Pork Loin	Fish Sticks
11	Beef Muffins	Lamb Chops in Mint Sauce	Spiced Whole Sea Bass	Chicken Jerky
12	Beef Frittata	Rosemary Whole Turkey	Simple Salmon	Ground Turkey Jerky

Day	Breakfast	Lunch	Dinner	Snacks
13	Pork & Egg Bake	Cheddar Pork Meatballs	Parsley Salmon	Pork Jerky
14	Cheddar & Egg White Waffles	Simple Haddock	Rosemary Cod Parcel	Smoked Salmon Cheese Rolls
15	Ground Beef & Bacon Waffles	Simple Pork Butt Roast	Spiced Sardine	Organ Meat Pie
16	Bacon with Eggs	Stuffed Chicken Breasts	Spiced Tilapia	Bacon-Wrapped Eggs
17	Sausage with Eggs	Simple Chicken Legs	Braised Pork Ribs	Cheesy Turkey Burgers
18	Cloud Eggs	Herbed Bison Steaks	Bison Burgers	Chicken Strips
19	Beef & Egg Scramble	Stuffed Leg of Lamb	Braised Venison Roast	Crispy Chicken Gizzards
20	Bacon & Egg Scramble	Spiced Elk Steaks	Spiced Venison Chops	Chicken Liver Kabobs
21	Smoked Salmon & Egg Scramble	Simple Ostrich Roast	Simple Elk Roast	Herbed Beef Liver
22	Chicken Omelet	Kangaroo Kabobs	Herbed Whole Rabbit	Lamb Kidneys in Creamy Sauce
23	Bacon Omelet	Dill Pork Tenderloin	Simple Shrimp	Chicken Jerky
24	Sausage Omelet	Rosemary Lamb Shoulder	Herbed Beef Prime Rib Roast	Ground Beef & Bacon Waffles

Day	Breakfast	Lunch	Dinner	Snacks
25	Chicken & Cheese Muffins	Herbed Pork Chops	Simple Duck Breasts	Beef Jerky
26	Beef Muffins	Rosemary-Braised Beef Shoulder	Spiced Beef Brisket	Cheesy Bacon Balls
27	Beef Frittata	Shrimp in Butter Sauce	Mussel in Creamy Sauce	Spiced Shrimp
28	Pork & Egg Bake	Spiced Quail	Buttered Mahi-Mahi	Smoked Salmon Cheese Rolls
29	Cheddar & Egg White Waffles	Herbed Whole Turkey	Spiced Whole Chicken	Bacon-Wrapped Mozzarella Sticks
30	Ground Beef & Bacon Waffles	Chicken Nuggets	Spiced Chuck Roast	Deviled Eggs
31	Bacon with Eggs	Chicken Strips	Spiced Whole Chicken	Beef Jerky
32	Sausage with Eggs	Herbed Whole Turkey	Dill-Braised Salmon	Cheesy Bacon Balls
33	Cloud Eggs	Simple Pork Butt Roast	Spiced Sardine	Bacon-Wrapped Mozzarella Sticks
34	Beef & Egg Scramble	Stuffed Chicken Breasts	Spiced Tilapia	Chicken Nuggets
35	Pork & Egg Bake	Simple Chicken Legs	Braised Pork Ribs	Smoked Salmon Cheese Rolls

Index

B

Bacon, 37, 41, 44, 51, 59, 61, 70, 73, 105, 112, 122, 155, 157, 158, 162, 163
Baking spray, 37, 45, 46, 47, 48, 50, 51, 59, 61, 70, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 86, 87, 88, 89, 90, 91, 92, 93, 95, 96, 97, 98, 99, 116, 120, 122, 131, 132, 133, 134, 135, 138, 139, 140, 141, 145, 149, 155, 158, 160, 163, 165, 167, 169
Basil, 124
Beef brisket, 109
Beef chuck roast, 75
Beef flank steak, 167
Beef flank steaks, 58
Beef heart, 148, 149, 152
Beef liver, 146, 147, 152
Beef prime rib roast, 108
Beef rib-eye steak, 76
Beef shoulder, 123
Beef T-bone steaks, 92
Beef tenderloin, 91
Bison rib-eye steaks, 135
Black pepper, 37, 38, 40, 42, 43, 44, 45, 46, 47, 48, 51, 53, 54, 55, 56, 57, 58, 60, 61, 62, 63, 64, 65, 69, 70, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 86, 87, 88, 89, 90, 91, 92, 93, 95, 96, 97, 98, 99, 100, 101, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 114, 115, 116, 117, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 131, 132, 133, 134, 135, 136, 138, 139, 140, 141, 143, 144, 146, 147, 148, 149, 150, 151, 154, 157, 160, 161, 162, 165, 166, 167, 169
Broth, 26, 28, 53, 54, 64, 69, 123, 124, 125, 126, 127, 128, 129, 136, 150, 151

Butter, 24, 27, 28, 30, 38, 41, 42, 43, 44, 46, 48, 53, 54, 55, 56, 58, 60, 62, 63, 65, 66, 67, 69, 70, 72, 73, 74, 75, 76, 77, 79, 80, 81, 82, 83, 84, 86, 87, 88, 91, 95, 96, 97, 99, 100, 101, 104, 106, 108, 112, 117, 121, 123, 124, 125, 128, 131, 132, 133, 136, 138, 139, 140, 141, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 162, 175

C

Cheddar cheese, 44, 45, 46, 48, 50, 51, 70, 78, 105, 134, 157
Chicken breasts, 29, 53, 69, 70, 88, 105, 122, 160, 165
Chicken drumsticks, 72
Chicken gizzards, 143, 144
Chicken legs, 104
Chicken livers, 145
Chicken thighs, 23, 29, 53, 54, 87, 121, 159
Chives, 122
Cilantro, 66, 129
Cinnamon, 66, 103
Clams, 101
Cod, 21, 24, 27, 100
Cooked beef, 47, 48
Cooked chicken, 43, 46, 154
Cooked ground beef, 51
Cornish game hens, 86
Crab legs, 117
Cream cheese, 69, 70, 112, 122, 156, 157
Cumin, 53, 55, 62, 66, 92, 97, 103, 116, 120

D

Dill, 93, 127
Duck breasts, 57, 90, 107

E

Egg, 38, 39, 41, 43, 44, 45, 48, 49, 50, 78, 154, 155, 159

Egg whites, 48, 50

Eggs, 11, 37, 40, 41, 42, 43, 44, 46, 47, 48, 49, 152, 154, 155, 159, 161

Eggs, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 51, 152, 154, 155, 159, 161

Elk roast, 139

Elk steaks, 140

F

Filet mignon steaks, 59

G

Garlic powder, 53, 57, 62, 67, 72, 75, 79, 81, 83, 92, 97, 103, 109, 112, 116, 120, 124, 131, 136, 138, 140, 141, 144, 145, 166

Ground beef, 40, 152

Ground bison, 134

Ground chicken, 55

Ground pork, 49, 61, 78

Ground turkey, 89, 166

H

Haddock, 27, 98

Heavy cream, 41, 45, 49, 53, 69, 129, 151

K

Kangaroo steaks, 141

L

Lamb chops, 62

Lamb kidneys, 151

Lamb loin chops, 96

lamb shoulder, 111

Lamb shoulder chops, 79, 126

Leg of lamb, 111, 112

M

Mahi-mahi, 99

Marjoram, 74, 88

Mayonnaise, 70, 154

Mint, 96, 126

Mozzarella cheese, 43, 51, 158

Mussels, 13, 129

O

Onion powder, 57, 67, 72, 75, 79, 81, 83, 92, 97, 109, 112, 116, 120, 131, 136, 138, 140, 145, 166

Oregano, 54, 60, 77, 84, 95, 124, 135, 147

Ostrich roast, 133

P

Paprika, 53, 55, 57, 62, 65, 66, 67, 75, 83, 92, 97, 103, 109, 112, 116, 120, 131, 136, 138, 140, 145, 166

Parmesan cheese, 39, 41, 46, 48, 49, 70, 89, 160, 161

Parsley, 40, 47, 55, 65, 67, 82, 87, 95, 101, 117, 128, 131, 132, 134, 135, 150, 151

Pollock, 84

Pork butt roast, 110

Pork liver, 150

Pork loin, 60, 77, 95, 124

Pork loin chops, 60, 95

Pork ribs, 125

Pork rinds, 46, 70, 78, 144, 159, 160, 161

Pork roast, 168

Pork tenderloins, 93

Q

Quail, 131

R

Rosemary, 60, 73, 76, 77, 80, 84, 86, 87, 91, 100, 106, 108, 111, 112, 115, 123, 132, 135, 136, 147

S

Sage, 124, 166

Salmon, 10, 21, 30, 31, 42, 63, 64, 82, 97, 114, 127, 156, 169

Salt, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 51, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 69, 70, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 86, 87, 88, 89, 90, 91, 92, 93, 95, 96, 97, 98, 99, 100, 101, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 114, 115, 116, 117, 118, 120, 121, 123, 124, 125, 126, 127, 128, 129, 131, 132, 133, 134, 135, 136, 138, 139, 140, 141, 143, 144, 146, 147, 148, 149, 150, 151, 152, 154, 157, 159, 160, 161, 162, 165, 166, 167, 169

Sardine, 116

Sausage, 38, 45, 105, 157

Scallops, 66, 162

Sea bass, 81

Shrimp, 13, 67, 118, 128, 163

Squids, 65

T

Tarragon, 69

Thyme, 54, 56, 60, 77, 84, 87, 90, 91, 95, 108, 109, 132, 135, 136, 147

Tilapia, 24, 83, 161

Trout, 29, 31, 80, 115

Turkey breast, 56, 73

Turkey breast cutlets, 56

Turmeric, 55, 67

V

Venison chops, 138

Venison chuck roast, 136

W

Water, 27, 46, 47, 55, 166

Whole chicken, 103, 120

Whole rabbit, 132

Whole turkey, 106

Y

Yogurt, 66

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