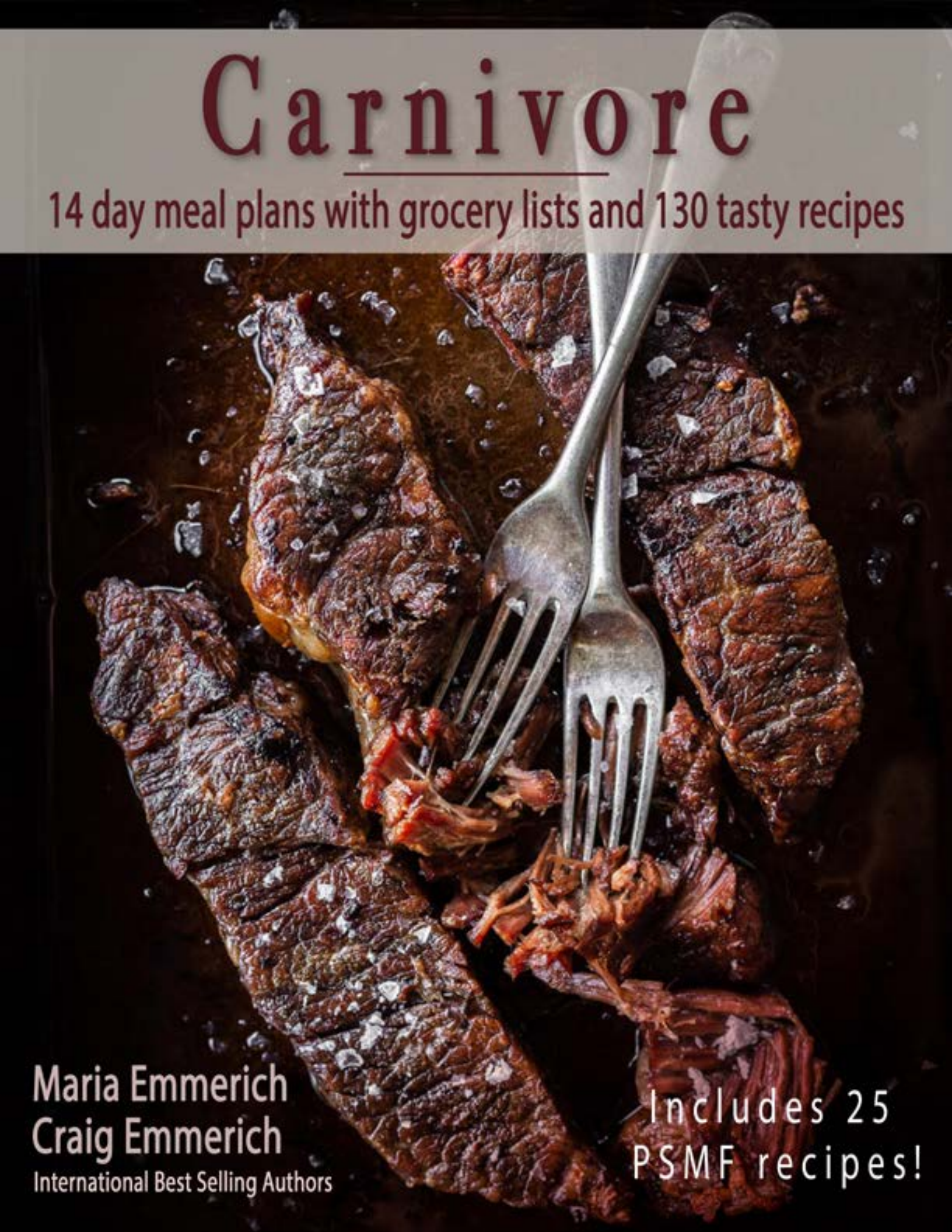


Carnivore

14 day meal plans with grocery lists and 130 tasty recipes



Maria Emmerich
Craig Emmerich
International Best Selling Authors

Includes 25
PSMF recipes!

CARNIVORE EBOOK

by

Maria and Craig Emmerich

Carnivore eBook

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Published by Maria and Craig Emmerich.



Thank You

I, like many of you, have had some really difficult times in my life. Life, like waves of the ocean, has high points as well as low points. It is during those low points that I had to stop spending money at restaurants and start cooking at home, which helped form me into the healthy carnivore and ketogenic cook I am today. I have learned to accept the low parts of the wave and to have gratitude for the high waves. The hardships taught me amazing life-long lessons. I struggled out of the cocoon and it made me a butterfly with strong wings.

I am grateful to my love and best friend, Craig, who never complains even though I often mess up the kitchen as soon as he cleans it. He also has been a huge part of this book by writing all the front material and science, picking up all the groceries, testing recipes, adding the nutritional information for all the recipes and creating the awesome meal plans.

I am grateful for my boys Micah and Kai who love to help me in the kitchen. Even though it takes twice as long to get dinner on the table when they help me, it is totally worth it. When we had to put our adoption on hold I was completely devastated, but I remember my mom telling me that my children just weren't born yet... I cry as I write this because she was totally right. These two boys were meant for me!

I want to express my gratitude to you, the reader! I can't thank you enough for all your love and support through my journey!

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INTRODUCTION



PLANT ISSUES

We were all told growing up that fruits and veggies are where we get all our nutrients and there is nothing bad about them so eat unlimited amounts. We know now that the sugar in fruits can be very damaging, cause inflammation and even metabolic syndrome and diabetes in excess (fruit juices, etc). But what about other plants. Do veggies have any negatives?

PLANT ANTINUTRIENTS

It turns out that vegetables also have issues we are never told about. All plants have antinutrients. These are compounds in plants the plants use to protect themselves. You see, plants can't run away or growl to defend themselves from being eaten. Instead they have developed defense mechanisms to protect them against bugs and bacteria.

These antinutrients are really just the plants natural pesticides. Plants don't want us to eat the leaves, stalks or roots. It kills them. They only want us to eat their fruit to spread their seeds. So they protect their leaves stalks and roots with compounds that can kill bugs or bacteria.

There are thousands of antinutrients. Some common ones are oxalates (nuts, seeds, leafy greens and many others), phytates (seeds, nuts, beans, grains, glucosinolate (cruciferous veggies), glycoalkaloids (nightshades), Many of these compounds have never been studied in humans to know what level we can tolerate. Cabbage has over 50 antinutrient compounds in it!

Antinutrients are not used in any way in the human body and can cause problems in larger amounts. Our body detoxes these through detoxification pathways once they enter the system. But people with compromised immune function (Lyme and others) or metabolic state (diabetes, etc.) can have lower tolerance levels before issues arise. For example, the toxicity level (the level that can kill you) for oxalates is 3-30 grams, depending on your metabolic state. A man with type 2 diabetes in Spain died of oxalate toxicity after eating 2 large bowls of sorrel soup (about 3 grams oxalates).

So, plants are not a free food without any negatives. Especially for people with Lyme or other chronic conditions or those with metabolic issues like type 2 diabetes, avoiding antinutrients (and thus all plants) can actually be very helpful for healing. Plus, veggies are not where we get most of our vitamins and minerals! More on that in the next section. To make things worse, many of these antinutrients actually latch on to nutrients (calcium, magnesium, zinc, etc.) and leach them from the body. Many of the nutrients in the plants (or in the meat you eat with the plants) end up getting robbed from the body. Eating just the meat gives you none of these negatives.

WHY CARNIVORE?

The Carnivore Diet pretty much started for us after we adopted Micah and Kai. Life was so busy juggling a baby, a toddler and work and carnivore simplified my life! Plus, my boys didn't like vegetables. I thought they needed to eat them, so Craig and I started to research the most nutrient dense foods. GUESS WHAT? It is not veggies with the most nutrients, it is BEEF and ORGAN Meat! Just look at this comparison of nutrients.

Nutrients in “Superfoods” Compared to Animal Proteins

(per serving)	Apples	Blueberries	Kale	Beef	Beef Liver
Calcium (mg)	9.1	4.5	63.4	9.7	9.7
Magnesium (mg)	7.3	4.5	15.0	16.7	15.8
Phosphorus (mg)	20.0	9.0	24.6	154.0	340.6
Potassium (mg)	163.8	57.8	200.6	325.6	334.4
Iron (mg)	0.2	0.2	0.8	2.9	7.7
Zinc (mg)	0.2	0.2	0.2	4.0	3.5
Selenium (mcg)	0.0	0.1	0.4	12.5	34.9
Vitamin A (IU)	69.2	40.5	676.7	35.2	46992.0
Vitamin B6 (mg)	0.0	0.1	0.1	0.4	1.0
Vitamin B12 (mcg)	0.0	0.0	0.0	1.8	97.7
Vitamin C (mg)	7.3	7.3	36.1	1.8	23.8
Vitamin D (IU)	0.0	0.0	0.0	6.2	16.7
Vitamin E (mg)	0.2	0.5	0.8	1.5	0.6
Niacin (mg)	0.2	0.3	0.4	4.2	15.0
Folate (mcg)	0.0	4.5	11.4	5.3	127.6

Beef beats out Kale, blueberries and apples in 13 of the 15 vitamins and minerals! Beef liver is off the charts and pretty much blows away any fruits and veggies. Beef is the real superfood.

My boys LOVE bologna, hot dogs and sausages, we just make sure to get organic products from US Wellness Meats which makes the most delicious Tomahawk Rib-eyes, bologna and hot dogs without sugar and even braunschweiger without sugar! [Click HERE to check it out!](#)

About two years ago we found out Craig had Lyme. We were also desperate to find something that would help Craig with the pain he has from Lyme. He has suffered for almost 7 years with chronic pain. Nothing was working and he tried everything! Three high power antibiotics taken for 9 straight months (all three taken together for 9 months). Herbal treatments and tinctures. Ant-parasitic drugs that cost over \$10,000. Mold treatments, sauna, red light therapy, charcoal, stevia, high dose vitamin-C IV's, cavitation surgery where he had his jaw opened up and infection scraped away from the bone from old wisdom tooth cavities and another root canal tooth removed that had an infected cavity. He had all his silver amalgam fillings removed and replaced. He treated his nasal cavities for MARCoNS (mold and bio-films). He even tried acupuncture, peptide therapy and many others. Nothing really worked to reduce his pain, especially the migrating pain in his joints. The migrating pain was the worst. He would wake up one morning and his knee feels like it was sprained. Then the next morning it is in his ankle or his hip or both. It made it hard for him to even go on short walks with me.



Once he eliminated all plants and the anti-nutrients (like oxalates) that came with them, his pain was greatly reduced! His migrating joint pain completely disappeared. Beef and salt (level one, see below) was the key to eliminating his migrating pain and greatly reducing his overall pain level. A

low oxalate food plan was essential to having my husband back. No one seems to understand how Lyme has changed his life and eating Carnivore has finally provided some relief. He has since been able to add back in other proteins, eggs and some dairy without increase in pain. But when he adds back in too many plants, the overall pain increases and the migrating pain returns.

Carnivore is a great option for anyone who has any chronic disease or issue like autoimmune, mood issues like bipolar, anxiety, depression, chronic pain, Fibromyalgia, Lyme, or other chronic issue that have seen some relief with keto, but not total resolution or reduction in symptoms. Carnivore can be the next step to realizing full relief. That is why we outlined the carnivore autoimmune protocol (CAIP) in this book to give you the tools to fully heal and reverse your issues and find your threshold for what foods you can add back in and keep symptoms away. This can enable you to take control of your life back like Craig has been able to do with a carnivore diet.

CARNIVORE LEVELS

There are 4 levels of carnivore as we have defined them. Let's take a look at the four levels and what is included in each.



LEVEL 1: BEEF, BEEF TALLOW, AND SALT

This phase is about elimination and healing. You eat only beef products and salt. Here are the foods included in Level 1:

- All parts of the cow—muscle meat, organ meats, tallow, bone marrow
- Beef tallow for cooking
- Salt for seasoning
- Melted beef tallow as a sauce



LEVEL 2: ALL MEATS, ALL ANIMAL FATS, AND SALT

In this phase, you can eat all types of animal protein. Here are the foods included in Level 2:

- All parts of any animal—beef, pork, lamb, goat, poultry, fish, seafood, etc.
- Beef tallow, lard, duck fat, and schmaltz for cooking
- Salt for seasoning
- Melted beef tallow, lard, duck fat, and schmaltz as a sauce

If you are coming to this level from Level 1, try adding one type of protein at a time (like pork) and give it a week to see how your body reacts. Also, every recipe from Level 1 can be used for Level 2.



LEVEL 3: ALL MEATS, ALL ANIMAL FATS, SALT, DAIRY, AND EGGS

Level 3 introduces eggs and dairy. Here are the foods included in Level 3:

- All parts of any animal—beef, pork, lamb, goat, poultry, fish, seafood, etc.
- Eggs and Low-sugar dairy products such as butter, cheese, sour cream, and heavy cream
- Beef tallow, lard, duck fat, schmaltz, butter, and ghee for cooking
- Salt for seasoning
- Sauces made with animal fats, eggs, and/or dairy, such as mayonnaise, hollandaise, and cheese sauce

Every recipe from Levels 1 and 2 can be used for Level 3.

LEVEL 4: ALL MEATS, ALL ANIMAL FATS, SALT, DAIRY, EGGS AND ZERO CARB SPICES AND SAUCES

This is sometimes called Zero Carb or Keto Carnivore. This levels include some plants like spices and zero carb sauces like mustard. We don't include any recipes in this book that are level 4 to keep it true carnivore. But if you are doing carnivore for weight loss or general health and want to add your favorite spice or zero carb sauce to any recipe feel free to do so.

OTHER SYMBOLS

There are three other symbols used in this book. Here is what each of them mean.



This symbol means the recipe contains no dairy.



This symbol means the recipe doesn't contain any eggs.



This symbol is for recipes that are good for Protein Sparing Modified Fast (PSMF) days. See page 17 for more information and direction for PSMF days.



Carnivore Simplifies Everything

Running a small business, raising two boys, writing books and speaking all over the world makes for a busy life. So saving time while eating healthy is a huge priority for me as it is for many busy families. That is what I love about carnivore. It is super easy to cook and there is almost no prep required! Most recipes have 5 ingredients or less! Add the meal plans in this book and this is the easiest weight loss program you can follow. Plus the recipes taste amazing! The best of both worlds!



WHAT IS YOUR “WHY”?

A carnivore diet can be great for a lot of situations. But the first thing you need to do is determine what is YOUR why? Why are you doing carnivore? The answer to these questions changed how you approach a carnivore diet so it is important to figure that out first.

WHY #1: WEIGHT LOSS AND GENERAL HEALTH



You can group the “why” into two basic groups. One group is doing carnivore for general health and weight loss. Or are just curious how they will feel eating carnivore. This group can generally enter at any level they want. But look to the “Breaking stalls” section for tips if you stall or just want to speed up weight loss.

WHY #2: AUTOIMMUNE AND OTHER CHRONIC DISEASES



The other “why” are people that want to reduce symptoms from autoimmune disease, bipolar and mood issues, skin issues like eczema, Lyme disease, digestive issues like Colitis and diverticulitis, chronic pain and fibromyalgia, and many other chronic conditions. These are people who may see some relief on Keto, but still have issues and want to take their healing to the next level. For these people following our Carnivore Autoimmune Protocol (CAIP) is a powerful tool and can act as an ultimate elimination diet. Let's breakdown each of these in more detail.

IMPLEMENTING CARNIOVRE

WHY #1: CARNIVORE FOR WEIGHT LOSS AND GENERAL HEALTH

For weight loss and general health, you can start at any level you like. Or move around between levels and see how you feel. We do recommend from those trying to lose weight to omit dairy. That helps with weight loss.



Lyme Disease

Lyme disease has been the most challenging thing I have ever had to deal with in my life. Living in the woods and bow hunting in an area where wood ticks are common, I didn't take getting a tick bite as seriously as I should have. Like many people I had no idea how debilitating chronic Lyme disease can be. Many medical professionals still don't believe chronic Lyme is even a real thing.

So I implore you to take Lyme seriously. If you get a tick bite you can send the tick in to be testing. It is cheap and easy. Then you know if the tick had Lyme or not. If it did, then you can get a full panel Lyme test with co-infections from Igenex to know for sure if you have Lyme or not. The standard western blot Lyme test has a false negative rate of up to 70%. So take it seriously and get the right Lyme test done if you get bit.



Many people with this goal also can move back and forth between keto and carnivore if they like. If you do find issues that come back when adding certain plants (bloating, pain, discomfort, etc.) then you might want to avoid that plant in general.

WHY #2: CARNIVORE AUTOIMMUNE PROTOCOL (CAIP)

The Carnivore Autoimmune Protocol (CAIP) helps you use carnivore as an ultimate elimination diet to find your tolerance for foods that won't elevate your symptoms from whatever condition you are suffering with. You start out at level one for 30 days. After 30 days you can try adding different proteins from level two. Add them one at a time giving it a couple days to see how your body reacts. If symptoms come back, remove that protein again. If not, you are free to continue eating that protein as much as you like.

After you have found the animal proteins your body is happy with, you can try adding eggs from level 3. Last you can try adding dairy. Dairy is last because it is one of the most common foods people are sensitive to. If you find your symptoms are not elevated, you can even try adding in some herbs and spices or zero carb sauces. If symptoms reappear, remove the offending food. From there you can keep experimenting with different foods and even more plants if you like to find what you can tolerate. Or you can stay carnivore forever. I (Craig) plan to stay carnivore for life as I feel the best eating this way.

If you do plan to stay carnivore long term, we recommend getting organ meats at least once a week. Beef liver is one of the best. Other organs are all great too. This will ensure you are getting all the nutrients your body needs to thrive.

SMOKING WITHOUT A SMOKER

We have a few recipes that call for smoking meats. If you don't have a smoker and don't want to invest in one (we love our [Traeger smoker and grill HERE](#)), then here is a method for smoking without a smoker.

Smoking can add a lot of flavor to meats. Having a smoker (we have a large Traeger) is great for simplifying the smoking process—just turn it on and fill it with wood pellets and it does the rest. But if buying a smoker isn't an option for you, you can smoke meats without a smoker.



First, you will need wood chips. You can use hickory, apple wood, or pecan wood. Soak the chips in enough water to cover them for at least four hours to ensure that the moisture gets inside the wood. This important step will make the chips smoke instead of catching on fire.

Once you have the wood chips (and they have been soaked in water) then you can choose the smoking method you would like to use. Here are the top smoking methods for when you don't have a smoker.

ON THE GRILL

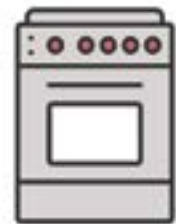
When using a grill to smoke meats or eggs, you will need to make an aluminum foil bag for your soaked wood chips. Simply place the chips on a sheet of foil, place another sheet on top, and twist the ends into a bag shape. Then poke a few holes in the top of the “bag” to let the smoke escape.



If using a charcoal grill, put the coals under the bag, not under the meat. You want indirect heat to avoid overcooking the meat. If using a gas grill, just turn on the burners on one side (under the foil bag) and put the meat on the other side. Adjust the heat as needed to maintain a temperature of 225°F to 275°F. Then just follow the recipe for cook time.

IN THE OVEN

You can also use your oven to smoke meats. You will need a roasting pan that has a raised rack that will keep the meat from touching the soaked wood chips while it cooks. Line the bottom of the pan with aluminum foil, add a layer of soaked wood chips, and then put the rack on top. Place the meat on the rack and cover the top of the pan with foil to completely seal. Low and slow heat is still important, so cook the meat at 225°F to 275°F.



LATEST SCIENCE

We are always researching and learning more about health. Here are some of the latest things we have learned.



BEEF AND CLIMATE

A hot topic these days is the connection of beef to climate change. Let's take a look at some of the latest science.

First, it is very important to list the real data related to cattle and climate change to know what we are dealing with. Cows contribute about 1.8% of greenhouse gas emissions in the US. For reference, transportation is about 28.5%, electrical grid is 28.4% and industry is about 21.6%⁽¹⁾.

Second, it is very important to note the source of the carbon emitted in each of these groups. The 78.5% of emissions from cars, electricity and industry are largely net new carbon from oil and gas. This is carbon that was never in the atmosphere before. It was pulled from the ground and then emitted into the atmosphere. Cows and other ruminants get their carbon from the plants they eat. The plants got the carbon from the atmosphere. So, it is recycled carbon from the atmosphere, not net new carbon. Carbon is pulled from the air into the plant, the cow eats the plant and some of the carbon is put into the cow (muscle, etc) and then a small amount is emitted back into the atmosphere (burps and farts). It is an important distinction. Cows aren't alchemists, they don't create new carbon. It is just recycled from the atmosphere.

Globally the numbers are higher, but studies have shown that globally greenhouse gas emissions from all food production is about 26% of global emissions. Of that 26%, livestock (cattle, pigs, chickens, etc) make up 31% and crops make up 27%⁽²⁾. Crop production isn't free. So if you switch everyone from eating meat

to crops, you are going to offset much of the benefit with increased emissions from crops.

Row crops (corn, soybeans, wheat) also strip the soil of nutrients. It is estimated that we have only 60 harvests left on our fields!⁽³⁾ So, after about 60 more years, the fields won't be able to grow crops anymore. You need the cattle and other ruminants back on those fields to help replenish the soil of nutrients.

And what about all the bison, elf, deer, giraffe, buffalo, sheep, goats, antelope, moose, caribou and tens of millions other ruminants roaming the planet? Do we go around killing them all?

Ruminants are an important part of the cycle of carbon on our planet. They replenish the soil with nutrients keeping our topsoils healthy. And studies have shown that when you raise cattle properly, they can actually be a net sink of carbon meaning they remove carbon from the atmosphere!⁽⁴⁾



Eating properly raised regenerative cattle like that from Piedmontese Beef can help remove carbon from the atmosphere. If you are concerned about greenhouse gas emission, then just buy properly raised beef.

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CARNIVORE SIMPLICITY

One of the many reasons we love Carnivore is that we no longer have to waste time on our cars, driving to the store to pick up groceries. I would much rather spend extra time riding my bicycle or paddle boarding with the whales!

That's why we get grass fed meat and wild caught seafood mailed to us! Here are our favorites with links to deals for each!

[CLICK HERE](#) for Butcherbox (grass fed beef, chicken, pork).

[CLICK HERE](#) for US Wellness Meats (grass fed meats and zero sugar bologna, sausages, hotdogs, etc).

[CLICK HERE](#) for Canadian grass fed meat delivery. Use code: MARIA10off for 10% off!

[CLICK HERE](#) for Cameron's seafood (crab and other seafood)

[CLICK HERE](#) for Sizzlefish (fish and seafood). Use code maria10 for 10% off!

[CLICK HERE](#) for Piedmontese Beef which is a great tender beef that is low in fat for PSMF days!

[CLICK HERE](#) for Further Foods collagen. Great for bones, joints, skin, hair and more.

Stop wasting time doing things you don't enjoy and get quality carnivore food mailed to your front door!

PROTEIN SPARING MODIFIED FASTS

Protein Sparing Modified Fast (PSMF) are a great tool for ramping up weight loss or breaking a stall. PSMF enables you to get much of the benefit of longer fasts (like 72 hour fasts) without the negatives of losing precious lean mass. PSMF is basically the same or a bit more protein as your normal protein goal, little to no carbs and about 30-40g fat. This really forces the body to tap stored body fat for fuel resulting in more fat loss.

We recommend doing PSMF to help break a stall or speed up results about 1-3 days a week, then your normal weight loss macros the other days. At most you could do 4-5 days in a week with PSMF, but only for really stubborn stalls. Most of the time 1-3 days a week is enough to get the weight loss going.

The reason we limit the amount of time spent doing PSMF is because they are pretty low in calories (like 500-600 total for the day). Not because of starvation mode which is a myth. You are eating some of the most nutrient dense foods when eating this way, but with so little calories it is hard to get all the vitamins and minerals the body needs. So that is why we recommend just a couple days a week.

TOP PROTEIN SPARING MODIFIED FAST (PSMF) MEATS

Here are some charts with the top cuts of meat and other animal foods that are the tops ones for PSMF days or just for weight loss in general. The higher up the chart (Higher P/E Ratio) means better for weight loss.



Beef	Calories	Fat	Protein	Carbs	P/E Ratio
Tenderloin Steak	115	3.0	22.2	0	7.4
Testicles	154	3.4	29.7	1.1	6.54
Heart	187	5.4	32.2	0.2	5.96
Kidney	179	5.3	31.0	0	5.85
Shank cross cut	215	6.7	38.7	0	5.80
Sirloin tip side steak	190	6.0	34.0	0	5.67
Liver	216	6.0	33.0	5.8	5.50
Sirloin tip center roast	190	7.0	31.0	0	4.43
Sirloin tip center steak	190	7.0	31.0	0	4.43
Shoulder pot roast	185	7.0	30.7	0	4.38
Flank steak	200	8.0	32.0	0	4.00



Fish and Seafood	Calories	Fat	Protein	Carbs	P/E ratio
Shrimp	112	0.3	27.2	0.2	49.45
Langostino	93	0.6	21.3	0	31.79
Tuna (canned)	149	1.0	32.91	0	31.05
Northern pike	128	1.0	28.0	0	28.00
Cod	113	1.0	26.0	0	26.00
Orange roughy	119	1.0	25.7	0	25.70
Crab	94	0.8	20.3	0	24.14
Tuna (yellowfin)	150	1.5	34.0	0	22.67
Lobster	101	1.0	22.0	0	22.00
Crappie	132	1.3	28.2	0	21.04
Bluegill	133	1.3	28.2	0	21.04
Perch	132	1.3	28.2	0	21.04
Mahi mahi	100	1.0	21.0	0	21.00
Grouper	134	1.5	28.2	0	18.80
Crayfish (crawfish)	93	1.4	19.0	0	13.57
Barramundi	110	2.0	23.0	0	11.50
Tilapia	145	3.0	29.7	0	9.90
Monkfish	110	2.2	21.1	0	9.59
Sea bass	135	3.0	27.0	0	9.00

Pork	Calories	Fat	Protein	Carbs	P/E ratio
Tenderloin	158	4.0	30.0	0	7.50
Liver	187	5.0	29.5	4.3	5.90
Kidney	171	5.3	28.8	0	5.43
Heart	168	5.7	26.8	0.5	4.70
Chop (visible fat removed)	241	12.0	33.0	0	2.75

Chicken and Poultry	Calories	Fat	Protein	Carbs	P/E ratio
Chicken gizzards	175	3.0	34.5	0	11.50
Chicken breast, skinless	138	4.0	25.0	0	6.25
Chicken giblets (kidney)	178	5.1	30.8	0	6.04
Chicken liver	189	7.4	27.7	1.0	3.74
Chicken breast, skin-on	200	8.4	31.0	0	3.69
Chicken heart	210	9.0	30.0	0.1	3.33
Chicken Leg, skinless	210	9.5	30.7	0	3.23

Wild Game	Calories	Fat	Protein	Carbs	P/E ratio
Venison loin	169.3	2.7	34.3	0	12.85
Elk steak	168	3.2	34.7	0	10.84
Venison roast	179	3.6	34.3	0	9.53
Venison steak	179	3.6	34.3	0	9.53
Bison top round steak	138	2.8	26.4	0	9.43
Rabbit meat	196	4	37.4	0	9.35
Elk loin	189	4.4	35	0	7.95
Bison chuck shoulder	219	6	38.3	0	6.38

The only Dairy or Eggs recommended for weight loss and especially for PSMF days is egg whites. Everything else is too high in fat and too low in P/E ratio.

Implementing PSMF days is really easy with our PSMF symbol in this book. Just pick 1-2 recipes with the PSMF label and that is your day! Just make sure you hit your protein goal (0.8 times your lean mass in pounds) and fat isn't too high (below 40g). That's it.

Knowing your protein goal is easy. Just take your weight in pounds, subtract your body fat, then multiply by 0.8. For example, a 150 pound woman with 33% body fat will have 100 pounds lean mass. So the protein goal would be 80 grams a day. People above 60 years old need more protein so in their case we recommend 1.0 times lean mass. That would be 100 grams of protein a day in this example.

For finding your body fat percentage you can use a calculator like [THIS Navy body fat calculator](#) using measurements. And remember, protein is a goal or minimum. Going over isn't a problem for weight loss as long as calories (and fat) are under the limit.

SUMMARY

All plants have issues that can cause people problems. People with depressed immune function or metabolic issues can be even more sensitive. I believe that is why Carnivore can be so helpful for those people. It allows the body to heal by putting less burden on it to detox and deal with these compounds it doesn't want. Plus, healing is about getting enough protein (which you will with carnivore) and enough vitamins and minerals to enable your body to heal and rebuild. Some plants rob the body of these nutrients. Animal proteins are some of the most nutrient dense foods you can eat which gives the body what it needs to heal.

Add to this the simplicity and it is so easy to follow this lifestyle. For weight loss, you just select the cuts that give you enough protein while limiting the carbs are lower fat so your body can burn the fuel it has stored. We selected these cuts for you and put together some amazing meal plans that are not only super simple to follow but have macros that will help you lose body fat very quickly by leveraging your biology.



BREAKFAST

The BEST Carnivore Quiche

Prep Time: 8 minutes Cook Time: 57 minutes Servings: 6



CRUST:

1 ¼ cups powdered pork rinds

1 ¼ cups freshly grated Parmesan (or hard Gouda) cheese

1 egg, beaten

Filling:

1/2 cup chicken or beef bone broth

1 cup grated Swiss cheese (or Muenster cheese)

4 oz cream cheese

1 tablespoon butter, melted

1/2 cup diced ham

4 eggs, beaten

1/2 tsp fine grain sea salt

- 1 Preheat the oven to 325 degrees F. For the tart shell, combine the pork rinds, cheese and mix well.
- 2 Add the egg and mix until the dough is well combined and stiff (add more powdered pork rinds if needed). Press pie crust into a 9 inch pie dish. Cook the crust for 12 minutes, or until it starts to lightly brown.
- 3 To make the filling, place in a medium bowl, broth, Swiss cheese, butter and cream cheese. Stir well to combine. Stir in the ham, eggs, and salt. Pour mixture into pre-baked shell.
- 4 Place into the oven or air fryer and bake for 15 minutes. Reduce heat to 300 degrees F (150 degrees C), and bake an additional 30 minutes, or until a knife inserted 1 inch from edge comes out clean. You may have to cover the edges with foil to prevent over browning. Allow quiche to sit 10 minutes before cutting into wedges.

Per Serving:

Calories: 421 Fat: 30g Protein: 34g Carbs: 2g

all i see
is love



Breakfast Burger

Prep Time: 8 minutes Cook Time: 14 minutes Servings: 4



4 slices bacon
1 pound ground beef
1 teaspoon fine grain sea salt
4 large eggs
8 tablespoons carnivore hollandaise (page 178)

- 1 Place the bacon into a cast iron skillet over medium high heat and cook for 4 minutes per side or until bacon is cooked to your liking. Remove bacon from skillet and set aside, leave drippings in the skillet.
- 2 While the bacon is cooking, divide the ground beef into 4 equal portions and form each portion into a 1/2-inch-thick patty (about 3½ inches in diameter). Season the patties well on both sides with the salt.
- 3 Place the seasoned patties in the cast-iron skillet over medium-high heat. Fry the patties for 3 minutes per side for medium-done burgers, or cook longer if you prefer more well-done burgers.
- 4 Remove burgers from the skillet and set aside on a warm plate. Crack the eggs into the skillet and cook over medium heat for 4 minutes or until whites are set and yolks are still runny.
- 5 To serve, place patties on a plate, top each burger with a fried egg, a slice of bacon and two tablespoons of carnivore hollandaise. Store in an airtight container in the refrigerator for up to 4 days. To re-heat, place in a lightly greased skillet over medium heat for about 3 minutes, or until heated through.

Per Serving:

Calories: 592 Fat: 47g Protein: 39g Carbs: 0.4g



Beefy Fried Eggs

Prep Time: 4 minutes Cook Time: 10 minutes Servings: 1



1/2 tablespoon lard or tallow (page 172)

2 oz ground beef

2 eggs

1/4 teaspoon fine grain sea salt

- 1 Heat the lard in a cast iron skillet to medium heat. Add the ground beef and cook for 4 minutes or until cooked through, break up with a spoon while cooking. Remove beef from skillet, leaving the drippings.
- 2 Crack 2 eggs into the skillet. Sprinkle with salt and pepper. Cook on medium-low just until whites are set and yolks are soft.
- 3 Add beef and serve. Best served fresh.

Per Serving:

Calories: 327 Fat: 25g Protein: 23g Carbs: 1g



Steak and Eggs

Prep Time: 5 minutes Cook Time: 10 minutes Servings: 2



2 (4-ounce) filet mignons, about 1 1/4 inch thick

2 teaspoons fine sea salt, divided

2 eggs

- 1 Set fillets out to rest at room temperature for 15 minutes before cooking to ensure even cooking. Preheat oven or air fryer to 400 degrees F. Pat the filets dry and season the top and bottom well with 1 1/2 teaspoons salt.
- 2 Place the filets on a rimmed baking sheet in the oven or directly into the air fryer and cook for 10 minutes. Remove from the oven or air fryer for a rare filet, or continue to cook until done to your liking. Thicker filets will take longer.
- 3 Allow to rest 10 minutes before serving.
- 4 Meanwhile make the eggs. Heat a cast-iron skillet over low heat. Crack the eggs into the pan. Season with rest of the salt. Cover the pan with a lid and fry until the whites are cooked through but the yolks are still runny, about 4 minutes. Remove the eggs from the pan. Place the steaks onto serving plates. Top with a fried egg. Best served fresh.

Per Serving:

Calories: 482 Fat: 25g Protein: 59g Carbs: 1g



Carnivore McMuffin

Prep Time: 4 minutes Cook Time: 4 minutes Servings: 1



I LOVE TO MAKE THIS SANDWICH FOR AN ON-THE-GO BREAKFAST. SIMPLY WRAP IT IN PARCHMENT PAPER AND TAKE IT WITH YOU FOR AN EASY PORTABLE MEAL!

- 1 teaspoon bacon fat
- 2 large eggs
- ¼ teaspoon fine sea salt
- 1 beefy breakfast patty (page 28)
- 2 ounces shaved ham

- 1 Heat the oil in a cast-iron skillet over medium heat. Place 2 mason jar rings face down in the skillet. Crack an egg into each ring to form a perfect circle for the “bun” of your sandwich. Season the eggs with the salt. Use a fork to scramble the eggs a little and break up the yolks. Cover and cook until the eggs are cooked through, about 4 minutes. Remove the eggs from skillet and place on a platter and place the patties in the skillet and cook for 4 minutes, flipping after 2 minutes. Cook until patties are cooked through. Add the ham to the skillet to heat through.
- 2 Remove the eggs from the skillet. Place an egg on a plate. Top with the warm ham, and slice of cheese and sausage patty. Top with the other egg “bun.”

Per Serving:

Calories: 709 Fat: 54g Protein: 53g Carbs: 1g



Bacon Cheeseburger Waffles

Prep Time: 5 minutes Cook Time: 5 minutes Servings: 1



2 slices bacon
¼ pound ground beef
¼ cup shredded sharp cheddar cheese
2 eggs
½ teaspoon fine grain sea salt
Cheddar Sauce (page 174), optional

- 1 Preheat a waffle iron.
- 2 Place the bacon into a cast iron skillet over medium high heat and cook for 3 minutes, flip and cook another 2 minutes or cooked to your liking. Remove from skillet and set aside.
- 3 Place the beef, cheese, eggs and salt into a small bowl. Stir to combine well.
- 4 Place the mixture into the center of the waffle iron and close the iron. Cook for 2-3 minutes or until waffle is golden brown. Remove from iron and place on a plate. Serve with cheddar sauce if desired. Top with reserved bacon slices.
- 5 Best served fresh.

Per Serving:

Calories: 641 Fat: 48 Protein: 49g Carbs: 2g



Beefy Breakfast Patties

Prep Time: 8 minutes Cook Time: 20 minutes Servings: 8



2 pounds ground beef

2 teaspoons fine sea salt

2 tablespoons lard or tallow (page 172)

TIP: Make a double batch of this recipe and store the cooked patties in the fridge or freezer for easy breakfasts on the go. Cooked patties will keep in the fridge for 5 days or in the freezer for 6 months.

- 1 Place the ground beef, salt, in a large bowl. Mix well to evenly combine the ingredients. Using your hands, form the mixture into twelve 3-inch patties.
- 2 Heat a cast iron skillet to medium high heat. Add the lard. Once hot add the patties, working in batches if needed. Cook the patties for 8 minutes, flip patties after 4 minutes. Cook until patties are cooked through and no longer pink inside.
- 3 Store in an airtight container in the refrigerator for up to 5 days or freeze in an freezer-safe container for up to a month. To re-heat, place patties on a greased cast iron skillet over medium heat for a few minutes on each side, until warmed through.

Per Serving:

Calories: 275 Fat: 21g Protein: 21g Carbs: 0g



Carnivore egg cups

Prep Time: 5 minutes Cook Time: 12 minutes Servings: 3 (2 per servings)



Lard or tallow, for the pan (page 172)

6 slices roast beef, about 4 inches in diameter

6 slices cheddar cheese (omit if dairy free)

6 large eggs

½ teaspoon fine sea salt

6 tablespoons Carnivore Hollandaise (page 178) (optional)

- 1 Preheat the oven to 400°F. Grease a 6-well muffin tin.
- 2 Place 1 slice of roast beef in each well. Add slice of cheese into each beef cup, if using. Break an egg into each beef cup.
- 3 Sprinkle the eggs with the salt.
- 4 Bake for 12 minutes, or until the egg whites are set but the yolks are still a bit runny.
- 5 Serve garnished with carnivore hollandaise, (if desired). Best served fresh.

Per Serving:

Calories: 562 Fat: 45g Protein: 35g Carbs: 1g



Breakfast Meatza

Prep Time: 10 minutes Cook Time: 25 minutes Servings: 6



1 pound ground beef
1 teaspoon Fine sea salt, divided
1 cup shredded cheddar or mozzarella cheese
6 slices bacon, diced
3 large eggs
1 cup Carnivore Hollandaise (page 178)

- 1 Preheat the oven to 325°F. Place a piece of parchment in a 10 inch round cake pan.
- 2 Place the ground beef in a bowl and season with 3/4 teaspoon salt. Work with your hands to completely season the beef. Place beef in the cake pan. Place in the oven. Bake for 8 minutes, or until beef is almost cooked through.
- 3 Meanwhile place the diced bacon in a cast iron skillet over medium high heat. Cook while stirring occasionally until bacon is crisp. Remove bacon and set aside. Remove crust from the oven and top with cheese and crumbled bacon.
- 4 Crack each egg into an individual ramekin, then carefully slip them onto the pizza. Shake on a little salt.
- 5 Place the pizza in the oven and bake for 5 to 7 minutes, until the eggs are just set and golden and cheese is melted.
- 6 Drizzle the hollandaise on top and serve.
- 7 Store in an airtight container in the refrigerator for up to 5 days or freeze in an freezer-safe container for up to a month. To re-heat, place on a baking sheet in a 350 degree F oven for 4 minutes, until warmed through.

Per Serving:

Calories: 486 Fat: 43g Protein: 23g Carbs: 0.2g



Creamiest Scrambled Eggs

Prep Time: 3 minutes Cook Time: 25 minutes Servings: 2

If a breakfast of eggs soft-scrambled with roasted bone marrow sounds a little crazy to you, let me list the reasons you should consider starting your day this way:

- 1 Bone marrow is one of the few natural sources of vitamin K2, which helps reverse artery calcification, reverse Alzheimer's, and increase fertility and has anti-aging properties as well as many other healing properties.
- 2 Marrow is also one of the best, densest sources of fat-soluble vitamins.
- 3 Marrow is a great high-fat, moderate-protein food for a keto-adapted diet.
- 4 Still not convinced? If the health reasons alone haven't convinced you, then the
- 5 Incredible taste and creamy texture of bone marrow will!



2 (2-inch) cross-cut beef or veal marrow bones, split lengthwise

1 teaspoon fine sea salt, divided

5 large eggs

- 1 Preheat the oven to 450°F.
- 2 Rinse and drain the bones and pat dry. Season them with ½ teaspoon of the salt and ¼ teaspoon of the pepper and place them cut side up in a roasting pan.
- 3 Roast for 15 to 25 minutes (the exact timing will depend on the diameter of the bones; if they are 2 inches in diameter, it will take closer to 15 minutes), until the marrow in the center has puffed slightly and is warm. To test for doneness, insert a metal skewer into the center of the bone; there should be no resistance when it is inserted, and some of the marrow will have started to leak from the bones.
- 4 Heat a cast-iron skillet over medium heat. Place some of the liquid from the roasting pan in the skillet. Using a small spoon, scoop the marrow out of the bones into a bowl, then add the eggs and the remaining ½ teaspoon of salt and whisk until well combined. Pour the egg mixture into the skillet. Gently scramble the eggs until they are set and creamy.
- 5 Best served fresh. Store extras in an airtight container in the fridge for up to 3 days. To reheat, place on a greased cast iron skillet over medium heat for a few minutes until warmed through.

Per Serving:

Calories: 395 Fat: 35g Protein: 18g Carbs: 1g



Carnivore Hot Pockets

Prep Time: 8 minutes Cook Time: 6 minutes Servings: 6 (2/serving)



12 large thin slices bologna (see page 90)
6 large eggs, scrambled
3 ounces ham, chopped
1 tablespoon lard or tallow

- 1 Lay the slices of the bologna on a clean, dry work surface. Place 3 tablespoons of the scrambled eggs and 2 tablespoons of ham on each slice of bologna.
- 2 To make the pocket, fold over the bologna to form a semicircle and secure with toothpicks. Note: The pockets can be made 2 days ahead and stored in the refrigerator, then cooked just before serving.
- 3 Heat the fat in a large sauté pan over medium-high heat. Fry the pockets for about 1 minute per side, until they are slightly charred. Remove and discard the toothpicks.
- 4 Transfer the pockets to a platter. If desired, serve with carnivore mayo (page 177).
- 5 Store in an airtight container in the refrigerator for up to 5 days or freeze in an freezer-safe container for up to a month. To re-heat, place on a greased cast iron skillet over medium heat for a few minutes on each side, until warmed through.

Per Serving:

Calories: 311 Fat: 26g Protein: 15g Carbs: 0.4g

Crab Cake Eggs Benny

Prep Time: 7 minutes Cook Time: 10 minutes Servings: 4



CRAB CAKES:

- 1 pound canned lump crabmeat
- 1 tablespoon carnivore mayonnaise, homemade (page 177)
- 5 tablespoons powdered Parmesan cheese
- 1 large egg
- 1 teaspoon fine grain sea salt
- 2 tablespoons lard or ghee, for frying

POACHED EGGS:

- 8 large eggs
- ½ cup Carnivore Hollandaise (page 178), for serving

- 1 Make the crab cakes: In a large bowl, mix together all the ingredients except the lard until well blended. Heat the lard in a large skillet over medium-high heat. With a spoon, place 2-tablespoon dollops of the crab mixture in the pan to form 8 mini-cakes. Cook until golden brown, about 2 minutes, and then flip each crab cake and cook for another minute, until golden brown on the other side.
- 2 Poach the eggs: Fill a large saucepan with about 4 inches of water.
- 3 Bring to a simmer. Swirl the water in one direction and gently crack in the eggs. Poach the eggs until the whites are just cooked but the yolks are still soft and runny. Poach in 2 batches if needed to avoid overcrowding.
- 4 To serve, place 2 crab cakes on each plate, then top each crab cake with a poached egg and a drizzle of hollandaise.
- 5 Store the crab cakes and poached eggs in separate airtight containers in the refrigerator for up to 3 days. Store the hollandaise in a covered jar in the refrigerator for up to 5 days. Reheat the crab cakes in a greased skillet over medium heat, frying for a minute or two on each side until heated through. Reheat the poached eggs in a pot of simmering water for 1 minute or until warmed through. To reheat the hollandaise, see page 178.

Per Serving:

Calories: 501 Fat: 39g Protein: 32g Carbs: 1g



Croque Madame Waffles

Prep Time: 10 minutes Cook Time: 30 minutes Servings: 8



Waffles:

8 large eggs

4 hard-boiled eggs

¼ cup powdered Parmesan cheese

½ teaspoon fine sea salt

½ cup ghee or butter, melted but not hot

Mornay Sauce:

¼ cup carnivore beef or chicken bone
broth, homemade (page 173)

¼ cup (½ stick) unsalted butter

1 ounce cream cheese (2 tablespoons)

1 cup shredded Gruyère or cheddar cheese

⅛ teaspoon fine sea salt

Sandwich Fillings:

12 slices ham

½ cup shredded Gruyère or cheddar cheese

4 large eggs

1 teaspoon ghee or unsalted butter for
garnish (optional)

- 1 To make the waffles, heat a waffle iron to high heat. Place the raw eggs, hard-boiled eggs, Parmesan cheese, and salt in a blender or food processor and combine until smooth and thick. Add the melted ghee and combine well.
- 2 Grease the hot waffle iron. Place 2½ tablespoons of the batter in the center of the iron and close. Cook for 3 to 4 minutes, until golden brown and crisp. Repeat with the remaining batter, making a total of 8 waffles (they should be smaller waffles, about the size of hamburger buns).
- 3 To make the Mornay sauce, place the broth, butter, cream cheese, and shredded cheese in a saucepan over medium-high heat, whisking often, just until the cheese is melted. Add the salt, then slide the pan off the heat. Using an immersion blender, blend until very smooth (or transfer the mixture to a counter-top blender and blend until smooth); set aside.
- 4 When you are ready to make the Croques Madames, preheat the oven to broil. Place the waffles on a rimmed baking sheet. Top 4 of the waffles with 3 slices of ham and 2 tablespoons of shredded cheese each. Set aside.
- 5 To fry the eggs, heat the ghee in a cast-iron skillet over medium heat. When hot, crack the 4 eggs into the pan and fry on one side for about 2 minutes, until the whites are cooked and the yolks are still runny. Place the waffles under the broiler at this point (see Step 6). Season the eggs with salt and remove the skillet from the heat.
- 6 While the eggs are cooking, broil the waffles for 1 to 2 minutes, until the cheese is melted and the waffles are warm.
- 7 To assemble the Croques Madames, place 1 ham and cheese-topped waffle on a serving plate. Top with a plain waffle, then add a sunny side-up egg and smother with Mornay sauce. Repeat with the remaining waffles, eggs, and Mornay sauce.
- 8 Store plain waffles in an airtight container in the refrigerator for up to 3 days or in the freezer for up to 1 month. Reheat the waffles in a preheated 375°F oven or toaster oven for 3 minutes or until warmed through. Store the Mornay sauce in an airtight container in the refrigerator for up to 3 days; it will thicken overnight. Reheat the sauce in a saucepan over medium heat, stirring, until warm, about 2 minutes. Add a few tablespoons of broth if the sauce is too thick.

Per Serving:

Calories: 475 Fat: 40g Protein: 26g Carbs: 3g



Carnivore Breakfast Lasagna

Prep Time: 10 minutes Cook Time: 45 minutes Servings: 12



FOR THE EGGS

18 large eggs

Fine sea salt

FOR THE GRAVY

1 pound pork sausage, removed from casing and crumbled

16 ounces cream cheese (about 2 cups)

1½ cups carnivore beef bone broth (page 173)

Fine sea salt

1 pound thin-shaved ham

1 cup shredded mozzarella cheese (about 4 ounces)

1 cup grated Parmesan cheese (about 4 ounces)

- 1 Preheat the oven to 325°F.
- 2 Grease a very large sauté pan and soft-scramble the eggs over medium-low heat. Season with salt to taste. Remove from the heat and set aside.
- 3 Make the gravy: Cook the sausage in large skillet over medium heat for 5 to 6 minutes, until thoroughly heated, stirring frequently. Gradually add the cream cheese and broth; cook until the mixture comes to a soft simmer and thickens, stirring constantly until smooth. Reduce the heat to medium-low and simmer for 2 minutes, stirring constantly. Season to taste with salt. Set aside.
- 4 In a 3-quart baking dish, assemble the lasagna: Start with a thin layer of gravy, followed by the first layer of “noodles” (thin-shaved ham), then a layer of soft-scrambled eggs, another layer of gravy, ¼ cup of the mozzarella, and ¼ cup of the Parmesan. Repeat the layers (gravy, “noodles,” scrambled eggs, gravy, cheeses).
- 5 Top with a final layer of “noodles” and a little more cheese. Bake for 25 to 35 minutes, until the cheese is melted.
- 6 Slice and serve.
- 7 Store extras in an airtight container in the fridge for up to 4 days. Do not freeze.
- 8 To reheat, place slices in a casserole dish in a 350 degree F oven for 8-10 minutes or until heated through.

Per Serving:

Calories: 475 Fat: 35g Protein: 32g Carbs: 3g



SOUPS, APPETIZERS, SIDES



Liverwurst

Prep Time: 8 minutes Cook Time: 2 hours plus 1-2 days to set Servings: 8

Notes: I grew up eating liverwurst. It is a delicious liver pâté that we always had on crackers, but now I put it on top of a burger patty for a creamy bite. It also tastes great with pork rinds.



- 1 1/2 pounds beef liver (or pork liver for level 2)
- 12 ounces beef back fat (or pork back fat for level 2)
- 1 tablespoon fine sea salt or smoked sea salt, store-bought or homemade (page 175)

- 1 Preheat the oven to 300°F.
- 2 Cut the liver and fat into 1-inch cubes. Place in a food processor or blender with the salt and purée until smooth.
- 3 Spoon the purée into a pullman loaf pan or 9 by 5-inch loaf pan and cover tightly with aluminum foil. Pour an inch of boiling water into a roasting pan and set the loaf pan inside the roasting pan.
- 4 Bake for 2 hours, or until the liverwurst is thoroughly cooked but not browned and the internal temperature in the center of the loaf reaches 160°F.
- 5 Remove the loaf pan from the roasting pan and let the sausage cool completely in the pan. Refrigerate for 1 to 2 days, or until loaf is set, before slicing. Serve chilled.
- 6 Store in an airtight container in the refrigerator for up to 6 days.

Per Serving:

Calories: 509 Fat: 46g Protein: 17g Carbs: 3g



Carnivore “Grits”

Prep Time: 5 minutes Cook Time: 8 minutes Servings: 8

Notes: These are not actual “grits” but the tiny pieces of egg with the creaminess is much like a creamy grit without the carbs!

Taste great with smoked pork belly (page 190), fried chicken (page 143) or pretty much anything!



8 large eggs

1⅓ cups heavy cream

1 teaspoon fine sea salt

½ cup (1 stick) unsalted butter

½ cup shredded sharp cheddar cheese
(about 2 ounces)

- 1 In a medium-sized bowl, whisk together the eggs, cream, and salt.
- 2 In a large saucepan, melt the butter over medium heat. Add the egg mixture to the pan and cook until the mixture thickens and small curds form, all the while scraping the bottom of the pan and stirring to keep large curds from forming. (A whisk works well for this.) This will take about 8 minutes.
- 3 Once the curds form and the mixture has thickened, add the cheese and stir until well combined. Cover the pan and move it to the back of the stove to keep the grits warm.
- 4 Store in an airtight container in the refrigerator for up to 5 days or freeze in an freezer-safe container for up to a month. To re-heat, place in a saucepan over medium heat for a few minutes while whisking often, until warmed through.

Per Serving:

Calories: 355 Fat: 35g Protein: 9g Carbs: 2g

Instant Pot PHO

Prep Time: 5 minutes Cook Time: 20 minutes Servings: 6



6 cup carnivore beef broth

1 pound top sirloin, cut into 1 inch cubes

1 teaspoon fish sauce

1/2 teaspoon fine sea salt

12 soft boiled eggs (page 46)

- 1 **INSTANT POT DIRECTIONS:** Pour the broth in a 6-quart Instant Pot. Add the meat, fish sauce and salt. Seal and press Manual for 20 minutes or until meat is fork tender. Shred meat with 2 forks. Serve soup in bowl and add a soft boiled egg if desired.
- 2 **SLOW COOKER DIRECTIONS:** Pour the broth in a 6-quart slow cooker. Add the meat, fish sauce and salt. Cover and cook over low heat for 6-8 hours or until meat is fork tender. Shred meat with 2 forks. Serve soup in bowl and add a soft boiled egg if desired.
- 3 **STORAGE:** Store in an airtight container in the fridge for up to 7 days or in the freezer for up to a month. To reheat, place into stockpot over medium heat while stirring occasionally for 5 minutes or until heated through.

Per Serving:

Calories: 351 Fat: 21g Protein: 38g Carbs: 1g



Salmon Jerky

Prep Time: 5 minutes Cook Time: 3 hours Servings: 8



1 1/4 pound side of salmon, skin and pin bones removed

3 teaspoons fine grain sea salt

- 1 Slice the salmon in 1/4 inch thick slices length-wise that are 4 inches long. Season well with salt.
- 2 Place salmon on baking sheets or dehydrator trays and place in a 145 degree F oven or dehydrator for 3 hours or until salmon is dry yet still chewy.
- 3 Store extras in air tight container in the fridge for up to 2 weeks. Can be frozen for up to a month.

Per Serving:

Calories: 83 Fat: 3g Protein: 14g Carbs: 0.3g



Perfect Soft-boiled eggs

Prep Time: 2 minutes Cook Time: 7 minutes Servings: 3



6 large eggs

6 teaspoons unsalted butter (or bacon fat if dairy-sensitive)

½ teaspoon fine sea salt

- 1 Fill a medium-sized saucepan about halfway with water and bring it to a boil.
- 2 Decrease the temperature so that the water is at a rapid simmer, then gently lower the eggs into the water one at a time.
- 3 Cook the eggs for 5 to 7 minutes, depending on how runny you prefer the yolks: 5 minutes will give you runny yolks and 7 minutes will give you yolks that are just set.
- 4 Drain the eggs and rinse under cold water for 30 seconds.
- 5 Use a knife to take the cap off the tip of each egg and dot the warm yolk with 1 teaspoon of butter or bacon fat. Sprinkle with the salt and enjoy straight from the shell, preferably with plenty of fried carnivore bread for dipping. Soft-boiled eggs should be made to order and eaten immediately.
- 6 Tastes great on top of a steak or a bowl of Carnivore Pho (see page 44)!

Per Serving:

Calories: 218 Fat: 18g Protein: 13g Carbs: 1g



Smoky Chicken Chips

Prep Time: 8 minutes Cook Time: 10 minutes Servings: 4



1/4 pound chicken skin

1 teaspoons smoked sea salt (or plain sea salt)

Per Serving:

Calories: 90 Fat: 8g Protein: 4g Carbs: 0g

- 1 Sprinkle the cleaned chicken skin with smoky salt and place in the refrigerator for 8 hours or overnight, uncovered, to dry a bit.
- 2 Preheat oven to 400 degrees F. Lay the chicken skin on rimmed baking sheets. Top the chicken with another baking sheet to hold the chicken skin down to prevent curling. Place in oven to cook for 8 minutes. Remove top baking sheet and cook another 2 minutes or until chicken skin is golden brown and crispy. Remove from oven to cool. The skin will crisp up as it cools.
- 3 Make great chips for dipping into carnivore egg salad, Braunschweiger, or carnivore chicken salad.
- 4 Best served fresh. Store in air tight container in the fridge for up to 4 days.



Carnivore Cheese Fries

Prep Time: 10 minutes Cook Time: 5 minutes Servings: 4



1 (8.8 ounce package) haloumi cheese

12 slices bacon

- 1 Preheat oven or air fryer to 400 degrees F. Place a piece of parchment onto a rimmed baking sheet. Set aside.
- 2 Slice the haloumi cheese into French fry shapes that are about 3 inches long and ½ inch by ½ inch. Cut the bacon in ½. Wrap the pieces around each haloumi fry, being careful to completely cover all the cheese. You can freeze until ready to cook.
- 3 Place each frozen wrapped cheese fry onto the prepared baking sheet and place into the oven (or directly into the hot air fryer basket in a single layer) and cook for 5-7 minutes, flipping after 3 minutes. Cook until bacon is crispy.
- 4 Best served fresh. Store extras in airtight container in the fridge for up to 5 days. To reheat place in an oven or air fryer at 400 degrees F for 3 minutes or until heated through.

Per Serving:

Calories: 328 Fat: 29g Protein: 15g Carbs: 0g



Bacon Cheeseburger Soup

Prep Time: 5 minutes Cook Time: 20 minutes Servings: 4

Notes: This recipe is such a hit that I got a marriage proposal over it! It is a must try!



4 strips bacon, diced
1 pound ground beef or venison
1 teaspoon fine sea salt
4 ounces cream cheese (½ cup), softened
½ cup shredded sharp cheddar cheese, plus
extra for garnish
3 cups carnivore beef bone broth,
homemade (page 173)

- 1 Place the bacon in a soup pot over medium heat and sauté until crisp tender, about 4 minutes. Remove the bacon and reserve for garnish. Leave the drippings in the pot.
- 2 Add the ground beef, salt, and sauté, while crumbling, until the meat is cooked through and no longer pink, about 5 minutes.
- 3 Meanwhile, place the cream cheese, shredded cheddar cheese, and broth in a blender and puree until smooth. Add the mixture to the soup pot. Heat for 5 minutes or until warm, but do not allow the soup to boil.
- 4 Ladle the soup into 4 serving bowls and garnish with shredded cheese, and the reserved bacon.
- 5 Store extras in an airtight container in the refrigerator for up to 3 days. Reheat in a saucepan over medium heat for a few minutes or until warmed through.

Per Serving:

Calories: 444 Fat: 34g Protein: 30g Carbs: 1g



Carnivore Bread

Prep Time: 10 minutes Cook Time: 45 minutes Servings: 12

Notes: This recipe produces a light, fluffy bread with a texture that's often compared to that of Wonder Bread. If you whip the whites until very stiff, you won't end up something that's more like an eggy soufflé than bread—it will be light and airy. However, meringues and humidity do not mix. If your kitchen is very humid, you will not end up with airy bread. I suggest to not use egg whites in a carton, either; if you do, you won't end up with airy bread. It's best to use real eggs and separate the yolks from the whites.



6 large egg whites

¼ cup mascarpone or cream cheese,
softened

3 large egg yolks

- 1 Preheat the oven to 325°F.
- 2 Using a stand mixer with the whisk attachment (or a mixing bowl and electric hand-held beaters), whip the egg whites until very stiff and the peaks hold their shape, about 10 minutes. (To test whether the whites are ready, turn the whisk upside down; if the peaks fold down on themselves, keep whipping.) Meanwhile, place the yolks and cream cheese in a small bowl and combine until smooth. Using a rubber spatula, slowly fold in the yolk mixture (making sure that the whites don't fall).
- 3 Line two baking sheets with parchment paper and grease the paper. To form hamburger buns, use a spatula to gently scoop up about 1/3 cup of the dough and place it on one of the prepared baking sheets. Using a spatula, form into a round bun, about 3½ inches in diameter. Repeat with the rest of the dough, placing seven buns on each baking sheet.
- 4 Bake the buns for 15 to 20 minutes, until golden brown. Turn off oven and leave in oven for 5 minutes before removing.
- 5 Let completely cool on the baking sheets before removing or cutting. Store in an airtight container in the fridge for up to 5 days or in the freezer for up to 2 months.

Per Serving:

Calories: 42 Fat: 3g Protein: 3g Carbs: 0.3g



Maria's Protein Sparing Bread

Prep Time: 8 minutes Cook Time: 45 minutes Servings: 12

Notes: This recipe produces a light, fluffy bread with a texture that's often compared to that of Wonder Bread. Meringues and humidity do not mix. If your kitchen is very humid, you will not end up with airy bread.

I suggest to not use egg whites in a carton, either; if you do, you won't end up with airy bread. It's best to use real eggs and separate the yolks from the whites. It is perfect for a protein sparing modified fasting day! I eat this very often!



12 large egg whites

1/2 cup egg white powder (also called Egg
White protein powder)



- 1 Preheat the oven to 325°F.
- 2 Using a stand mixer with the whisk attachment (or a mixing bowl and electric hand-held beaters), whip the egg whites until very stiff and the peaks hold their shape, about 10 minutes. (To test whether the whites are ready, turn the whisk upside down; if the peaks fold down on themselves, keep whipping.)
- 3 Lower the speed of the mixer and slowly add the egg white powder. Combine just until the powder is well incorporated into the egg whites, be careful to not have the egg whites fall.
- 4 Grease an 8 by 4 inch bread pan well with duck fat spray or lard or tallow.
- 5 Use a spatula to scoop the mixture into the greased bread pan.
- 6 Bake the for 45 minutes, until golden brown. Turn off oven and leave in oven for 15 minutes before removing.
- 7 Let completely cool in the bread pan before removing or cutting. Store in an airtight container in the fridge for up to 5 days or in the freezer for up to 2 months.

Per Serving:

Calories: 32 Fat: 0.1g Protein: 7g Carbs: 0.4g

Carnivore Waffles

Prep Time: 5 minutes Cook Time: 5 minutes Servings: 1

Notes: These waffle work great for making a sandwich and are great for taking on the go for an easy meal!



½ cup ground pork rinds

⅓ cup cheddar or mozzarella cheese

1 egg

1/8 teaspoon fine sea salt

- 1 Preheat waffle maker to medium high heat.
- 2 Whisk together cheese, ground pork rinds, egg and salt.
- 3 Pour waffle mixture into the center of the waffle iron. Close the waffle maker and let cook for 3-5 minutes or until waffle is golden brown and set.
- 4 Remove from the waffle maker and serve.



Per Serving:

Calories: 511 Fat: 36g Protein: 48g Carbs: 0.4g

Cheese Curds

Prep Time: 10 minutes Cook Time: 5 minutes Servings: 4



4 tablespoon lard or duck fat, melted
4 oz cheese curds, frozen
2 oz bacon or prosciutto, very thinly sliced

- 1 Cut the prosciutto in $\frac{1}{2}$. Wrap the pieces of bacon or prosciutto around each cheese curd, being careful to completely cover all the cheese. Secure bacon with a toothpick. If you use prosciutto it is “sticky” enough that you should not have to secure with a toothpick.
- 2 TIP: You can freeze until ready to fry.
- 3 Heat lard and butter in a sauté pan to medium-high heat. Place each frozen wrapped cheese curd into the hot oil, turning frequently, until the outsides become slightly crisp and the cheese becomes gooey. This will only take a few minutes.
- 4 Remove to a platter, cool slightly, and enjoy! Best served fresh.

Per Serving:

Calories: 302 Fat: 28g Protein: 12g Carbs: 0.2g



Salmon Dip

Prep Time: 6 minutes plus 1 hour to chill Servings: 8



6 ounces mascarpone or cream cheese
(about $\frac{3}{4}$ cup), softened

3 tablespoons carnivore mayonnaise

1 tablespoon carnivore broth (page 173)

$\frac{1}{2}$ teaspoon fine sea salt

1 recipe homemade canned salmon (page 57) or 1 (7½-ounce) can salmon,
drained

1 In a medium-sized bowl, combine the cream cheese, mayonnaise, broth, and salt; mix until well combined and smooth. Gently stir in the salmon.

2 Cover and refrigerate for at least 1 hour. Serve with Smoky Chicken Chips (page 47) or pork rinds.

3 Store in an airtight container in the fridge for up to 5 days.

Per Serving:

Calories: 141 Fat: 14g Protein: 4g Carbs: 0g

Canned Salmon

Prep Time: 5 minutes Cook Time: 1 hour 40 minutes Servings: 2



My father taught me how to can salmon, and his instructions for this recipe begins just as all his fish recipes do: Catch a bunch of fresh salmon or trout. There are a few more steps after that, but not many. Canning fish is not as difficult as you might think.

1 (8-ounce) wild-caught, bone-in salmon fillet

$\frac{3}{4}$ teaspoon fine sea salt

- 1 In a medium-sized bowl, combine the salmon fillet with the salt.
- 2 Pack the salmon in sterilized pint jars, leaving $\frac{1}{2}$ inch of space at the top of the jars. Put the lids on loosely and seal the rings just until the lid touches the jar. If you put the lids on too tightly, they won't seal well.
- 3 Pressure cook at 10 pounds for 100 minutes. If it falls below 10 pounds, start over. When it is safe to open the canner, carefully release the pressure and remove the lid of the pressure cooker. The canning lids are secure when you push on the top of the lid and it stays down. If the lid pops up, it's not secure yet and the jars need more time in the canner.
- 4 This salmon will keep for 12 months in your pantry. As my father says, "Enjoy the catching, cooking, and eating."

Per Serving:

Calories: 130 Fat: 4g Protein: 22g Carbs: 0g



Carnivore Scotch Eggs

Prep Time: 10 minutes Cook Time: 20 minutes Servings: 3



3 large eggs
1/3 pound ground pork
¼ teaspoon fine sea salt
6 slices prosciutto

- 1 To cook perfect soft-boiled eggs, fill a medium saucepan half-way with water and bring to a simmer, not quite a boil. Gently place the eggs in the simmering water and cook for 5 minutes, holding the water at a simmer, not a boil. Remove the eggs from the water and run under cool water. Once cool, carefully peel the eggs and set them aside.
- 2 Preheat the oven to 425°F.
- 3 In a medium bowl, mix the ground pork with the salt until well combined. Place one-third of the pork on a piece of parchment paper, and, using your hands, flatten it out into as thin a circle as possible. Place a soft-boiled egg in the center of the meat and wrap the meat up and around the egg. Secure it closed by pressing the meat together, being careful not to break open the egg.
- 4 Lay out 2 pieces of prosciutto like an X on a sushi mat or a sheet of parchment paper. Place the pork-covered egg in the middle. Fold the prosciutto “arms” around the egg.
- 5 Place the eggs on a rimmed baking sheet, and bake for 20 minutes, or until the prosciutto is crisp and the pork is cooked through.
- 6 To serve, slice each fried egg in half with a very sharp serrated knife. Place the halves, cut side up.
- 7 Store extras in an air tight container in the fridge for up to 5 days. Reheat leftovers on a rimmed baking sheet in a 400°F oven for 7 minutes, or until heated through.

Per Serving:

Calories: 264 Fat: 19g Protein: 26g Carbs: 0.4g



Carnivore Cannoli

Prep Time: 10 minutes Cook Time: 20 minutes Servings: 2/serving



12 slices bacon

egg salad:

8 large eggs

½ cup carnivore mayonnaise, homemade
(page 177)

Fine sea salt

special equipment:

12 cannoli tubes (1 inch around and 4
inches long)

- 1 Preheat the oven to 375°F. Line a rimmed baking sheet with parchment paper.
- 2 Wrap one slice of bacon around each cannoli tube. Wrap the bacon tightly, overlapping the edges so the bacon totally covers the tube.
- 3 Place the wrapped tubes on the prepared baking sheet and bake for 20 minutes, or until the bacon is crisp. Remove from the oven and allow to cool completely.
- 4 Meanwhile, make the egg salad filling: Place the eggs in a saucepan and cover with cold water. Bring the water to a boil, then cover, remove the pan from the heat, and let the eggs stand in the hot water for 10 to 12 minutes. Remove the eggs from the hot water and place them in a bowl of ice water to cool, then peel and chop them.
- 5 In a large bowl, combine the chopped eggs, mayonnaise, and salt. Mash well with a fork or wooden spoon.
- 6 Use your hands to carefully wiggle the bacon to release it from the cannoli tubes while keeping its shape.
- 7 To assemble: When you're ready to fill the bacon tubes, place the filling in a pastry bag fitted with a tip or in a resealable plastic bag with one corner snipped off. Fill each cannoli, leaving some filling sticking out of each end.
- 8 These are best served fresh. Store extra tubes and filling separately in airtight containers in the fridge for up to 3 days. To reheat, place the unfilled bacon tubes on a rimmed baking sheet and heat in a preheated 400°F oven for 4 minutes, or until the bacon is warmed and crispy. Fill with the egg salad or another savory filling of your choice.

Per Serving:

Calories: 309 Fat: 27g Protein: 13g Carbs: 1g



Chicharron

Prep Time: 5 minutes plus 1-24 hours to cure Cook Time: 2 hours Servings: 4



2 teaspoons baking soda

1 teaspoon fine sea salt

1 pound fresh pork belly, skin on

Fine sea salt

- 1 Rub the baking soda and salt over the surface of the pork skin, taking care to distribute the powder evenly. Set the pork belly on a rack and place it, uncovered, in the refrigerator for at least an hour but preferably overnight and up to a full day.
- 2 Remove the pork belly from the refrigerator. Rinse well under running water and pat dry with paper towels.
- 3 Slice the pork belly into chip-sized pieces, about 2 inches square and 1/3 inch thick.
- 4 Place the pork chips in a pot and add enough water to cover all the pieces.
- 5 Heat on low for 2 hours, flipping the chips every 30 minutes, until the water has evaporated and the fat is rendered. Depending on how much moisture is in the pork belly, this process could take up to 3 hours.
- 6 When all the water has evaporated and there is liquid lard in the bottom of the pot, turn the heat to high to start the frying process—this happens quickly, so don't walk away from the pot!
- 7 Fry the chips in the rendered lard for 4 to 5 minutes, until they are golden brown. Using a slotted spoon, remove the chicharrones to a plate lined with paper towels to drain. Sprinkle with salt.
- 8 Store extras in an airtight container in the fridge for up to 1 week.

Per Serving:

Calories: 320 Fat: 28g Protein: 17g Carbs: 0g



Turkey Sushi

Prep Time: 5 minutes Servings: 3

Notes: We eat with our eyes! Sure, these roll-ups can be eaten without being cut into fun sushi slices, but my kids appreciate the little extra time it takes to make food cute. Plus, I get the bonus of eating the end pieces that are not perfect sushi shapes!



12 thin slices roast turkey (about 4 ounces)

½ cup plus 2 tablespoons carnivore
mayonnaise

12 slices provolone cheese

- 1 Place a slice of turkey on a clean work surface with the short end facing you. Spread 2½ teaspoons of mayo on the turkey. Top with a slice of provolone cheese.
- 2 Starting at the end closest to you, roll it up like a sushi roll and slice into 1-inch pieces. Store leftovers in an airtight container in the fridge for up to 4 days.

Per Serving:

Calories: 455 Fat: 40 Protein: 18 Carbs: 2g

Prosciutto ROLL-UPS

Prep Time: 8 minutes Servings: 2 roll ups per serving



¼ cup Carnivore Mayo (page 177)
12 thin slices prosciutto (about 4 ounces)
2 large hard-boiled eggs, peeled and
chopped

- 1 Lay a slice of prosciutto on a clean work surface with the narrow end facing you. Place a small amount of mayo on the prosciutto then top with ½ tablespoon each of the chopped eggs. Roll up and place seam side down on a serving platter. Repeat with the remaining ingredients.
- 2 Store in an airtight container in the refrigerator for up to 4 days.
- 3 Do not freeze.

Per Serving:

Calories: 125 Fat: 11g Protein: 7g Carbs: 1g

Cheese Puffs

Prep Time: 2 minutes Cook Time: 1 minutes Servings: 2



1 aged Gouda or Parmesan cheese rind,
about 3½ inches wide and ½ inch
thick

- 1 I like to get the most out of my food, so when I'm done with a chunk of Parmesan cheese, I don't throw out the rind—instead, I use it to make this really tasty snack! It's super quick and easy to make. These tasty morsels also work great as croutons. (And by the way, leftover Parmesan cheese rinds are also great for adding flavor to soups. When I'm done with a chunk of Parmesan, I store the rind in the freezer until my next soup-making day.)
- 2 Cut the cheese rind into ½-inch squares. Place the squares on a microwave-safe plate about 2 inches apart. Microwave on high for 45 to 60 seconds, until the cheese rind squares puff up to about twice their size. Remove from the microwave and allow to cool completely.
- 3 Store leftovers in an airtight container in the refrigerator for up to 4 days.

Per Serving:

Calories: 210 Fat: 14g Protein: 19g Carbs: 2g



Bacon Wrapped Tenderloin Bites

Prep Time: 15 minutes Cook Time: 5 minutes Servings: 4



PARTY TIP: These bites can be prepared up to 2 days ahead and popped in the oven just before serving for an easy appetizer at your next keto gathering.

1 (1-pound) venison or beef tenderloin, cut into 2-inch cubes

2 teaspoons fine grain sea salt

1 (16-ounce) package bacon (beef bacon if level 1)

- 1 Place an oven rack in the top position and preheat the oven to broil.
- 2 While the oven is heating up, assemble the bites: Cut the bacon slices in half crosswise. Season the tenderloin bites lightly with salt. Take a piece of meat and wrap it with a halved bacon slice. Secure with a toothpick and place on a rimmed baking sheet. Repeat with the rest of the meat and bacon.
- 3 Place the baking sheet under the broiler. Broil for 5 minutes for medium-rare or until done to your liking (they will continue to cook after you remove from the oven). Best served fresh.

Per Serving:

Calories: 784 Fat: 50g Protein: 76g Carbs: 2g



Eggs Gribiche with Carnivore Bread

Prep Time: 5 minutes Cook Time: 15 minutes Servings: 4



6 large hard-boiled eggs

¼ cup carnivore mayo (page 177)

½ teaspoon fine sea salt

4 Slices of carnivore bread (page 51)

- 1 Peel the hard-boiled eggs and chop them into small pieces. Using a fork, gently mix all the ingredients together in a small bowl. Meanwhile fry slices of carnivore bread in lard or duck fat for serving.
- 2 Store leftovers in an airtight container in the refrigerator for up to 4 days.

Per Serving:

Calories: 286 Fat: 26g Protein: 13g Carbs: 2g



Carnivore Sliders

Prep Time: 10 minutes Cook Time: 10 minutes Servings: 12 (2 sliders per servings)



6 slices bacon, cut into 1 inch squares (beef bacon for level 1)

1 pound ground beef

1 teaspoon fine sea salt

24 small slices cheddar cheese (omit for dairy-free, level 1)

Carnivore Mayo for serving (omit for level 1)

1 Heat a large sauté pan over medium heat. Add the bacon and cook for 4 minutes, flipping ½ way, or cook until bacon is crisp to your liking. Remove from pan and set aside. Leave drippings in the pan.

2 While the oil is heating up, form the beef into 24 small patties about ⅔ ounce (1½ inches across) each. Season the sliders on both sides with the salt. Fry the patties in the skillet in batches, about 4 minutes per side for well-done or until cooked to your desired doneness.

3 While the second batch is frying, assemble the first batch of sliders: Place a burger patty on a serving platter and top it with a slice of cheese (if using), a slice of bacon. Secure with a toothpick. Repeat with the rest of the cooked patties and slider ingredients. Drizzle the sliders with mayo if desired before serving.

4 Best served fresh.

Per Serving:

Calories: 100 Fat: 7g Protein: 8g Carbs: 0g

Bacon Deviled Eggs

Prep Time: 5 minutes Cook Time: 15 minutes Servings: 12



12 large eggs

½ cup bacon fat, room temp

Optional: Crumbled cooked bacon, and
Fine sea salt, for garnish

- 1 Place the eggs in a large saucepan and cover with cold water. Bring the water to a boil, then immediately cover the pan and remove it from the heat. Allow the eggs to cook in the hot water for 11 minutes.
- 2 After 11 minutes, drain the water and rinse the eggs with very cold water for a minute or two to stop the cooking process. Peel the boiled eggs and cut them in half lengthwise.
- 3 Remove the egg yolks and place them in a bowl. Mash the yolks with a fork until they have the texture of very fine crumbles. Add the room temperature bacon fat and mix until evenly combined.
- 4 Fill the egg white halves with the yolk mixture. Garnished with bacon crumbles or fine sea salt if desired.
- 5 Store any leftovers in an airtight container in the refrigerator for up to 3 days.

Per Serving:

Calories: 241 Fat: 23g Protein: 7g Carbs: 0.4g



Carnivore Yorkshire Pudding

Prep Time: 5 minutes Cook Time: 20 minutes Servings: 12



½ cup pan drippings from a roast prime rib of beef (see page 84) or carnivore beef broth (page 173)

3 large eggs, separated

¾ cup heavy cream

½ teaspoon fine sea salt

¾ cup powdered egg whites

- 1 Preheat the oven to 375°F.
- 2 Pour the beef drippings into a standard-size 12-well muffin pan (or a 9-inch metal pie pan). Place the pan in the oven and get the drippings very hot.
- 3 In the bowl of a stand mixer or in a large bowl with a hand mixer, beat the egg whites until very stiff. Set aside.
- 4 In a separate bowl, using a hand mixer, beat together the egg yolks, cream, and salt until light and foamy.
- 5 With the mixer on low speed, slowly add the protein powder to the beaten egg whites and mix just until incorporated. Add the egg yolk mixture to the egg white mixture and gently fold to combine.
- 6 Carefully take the hot pan out of the oven and pour the drippings into the batter. Give the batter a quick stir and pour the batter into the pan (if using a muffin pan, fill each well about two-thirds full). Put the pan back in the oven and cook until the pudding is puffed and dry, 15 to 20 minutes (or 30 minutes if using a pie pan). Allow to rest for a few minutes before removing from the pan.
- 7 This dish is best served fresh, but any extras can be stored in an airtight container in the refrigerator for up to 3 days. Reheat on a baking sheet in a preheated 350°F oven for 5 minutes or until warmed through.

Per Serving:

Calories: 91 Fat: 7g Protein: 7g Carbs: 1g



Mini Egg Salad Puffs

Prep Time: 15 minutes Cook Time: 20 minutes Servings: 24



FOR THE "PUFFS"

3 large eggs, separated

2 tablespoons powdered egg whites

FOR THE EGG SALAD

8 large eggs

½ cup carnivore mayonnaise

½ teaspoon fine sea salt

- 1 Preheat the oven to 375°F. Grease a cookie sheet.
- 2 Make the puffs: In a large bowl, whip the egg whites until very stiff. Then add the protein powder.
- 3 Place twenty-four 2-inch balls of dough on the greased cookie sheet. Bake for 10 minutes, then turn the oven off (but keep the oven door shut) and leave the puffs in the oven for another 5 minutes, or until cool.
- 4 Make the egg salad: Place the eggs in a saucepan and cover with cold water. Bring the water to a boil, cover, and remove from the heat. Let the eggs stand in the hot water for 10 to 12 minutes. Remove from the hot water, cool in ice water or under cold running water, then peel and chop.
- 5 In a large bowl, combine the chopped eggs, mayonnaise, and salt. Mash well with a fork or wooden spoon. Assemble the sandwiches: Split the mini puffs and place about a tablespoon of egg salad into each puff.
- 6 Store any leftovers in an airtight container in the refrigerator for up to 3 days.

Per Serving:

Calories: 263 Fat: 22g Protein: 13g Carbs: 1g



Smoky Salmon Terrine

Prep Time: 20 minutes Cook Time: 8 minutes Servings: 8



5 cups water
2 teaspoons smoked salt (page 175) or fine grain sea salt, plus more for seasoning
1 (12 ounce) salmon fillet
8 ounces smoked salmon, chopped
7 tablespoons unsalted butter or ghee, softened
1/2 cup carnivore Mayo (page 177)

- 1 Bring water to a boil in a large saucepan and add salt. Add salmon fillet, reduce to a simmer, and cook until just cooked through, 6 to 8 minutes. Transfer salmon to a plate using a slotted spoon and let cool 10 minutes. Flake salmon into a large bowl, discarding skin, and toss with smoked salmon. Whisk together butter, mayonnaise in a bowl until smooth. Season with a pinch of salt. Add mayonnaise mixture to salmon mixture and gently stir until well combined.
- 2 Cover and chill 3 hours. Serve with pork rinds, on carnivore bread or with chicken chips.
- 3 Store extras in an airtight container in the fridge for up to 5 days.

Per Serving:

Calories: 261 Fat: 23g Protein: 14g Carbs: 0g

Meatball Soup

Prep Time: 8 minutes Cook Time: 15 minutes Servings: 8

Notes: Adding a little water or other liquid to the meatball mixture helps bind the fat to the meat when cooking, which creates a moist cooked meatball. Here I've used a couple tablespoons of broth to add both moisture and flavor. Baking the meatballs in a very hot oven results in meatballs that are crispy on the outside and tender inside.



Meatballs:

2 pounds ground beef (85% lean)

1 teaspoon fine sea salt

2 tablespoons carnivore beef bone broth
(page 173)

1 large egg

Soup:

4 cups carnivore beef bone broth

- 1 Preheat the oven to 425°F.
- 2 Make the meatballs: Combine the ground beef, salt, broth, and egg in a large bowl.
- 3 Shape the meat mixture into 1¼-inch balls and place on a rimmed baking sheet. Bake for 15 minutes or until cooked through.
- 4 Place the bone broth into a soup pot and heat over medium high heat for 5 minutes.
- 5 Ladle the broth into bowls and add the meatballs.
- 6 Taste and add salt if desired.
- 7 Store in an airtight container in the refrigerator for up to 5 days or freeze in an freezer-safe container for up to a month. To re-heat, place the soup in a saucepan over medium heat for a few minutes, until warmed through.

Per Serving:

Calories: 278 Fat: 18g Protein: 27g Carbs: 0g

Braised Oxtail Soup

Prep Time: 5 minutes Cook Time: 2 minutes Servings: 8



2 pounds oxtail

Fine grain sea salt, to taste

2 tablespoons lard or tallow (page 172) (or butter if not dairy free)

3 cups carnivore beef broth (page 173)

2 tablespoons duck fat or lard for frying

- 1 Season the oxtail with salt. Heat the lard in a large Dutch oven, over medium-high heat, until shimmering. Add the oxtail pieces in a single layer, without overcrowding the pot. Sear the meat, turning occasionally, until brown on all sides, about 8 minutes total. Remove the oxtail pieces and reserve.
- 2 Pour the beef broth. Bring to a boil, scrapping the browned bits from the bottom of the pan.
- 3 Return oxtail to the pot. Cover, lower the heat to a simmer, and cook for 2 to 3 hours or until the meat is falling apart tender. Remove the oxtail pieces and shred the meat, discarding the bones and any large pieces of fat if desired. Cover and refrigerate for 1 hour or until chilled and can easily form into a patty (you can freeze for 30 minutes to speed up the chilling).
- 4 Bring the remaining sauce in the pot to a boil to reduce, over medium high heat, for about 15 minutes or until reduced by half. Spoon off fat from surface of pan juices and discard. Taste and add salt if desired.
- 5 Remove the oxtail from the fridge or freezer, form into a tightly compacted 1/2 pound patty (resembling a hamburger). Heat the duck fat in a large skillet over medium high heat. Once hot, add the oxtail patty and fry for 1 minute, flip and cook another minute or until outside is crispy. Remove with a spatula and place into a wide soup bowl.
- 6 Just before serving, pour 1/2 cup of the rendered stock from the pot. Serve fresh.

Per Serving:

Calories: 352 Fat: 24g Protein: 32g Carbs: 0g

BEEF & LAMB



165°F Well-done

155°F Medium-well

145°F Medium

135°F Medium-rare

125°F Rare

Beefy Patties with Cheddar Dressing

Prep Time: 8 minutes Cook Time: 14 minutes Servings: 4



2 teaspoons bacon fat or lard (page 172)

1 pound ground beef (can sub ¼ pound with ground liver)

1 teaspoon fine grain sea salt

8 tablespoons cheddar dressing (page 174)

- 1 Divide the ground beef into 4 equal portions and form each portion into a 1/2-inch-thick patty (about 3½ inches in diameter). Season the patties well on both sides with the salt.
- 2 Place the bacon fat into a cast iron skillet over medium high heat, once hot place the seasoned patties in the cast-iron skillet over medium-high heat. Fry the patties for 3 minutes per side for medium-done burgers, or cook longer if you prefer more well-done burgers.
- 3 Remove burgers from the skillet and set aside on a warm plate. To serve, place patties on a plate, top each burger with two tablespoons cheddar dressing.
- 4 Store in an airtight container in the refrigerator for up to 4 days. To reheat, place in a lightly greased skillet over medium heat for about 3 minutes, or until heated through.

Per Serving:

Calories: 347 Fat: 28g Protein: 23g Carbs: 0.4g



Steak with Bacon Béarnaise

Prep Time: 5 minutes Cook Time: 10 minutes Servings: 4



2 T-bone or rib-eye steaks, 1½ to 2 inches thick (about 2 pounds total)

1 tablespoon fine sea salt (or to taste)

Melted lard or tallow, for greasing the grill (page 172)

OPTIONAL SERVING: ¼ cup Bacon Béarnaise (page 176)

- 1 Season the steaks generously with salt. Let the seasoned steak rest for at least 40 minutes at room temp.
- 2 Preheat a grill to high heat. If you are using charcoal, after the briquettes are heated, move them to one side of the grill so you have both direct and indirect heat.
- 3 Brush the grill grates with melted tallow. Place the steaks on the hot grill and do not move them for about 2 to 3 minutes. Use tongs to flip the steaks and grill for 2 to 3 more minutes.
- 4 If you're using a gas grill, turn the heat down to medium-low and close the grill lid if you have one. If you're using charcoal, move the steaks to the side of the grill without charcoal to finish cooking with indirect heat and close the grill lid. Cook for an additional 3 minutes for rare, 4 minutes for medium-rare, 5 minutes for medium, 6 to 7 minutes for medium-well, and 8 to 10 minutes for well done, using the following temperatures as a guide to your desired doneness:
- 5 Rare: 120°F to 125°F
- 6 Medium-rare: 130°F to 135°
- 7 Medium: 140°F to 145°F
- 8 Medium-well: 150°F to 155°F
- 9 Well done: 160°F+
- 10 Use tongs to remove the steaks from the grill and cover to keep warm. Let them rest for at least 5 minutes before cutting into them. Serve with the bacon béarnaise sauce or butter.

Per Serving:

Calories: 663 Fat: 48 Protein: 54 Carbs: 0.4g



Reverse Sear Rib-eye

Prep Time: 5 minutes Cook Time: 1 1/2 hours Servings: 2



2 large bone-in rib-eyes, at room temperature

Fine grain sea salt

2 tablespoons lard (page 172)

Optional (level 3) 4 tablespoons unsalted butter

- 1 Preheat the oven to 220 degrees F.
- 2 Season all sides of the rib-eyes liberally with salt. Place on wire rack-lined baking sheet. Bake until the desired internal temperature is reached, 105 degrees F for rare, 115 for medium rare and 125 for medium, 1 to 1 1/2 hours. When the rib-eyes come out of the oven, tent loosely with aluminum foil while preheating the skillet.
- 3 Heat a cast-iron skillet over medium-high heat. Add the 2 tablespoons lard, then sear the steaks on the first side for about a minute. Flip the steaks and add the butter to the skillet (if using). Once the butter has melted, continue to cook the steaks, continuously basting with the melted butter, until seared on the second side, about 45 seconds. Sear the fat cap as well to crisp up, 30 seconds to 1 minute.
- 4 Serve immediately, spooning the pan juices over each slice. There is no need to rest the meat with the reverse sear method.

Per Serving:

Calories: 797 Fat: 65g Protein: 56g Carbs: 0g



T-Bone with Blue Cheese Whip

Prep Time: 5 minutes Cook Time: 10 minutes Servings: 2

Notes: The blue cheese whip really makes this steak. I find plain blue cheese overwhelms the flavor of a steak, but this blue cheese whip is delicate in flavor. It tastes great on any cut of steak—or even a piece of chicken! If you are dairy-sensitive, you can serve this steak with carnivore hollandaise (page 178) instead of the blue cheese whip.



1 (12-ounce) T-bone steak, about $\frac{3}{4}$ inch thick

$\frac{1}{4}$ teaspoons fine sea salt

1 tablespoon tallow or lard, for frying (page 172)

Blue Cheese Whip:

$\frac{1}{4}$ cup heavy cream

$\frac{1}{4}$ ounce blue cheese, finely crumbled

$\frac{1}{8}$ teaspoon fine sea salt

- 1 Preheat the oven to 400°F.
- 2 Season the steak generously on all sides with the salt. Heat a cast-iron skillet over medium-high heat, then melt the fat in the pan. When hot, sear the steak for 3 minutes on each side.
- 3 Place the skillet in the oven to cook the steak to your desired doneness, using with a meat thermometer to determine the internal temperature (see chart on page 77). Remove the skillet from the heat and allow the steak to rest for 10 minutes before slicing and serving.
- 4 While the steak is resting, make the blue cheese whip: Place the cream in a stand mixer and mix until stiff peaks form. Stir in the blue cheese and salt until well blended. (Note: The whip can be made ahead and stored in an airtight container in the refrigerator for up to 3 days.)
- 5 Serve each portion of steak with 2 tablespoons of the blue cheese whip.
- 6 This dish is best served fresh, but any extras can be stored in an airtight container in the refrigerator for up to 3 days. Reheat on a rimmed baking sheet in a preheated 350°F oven for 5 minutes or until warmed through.

Per Serving:

Calories: 541 Fat: 44g Protein: 34g Carbs: 1g



Reverse-Sear Prime Rib

Prep Time: 8 minutes, plus 8 hours to marinate Cook Time: 3 1/2 - 5 1/2 hours Servings: 16

Notes: Have you ever made prime rib and ended up with a disappointing gray steak? That often happens when you sear the roast first, then slowly cook it through. Never again! The reverse-sear method used in this recipe keeps the prime rib nice and pink, and the sear at the end gets the outside nice and crispy. For the most tender meat possible, I highly recommend that you roast the prime rib at the ultra-slow-cooking temperature of 150°F. However, because the lowest temperature on some ovens is 200°F, I've included directions for cooking the roast at that higher temperature as well.



1 (8-pound) boneless prime rib roast
2½ tablespoons fine sea salt
½ cup softened lard (or tallow for level 1)

- 1 Season the roast liberally with the salt. Cover the roast with plastic wrap and place it in the refrigerator for at least 8 hours or overnight. Two hours before baking, remove the roast from the oven and allow it to come to room temperature.
- 2 Preheat the oven to 150°F (or the lowest available temperature for your oven). Place the roast in a large roasting pan. Rub the softened ghee all over the roast.
- 3 Bake the roast for 5½ hours (or 3½ hours in a 200°F oven), or until the internal temperature reaches 115°F for medium-rare or 135°F for medium. The internal temperature will keep rising as the meat rests.
- 4 About 10 minutes before serving, increase the oven temperature to 500°F. Once the temperature is at 500°F, let the roast sear in the oven for 8 minutes or until brown and crispy on the outside. Remove the roast from the oven, allow it to rest for 10 minutes, and then carve it into ¾-inch-thick slices.
- 5 Store extra meat and sauce in separate airtight containers for up to 3 days. Reheat the roast on a rimmed baking sheet in a preheated 350°F oven for 5 minutes or until warmed through.

Per Serving:

Calories: 653 Fat: 45g Protein: 59g Carbs: 0g



Filet Mignon with Hollandaise

Prep Time: 3 minutes, plus time to make hollandaise Cook Time: 10 minutes Servings: 4



4 (4-ounce) fillet mignon steaks

Fine sea salt

1 tablespoon lard or tallow, for frying

1 cup Carnivore Hollandaise (page 178)

- 1 Season the steaks generously on all sides with salt.
- 2 Heat the fat in a cast-iron skillet over medium-high heat. Once hot, add the steaks and sear in the fat for 3 minutes on each side, or to your desired doneness (see chart page 77).
- 3 Remove from the heat and allow to rest for 10 minutes before slicing or serving. Leave the fat in the pan.
- 4 While the meat is resting, make the hollandaise.
- 5 Slice the tenderloin and place on serving plates. Top with the hollandaise. Best served fresh.

Per Serving:

Calories: 328 Fat: 24g Protein: 24g Carbs: 0.2g

Steak with Cream Sauce for 2

Prep Time: 5 minutes Cook Time: 15 minutes Servings: 2



¼ cup plus 1 tablespoon butter, lard, or tallow, divided

1 (8-ounce) rib-eye steak

1½ teaspoons fine sea salt

¼ cup heavy cream

- 1 Heat a cast-iron skillet over medium-high heat; once hot, place 1 tablespoon of the fat in the pan. While the pan is heating, prepare the steak: Pat the steak dry and season it well with salt.
- 2 When the fat is hot, place the steak in the pan and sear for 3 minutes, then flip it over and sear the other side for 3 minutes. Remove from the skillet for a rare steak, or continue to cook until done to your liking (see the chart page 77). Thicker steaks will take longer.
- 3 When done to your liking, remove the steak from the pan and set on a cutting board to rest while you make the sauce. Leave the drippings in the pan.
- 4 Add the remaining ¼ cup of fat and, using a whisk, scrape up the brown bits from the bottom of the pan. Add the heavy cream and simmer for 5 minutes, whisking often. Once thickened a bit, remove from the heat.
- 5 Cut the steak into ½-inch slices. Place on a serving platter and pour the sauce over the steak. Best served fresh.

Per Serving:

Calories: 673 Fat: 67g Protein: 20g Carbs: 1g



Liver Bacon Meatballs

Prep Time: 8 minutes Cook Time: 20 minutes Servings: 8



1.5 pound ground beef
½ pound beef liver
8oz bacon, diced small
1 small egg
1 1/4 cup carnivore beef broth (page 173),
divided
2 teaspoons smoked sea salt (or plain sea
salt)

- 1 The night before, place liver in a colander and rinse it in cool water for a minute. Place it in a large bowl with 1 cup carnivore broth and refrigerate over night.
- 2 Preheat oven to 375 degrees F.
- 3 Heat a large cast iron skillet over medium high and cook bacon while crumbling until cooked yet still soft. Remove bacon and set aside.
- 4 In the meantime whisk the egg lightly with 1/4 cup broth, and salt.
- 5 In a food processor reduce the cooled bacon to rough crumbles. Now add the liver and process until it almost turns liquid. Next add the ground beef, and egg mixture.
- 6 Process very lightly, just enough to blend all the ingredients.
- 7 Form the meat mixture into some golf-ball sized meat balls and place on a rimmed baking sheet. Bake for 15 minutes or until cooked to your liking.
- 8 Serve warm.
- 9 Store in air tight container for up to 4 days. To reheat, place on a rimmed baking sheet in a 350 degree F oven for 5 minutes or until heated through.

Per Serving:

Calories: 384 Fat: 26g Protein: 34g Carbs: 2g



Homemade Bologna

Prep Time: 15 minutes plus overnight to chill Cook Time: 3 hours Servings: 12



3 pounds ground beef

1 cup ice cold carnivore broth (or water)

1 tablespoon smoked sea salt (page 175) or
regular sea salt

- 1 Place all the ingredients in the bowl of a stand mixer or food processor. Purée until smooth. Place the bowl in the freezer for 10 minutes.
- 2 Remove from freezer and place onto a piece of parchment paper. Roll into a long that is about 3 inches in diameter. Compress the log tightly. Place in fridge for 24 hours.
- 3 Preheat oven to 300 degrees F. Remove log from parchment and place on a rimmed baking sheet. Bake for 15 minutes. Turn roll and bake another 15 minutes.
- 4 Reduce heat to 250 degrees F and cook another 2 1/2 hours.
- 5 Remove from oven and allow to cool completely before slicing.
- 6 Store extras in air tight container in the fridge for up to 4 days. Can be frozen for up to a month.

Per Serving:

Calories: 244 Fat: 17g Protein: 22g Carbs: 0g



Prosciutto Wrapped Meatballs

Prep Time: 7 minutes Cook Time: 12 minutes Servings: 6



1½ pounds grass-fed ground beef
¼ pound ground beef liver (or more beef)
1 large egg
1/2 teaspoons smoked sea salt (or fine grain sea salt)
12 slices prosciutto, cut in ½

- 1 Preheat oven to 400 degrees F. Combine the ground beef, ground liver, egg, salt in a large bowl. Shape the meat mixture into 1¼-inch balls. Slice the prosciutto in ½ widthwise. Wrap ½ slice around each meatball.
- 2 Place the meatballs on a rimmed baking sheet and place into the oven to bake for 10-12 minutes, flipping meatballs after 6 minutes. Cook until meatballs are cooked through and prosciutto is crispy.
- 3 Store extras in airtight container in the fridge for up to 4 days. Can be frozen for up to a month. To reheat, place a slice on a rimmed baking sheet in a 350 degree F oven for 5 minutes or until heated to your liking.

Per Serving:

Calories: 338 Fat: 22g Protein: 33g Carbs: 1g



Bologna Ravioli

Prep Time: 8 minutes Cook Time: 6 minutes Servings: 4



16 thin slices bologna (page 90)

12 ounces goat cheese

1 tablespoon unsalted butter or tallow

- 1 Lay the slices of the bologna on a clean, dry work area. Spoon 1 ounce (about 2 tablespoons) of goat cheese in the center of each slice.
- 2 Fold each bologna over the cheese to form a square packet. Secure the edges with toothpicks, creating ravioli.
- 3 Heat the butter in a large sauté pan over medium-high heat. Fry each filled ravioli until the ravioli is slightly charred on both sides and the cheese is melted, about 6 minutes. Remove from heat and discard the toothpicks and serve.
- 4 Store leftovers in airtight container in the fridge for up to 4 days. To reheat place ravioli in a lightly greased skillet over medium high heat for 2 minutes per side or until cheese is warmed through.

Per Serving:

Calories: 628 Fat: 50g Protein: 21g Carbs: 0g



Brisket Confit

Prep Time: 6 minutes Cook Time: 6 1/2 hours Servings: 12



4 pounds beef fat

6 pounds beef brisket, untrimmed

2 tablespoons fine grain sea salt

- 1 Preheat oven to 300 degrees F.
- 2 Place beef fat in a large Dutch oven and heat over medium heat until fat completely melts.
- 3 Season the brisket on all sides with salt and rub into the meat.
- 4 Heat a cast iron skillet with 2 tablespoons of lard to high heat. Add the brisket and sear on all sides for 2 minutes per side. Remove brisket from skillet and submerge in the fat in the Dutch oven.
- 5 Place the filled Dutch oven in the preheated oven to cook for 6 hours (1 hour per pound of brisket). Once done cooking, remove from oven, and place in the refrigerator. Let sit in the refrigerator for 2 days. After 2 days, remove the brisket from the fat, and cut the brisket against the grain into slices.
- 6 Serve cold or reheat by placing the slices in a casserole dish with a few tablespoons of broth or reserves fat and placing in an oven heated to 300°F for 30 minutes or until warm.

Per Serving:

Calories: 776 Fat: 59g Protein: 56g Carbs: 0g



Bacon Wrapped Venison Tenderloin

Prep Time: 8 minutes Cook Time: 15 minutes Servings: 2

Notes: If you have never had tenderloin, you are in for a very juicy and soft steak! Tenderloin is a little tricky, if you over-cook it or usually like your steaks medium or well done, you most likely will end up with a chewy loin. I highly suggest making tenderloin rare to medium rare. My kids were a little afraid of the pink at first but once they took their first bite, they smiled and gobbled it up!



- 4 slices bacon (beef bacon for level 1)
- 1 (1 pound) beef tenderloin (or venison for level 2f)
- 1 ½ teaspoon fine grain sea salt, divided
- 2 tablespoons lard or tallow (page 172)
- Optional garnish: Shaved Cured Egg Yolk (page 179) (level 3)

- 1 Preheat oven or air fryer to 400 degrees F. Season tenderloin on all sides with salt. Wrap bacon strips snugly around loin and place with the ends on bacon under the loin so the bacon secures around the loin. Cook for 15 minutes for medium rare loin (cook to temperature in chart for more done). Remove from air fryer and allow to rest on cutting board for 10 minutes before slicing.
- 2 Slice the loin into ½ inch slices and place onto the platter. Garnish with grated salt cured egg yolk for level 3.
- 3 Store extras in separate airtight containers in the fridge for 3 days. To reheat place into air fryer at 350 degrees F for 4 minutes or until heated through.

Per Serving:

Calories: 547 Fat: 27g Protein: 72g Carbs: 0g



Bone Marrow Burgers

Prep Time: 5 minutes Cook Time: 25 minutes Servings: 4



Bone Marrow:

5 (2-inch) cross-cut beef or veal marrow bones, split lengthwise

½ teaspoon fine sea salt

1 tablespoon plus 1 teaspoon lard, tallow (page 172)

1 teaspoon fine sea salt

11/3 pounds ground beef

1½ scant teaspoons fish sauce (optional, omit for level 1)

OPTIONAL: 4 Carnivore Buns (page 51), for serving (omit for level 1)

- 1 Preheat the oven to 450°F.
- 2 Rinse, drain, and pat the bones dry. Season them with the ½ teaspoon of salt and place them cut side up in a roasting pan.
- 3 Roast the bones for 15 to 25 minutes (the exact timing will depend on the diameter of the bones; if they are 2 inches in diameter, it will take closer to 15 minutes), until the marrow in the center has puffed slightly and is warm. To test for doneness, insert a metal skewer into the center of the bone; there should be no resistance when it is inserted, and some of the marrow will have started to leak from the bones.
- 4 Meanwhile, heat the fat in a large cast-iron skillet over medium-high heat.
- 5 Place the ground beef in a mixing bowl and sprinkle it with the fish sauce. Using your hands, mix the meat and fish sauce together to evenly distribute the sauce, then form the meat into four ¾-inch-thick patties. Season the outsides of the patties with the remaining salt.
- 6 When the marrow is nearly done, fry the burgers on both sides in the skillet over medium-high heat until cooked to your desired doneness (see the chart at page 77). Remove from the pan and set aside.
- 7 Split the buns in half and fry them in the leftover fat in the skillet until golden brown. Scoop the marrow from the marrow bones with a small spoon.
- 8 Serve the burgers on the fried buns if desired, and topped with the marrow.
- 9 These burgers are best served fresh.

Per Serving:

Calories: 676 Fat: 59g Protein: 34g Carbs: 0.3g

Al Capone Steak

Prep Time: 10 minutes Cook Time: 14 minutes Servings: 2



1 (10 ounce) rib-eye steak, butterflied
1/4 cup crumbled feta
1/4 cup crumbled Gorgonzola cheese
1/4 cup diced ham
2 teaspoons fine grain sea salt

Per Serving:

Calories: 614 Fat: 51g Protein: 39g Carbs: 0g

- 1 Preheat grill to high heat.
- 2 Using a sharp knife, Butterfly the rib-eye so you can open the steak like a book.
- 3 Place the cheeses and ham in a small bowl. Stir well to combine. Place the cheese mixture into the center of the steak. Close the steak and secure shut with toothpicks.
- 4 Season the steak well on all sides with salt.
- 5 Place on grill and cook for 4 minutes, flip and cook for 7 minutes. Flip again and cook for 4 more minutes.
- 6 Remove from grill and allow to rest for 10 minutes before slicing.
- 7 Beat served fresh.



Slow Cooker Osso Buco

Prep Time: 10 minutes Cook Time: 6 hours Servings: 6



- 3 (1-pound) cross-cut veal shanks
- 2 teaspoons fine sea salt
- ½ cup lard or tallow (page 172) (or unsalted butter, if not dairy-sensitive)
- 2 cups carnivore beef bone broth, (page 173), plus more if needed

- 1 Season the shanks with the salt. Place the lard in a 4-quart slow cooker. Place the shanks in the slow cooker. Add the broth. Make sure that the liquid is three-quarters up the sides of the shanks. If needed, add more broth.
- 2 Cover and cook on low until the meat is fork-tender, about 6 hours.
- 3 Gently remove the shanks and place them on a serving platter.
- 4 Serve with sauce from the slow cooker.
- 5 Store in an airtight container in the refrigerator for up to 5 days or freeze in an freezer-safe container for up to a month. To re-heat, place in a casserole dish in a 350 degree F oven few minutes until warmed through.

Per Serving:

Calories: 427 Fat: 25g Protein: 47g Carbs: 0g

Chipped Beef in Gravy

Prep Time: 5 minutes Cook Time: 5 minutes Servings: 4



2 cups leftover beef (from Slow Cooker French Dip page 107 or Brisket page 93)

1 (8-ounce) package cream cheese, softened

1 cup carnivore beef bone broth (page 173)

Fine sea salt

- 1 Chop the beef into small 1/4 inch pieces.
- 2 Place beef into a saute pan and turn heat to medium. Cook 1 minute to heat the beef.
- 3 Gradually add the softened cream cheese and stir to loosen the cream cheese.
- 4 Slowly add the broth; cook, stirring constantly, until the mixture comes to a gentle simmer, thickens, and becomes smooth. Reduce the heat to medium-low and simmer for 2 minutes to thicken further, stirring constantly. Season to taste with salt.
- 5 Serve as is or on Carnivore Bread (page 51).
- 6 Store extras in an airtight container in the fridge for up to 3 days. Reheat in a saucepan over medium-low heat until warmed, stirring constantly. If the gravy has become too thick, add a little carnivore broth when reheating it.

Per Serving:

Calories: 617 Fat: 49g Protein: 36g Carbs: 1g

Grilled Lamb Chops

Prep Time: 5 minutes Cook Time: 5 minutes Servings: 4

If you are a beginner cook, this recipe may sound difficult, but believe me, it is one of the easiest dinners you can make to impress your guests! If you are a visual learner like me and would like to see how simple these elegant chops are to make, check out the video on my site, MariaMindBodyHealth.com



8 lamb loin chops, about 1¼ inches thick

2 teaspoons fine sea salt

½ cup carnivore mayo (page 177), for serving

- 1 Preheat a grill to high heat. Season chops on all sides with salt.
- 2 Once the grill is hot, place the chops on the grill and cook for 2 minutes per side for medium-rare, or until the chops reach the desired doneness. If your chops are thicker than 1¼ inches, cook them longer.
- 3 Remove from the grill and place on a serving platter. Allow to rest for a few minutes before slicing.
- 4 Serve with Carnivore mayo if desired. Best served fresh.

Per Serving:

Calories: 684 Fat: 61g Protein: 30g Carbs: 0g



Creamy Chili Cheese Dog Casserole

Prep Time: 10 minutes Cook Time: 20 minutes Servings: 4



- 1 pound ground beef
- 1 teaspoon smoked salt or fine sea salt
- 1 ½ cup shredded cheddar or Monterey Jack cheese, divided
- 4 ounces cream cheese, softened
- 1 cup carnivore beef bone broth, homemade (page 173)
- 8 uncured hot dogs sliced lengthwise down the middle and then cut in half
- 1 cup shredded Monterey Jack or cheddar cheese

- 1 Preheat the oven to 375°F.
- 2 Place the ground beef in a large cast iron skillet or other oven-safe skillet over medium heat and cook, while breaking up the beef, until the meat is cooked through, about 5 minutes.
- 3 Add the salt, ¼ cup shredded cheddar cheese, cream cheese and stir until cream cheese is soft. Slowly add the broth. Simmer, uncovered, for 5 minutes.
- 4 Lay the hot dog slices on top of the casserole mixture in the skillet. Cover the entire mixture with the shredded cheese. Transfer the skillet to the oven and bake for 5 minutes or until the cheese is bubbly and melted.
- 5 Store extras in an airtight container in the refrigerator for up to 3 days. Reheat in a baking dish in a preheated 350°F oven for a few minutes or until warmed through.

Per Serving:

Calories: 841 Fat: 64g Protein: 57g Carbs: 3g



Meatballs with Brown Butter Gravy

Prep Time: 5 minutes Cook Time: 35 minutes Servings: 6



MEATBALLS:

2 pounds ground beef
1 cup grated Parmesan (or cheddar) cheese
2 teaspoons fine sea salt
1 large egg

GRAVY:

4 tablespoons butter
4 ounces cream cheese, softened
1 cup carnivore beef bone broth,
homemade (page 173)
¼ teaspoon fine sea salt
1 teaspoon fish sauce (optional, for umami
flavor)

- 1 Preheat the oven to 350°F.
- 2 Put the ground beef, Parmesan cheese, salt and egg in a bowl.
- 3 Shape the meat mixture into 2-inch balls and place the balls on a rimmed baking sheet. Bake for 30 minutes or until the meatballs are cooked through.
- 4 To make the gravy, place the butter in a saucepan. Heat over high heat while whisking until butter froths and brown flecks appear. Turn heat to low. Add the softened cream cheese and whisk until cream cheese is combined.
- 5 Heat over low heat and whisk until cream cheese is loosened. Slowly whisk in the broth. Add the salt and fish sauce if using.
- 6 Bring to a simmer while stirring often, for 10 minutes or until the gravy is thick and bubbly.
- 7 Serve the meatballs with the gravy.
- 8 Store extras in an airtight container in the refrigerator for up to 3 days. Reheat in a baking dish in a preheated 350°F oven for a few minutes or until warmed through.

Per Serving:

Calories: 535 Fat: 41g Protein: 37g Carbs: 1g



Meatloaf

Prep Time: 5 minutes Cook Time: 55 minutes Servings: 6



I LIKE TO SNEAK LIVER INTO MY MEATLOAF
FOR AN EXTRA NUTRIENT-DENSE MEAL!

1½ pounds grass-fed ground beef
¼ pound ground beef liver (or more beef)
1 large egg
2 teaspoons fine sea salt

Per Serving:

Calories: 561 Fat: 37g Protein: 52g Carbs: 2g

- 1 In a large bowl, combine the ground beef, ground liver, egg, and salt. Mix until well combined.
- 2 Cook for 55 minutes or until thickest part of the meatloaf is 165 degrees F.
- 3 Remove and allow to rest for 10 minutes before slicing.
- 4 Store extras in airtight container in the fridge for up to 4 days. Can be frozen for up to a month. To reheat, place a slice on a rimmed baking sheet in a 350 degree F oven for 5 minutes or until heated to your liking.



Meatloaf Sandwich

Prep Time: 4 minutes Cook Time: 2 minutes Servings: 1



2 keto carnivore buns (page 51)

1 tablespoon butter

1 slice meatloaf (page 105)

Optional: 1 slice sharp cheddar cheese

- 1 Preheat broiler oven. Smear butter on the bottoms of 2 carnivore buns and place buttered side up on a rimmed baking sheet. Place in broiler oven for 1 minute or until toasted. Remove from oven and place a slice of meatloaf onto one bun and a slice of cheese, if using on the other toasted bun. Place in broiler for one minute until cheese is melted and meatloaf is warm.
- 2 Remove from oven and place the bun with the meatloaf on top of the bun with cheese. Serve warm. Best served fresh.

Per Serving:

Calories: 507 Fat: 39g Protein: 38g Carbs: 3g



Slow Cooker French Dip

Prep Time: 10 minutes Cook Time: 6-8 hours Servings: 8



1 (2-pound) boneless beef chuck roast
4 cups beef bone broth, homemade (page 173)

2 teaspoons fine grain sea salt

1 batch waffles from the Croque Madame Waffles recipe (page 36)

Softened ghee or unsalted butter (or bacon fat if dairy-free)

16 slices provolone cheese (omit if dairy-free)

1 Place the roast in a 4-quart slow cooker. In a medium-sized bowl, combine the add the beef broth and salt.

2 Cover and cook on low for 6 to 8 hours, until the meat is very tender.

3 Remove the meat from the broth, reserving the broth. Slice or shred the meat.

4 When ready to serve the sandwiches, preheat the oven to 350°F. Place the waffles on a baking sheet. Spread with ghee and bake for 2 to 3 minutes, until barely toasted.

5 To assemble the sandwiches, place the meat on the waffles and top each with 2 slices of provolone cheese, if using. Put the sandwiches in the oven for another 2 to 3 minutes, until the cheese is melted. Serve with the reserved broth in ramekins for dipping the sandwiches.

6 Store extras in an airtight container in the refrigerator for up to 3 days. Reheat the sandwiches on a baking sheet in a preheated 350°F oven for 5 minutes or until warmed through.

Per Serving:

Calories: 641 Fat: 50g Protein: 43g Carbs: 2g



Carnivore Moussaka

Prep Time: 10 minutes Cook Time: 50 minutes Servings: 8



Meat Layer:

- 1 tablespoon ghee or butter
- 1½ pounds ground lamb or beef
- 1 teaspoon fine sea salt
- 1 cup carnivore bone broth (page 173)

Cheese Sauce:

- ¼ cup ghee or unsalted butter
- ½ cup carnivore beef bone broth,
- 2 large eggs, separated
- 8 ounces feta cheese, crumbled
- Melted ghee or butter for drizzling

- 1 Preheat the oven to 350°F. Heat 1 tablespoon of ghee in an 8-inch cast-iron skillet over medium heat. Add the ground lamb. Stir to crumble the meat. Add the salt and saute for 5 minutes while crumbling with a wooden spoon. Stir in the broth. Simmer, uncovered, for 10 minutes, then remove from the heat.
- 2 Make the cheese sauce: In a saucepan over low heat, combine the ¼ cup of ghee and the broth. When the ghee is melted, whisk in the egg yolks and feta cheese and stir just until combined. Beat the egg whites until stiff, then fold them into the sauce. Pour the cheese sauce over the beef in the skillet.
- 3 Place the skillet in the oven and bake the moussaka for 30 to 40 minutes, until the top is golden. Let cool for 10 minutes before serving. Garnish with a drizzle of melted ghee.
- 4 Store extras in an airtight container in the refrigerator for up to 4 days. Reheat in a baking dish in a preheated 350°F oven for 5 minutes or until warmed through.

Per Serving:

Calories: 344 Fat: 29g Protein: 19g Carbs: 1g



Country Fried Steak with Gravy

Prep Time: 10 minutes Cook Time: 10 minutes Servings: 4

Notes: busy family tip: Ask your butcher to tenderize and pound the steaks thin so all you have to do is dip them in the breading and fry them for a tasty dinner!



4 (4-ounce) bottom round steaks
2 teaspoons fine sea salt
1 large egg
1 cup powdered Parmesan cheese (or pork dust if dairy-free)
¼ cup tallow (page 172) or ghee, for frying
Gravy:
1 tablespoon tallow or ghee
4 ounces cream cheese (½ cup)
¼ cup beef or chicken bone broth, homemade (page 173)
Fine sea salt
Melted tallow, butter or ghee for drizzling

- 1 To tenderize the steaks, pound them until they are ¼ inch thick. Sprinkle both sides of the steaks with the salt.
- 2 Beat the egg in a shallow bowl. Place the Parmesan cheese in another shallow bowl.
- 3 Dip a steak into the first bowl of Parmesan, then into the egg, then into the Parmesan again, using your hands to coat all sides of the meat well. Place the coated steak on a clean plate and repeat with the remaining steaks.
- 4 Place the ¼ cup of ghee in a large cast-iron skillet over medium heat. When hot, add the coated steaks, working in batches if necessary. Cook for 2 minutes or until golden brown, then flip and cook for 2 minutes on the other side. Repeat until all the steaks are cooked. Place the cooked steaks on a warm serving platter and tent with foil to keep warm.
- 5 To make the gravy, wipe the skillet clean. Melt 1 tablespoon of ghee in the skillet. Use a whisk to stir in the cream cheese, whisking until no clumps remain. Slowly add the broth while whisking. Cook, stirring constantly, until the mixture comes to a gentle simmer and is smooth. Reduce the heat to medium-low and continue to simmer, stirring constantly, for 2 minutes or until thickened. Season to taste with salt.
- 6 Remove the foil from the serving platter and cover the steaks in the gravy. Garnish with a drizzle of melted ghee.
- 7 Store extras in an airtight container in the refrigerator for up to 3 days. Reheat on a rimmed baking sheet in a preheated 350°F oven for 5 minutes or until warmed through.

Per Serving:

Calories: 529 Fat: 40g Protein: 36g Carbs: 1g



Short Rib Confit

Prep Time: 6 minutes, plus overnight Cook Time: 7 hours, 5 minutes Servings: 9



4 pounds beef short ribs, bone-in
2 tablespoons fine grain sea salt
4 cups tallow (page 172), or more as needed

- 1 Season the ribs on all sides with salt. Cover and set in the fridge overnight or at least 8 hours.
- 2 Preheat oven to 220 degrees F. Place beef fat in a large Dutch oven and heat over medium heat until fat completely melts.
- 3 Place the ribs into the Dutch oven and submerge in the fat. Add more fat if needed to cover the ribs.
- 4 Place the filled Dutch oven in the preheated oven to cook for 7-8 hours or until ribs are tender.
- 5 Once done cooking, remove from oven, and place the ribs on a rimmed baking sheet.
- 6 Increase oven to 375 degrees F and broil the ribs until edges are crispy, about 5 minutes. Best served fresh.
- 7 Store extras in air tight container in the fridge for up to 4 days or in the freezer for up to a month. To reheat, place on a rimmed baking sheet in a 350 degree F oven for 8 minutes or until heated through.

Per Serving:

Calories: 467 Fat: 42g Protein: 21g Carbs: 0g



Veal Saltimbocca

Prep Time: 10 minutes Cook Time: 5 minutes Servings: 4



4 (6 ounce) veal cutlets

4 slices prosciutto

2 tablespoons duck fat (or butter for level 3), divided (omit for PSMF, 14g fat total)

½ cup carnivore bone broth

Pinch fine sea salt

- 1 Trim any connective tissue and loose meat off of the veal.
- 2 Place in between 2 pieces of parchment paper and pound thin, about 1/4 inch thick. Wrap the prosciutto around the veal to completely cover the veal.
- 3 Heat a cast iron skillet over medium high heat with 1 tablespoon butter.
- 4 Once the butter is melted, place the veal in the pan and brown for up to one minute. Be careful not to leave it too long, or the prosciutto will harden.
- 5 Flip each piece over and brown for another minute or so. Season to taste with a pinch of salt.
- 6 Arrange the veal on a serving platter, remove the toothpicks, and cover with foil to keep warm.
- 7 Add the broth to the hot pan and stir to with a whisk to scrape up the sauce stuck on the bottom. Bring it to a boil, then cook for two to three minutes or until the sauce is reduced. The sauce should be silky and just thick enough that when you pull a spoon across the bottom of a pan, it leaves a clean trail behind it.
- 8 Remove the pan from the heat, stir in another tablespoon of butter, and pour the sauce over the veal.
- 9 Best served fresh.

Per Serving:

Calories: 439 Fat: 20g Protein: 61g Carbs: 0g

Carnivore Lasagna

Prep Time: 10 minutes Cook Time: 50 minutes Servings: 8

Notes: My recipe for Protein Noodle Lasagna is such a hit and I wrote that recipe over 15 years ago! If you loved that recipe, you MUST try this! I think it is even better!



1 batch cheddar dressing (see page 174)
2 pounds ground beef
3 teaspoons fine sea salt
16 thin slices deli chicken breast (about 8 ounces)
12 ounces shredded mozzarella cheese
¾ cup grated Parmesan cheese (about 6 ounces)

- 1 Preheat the oven to 425°F. Make the cheese sauce and set aside.
- 2 Put the ground beef in a Dutch oven over medium heat. Cook until the beef is browned, about 5 minutes, stirring often to crumble the meat. Season with salt and remove from the heat.
- 3 Make the cheese sauce and set aside.
- 4 To assemble, spread 1½ cups of the meat in a 13 by 9-inch baking dish. Arrange half of the chicken slices over the meat. Top with one-third of the mozzarella. Spread on 1/2 of the cheese sauce. Spoon 1½ cups of the meat over the mozzarella and sprinkle with ¼ cup of the Parmesan. Repeat the layers, using the rest of the meat, chicken, mozzarella, cheese sauce and Parmesan. Cover and bake for 25 minutes. Uncover and bake for an additional 25 minutes, until the cheese is melted. Let cool for 15 minutes before serving.
- 5 Store in airtight containers in the fridge for up to 4 days or in the freezer for up to a month. To reheat, place in a preheated 375°F oven for 8 minutes or until heated through.

Per Serving:

Calories: 556 Fat: 40g Protein: 47g Carbs: 3g



FISH & SEAFOOD



The Best Creamy Fish

Prep Time: 6 minutes Cook Time: 14 minutes Servings: 4



2 (1-pound) barramundi or cod fillets, $\frac{3}{4}$ inch thick

1 teaspoon fine sea salt

$\frac{1}{3}$ cup ($\frac{2}{3}$ stick) unsalted butter, softened

$\frac{1}{3}$ cup grated Parmesan cheese (about $1\frac{1}{3}$ ounces)

$\frac{1}{3}$ cup carnivore mayonnaise (page 177)

- 1 Place the oven rack in the top position, about 4 inches below the broiler. Preheat the broiler to high.
- 2 Season the fillets with the salt.
- 3 Place the fillets in a broiler pan and broil for 10 minutes (or 8 minutes if the fillets are less than $\frac{3}{4}$ inch thick).
- 4 Meanwhile, make the coating: In a small bowl, combine the softened butter, Parmesan, and mayo.
- 5 Remove the fillets from the oven. Spread the fillets with a $\frac{1}{2}$ - to $\frac{3}{4}$ -inch thick coating.
- 6 Place back in the oven and broil for another 3 to 4 minutes, until the coating browns.
- 7 Remove and serve. Best served fresh. Store in an airtight container in the refrigerator for up to 5 days or freeze in a freezer-safe container for up to a month. To reheat, place fish on a rimmed baking sheet in a 350 degree F oven for a few minutes until warmed through.

Per Serving:

Calories: 534 Fat: 36g Protein: 43g Carbs: 0.4g

Baked Fish Sticks

Prep Time: 10 minutes Cook Time: 5 minutes Servings: 4

busy family tip: The fish sticks freeze well; I often make a double batch of these fish sticks to store in the freezer for easy dinners.



1 large egg

1 cup powdered Parmesan cheese (or Pork Dust if dairy free)

1 pound cod fillets, cut into sticks about ½ inch wide by 2½ inches long

Carnivore Mayo for serving (page 177), omit for PSMF

- 1 Preheat oven to 400 degrees F. Place a piece of parchment on rimmed baking sheet and set aside.
- 2 Crack the egg into a small shallow baking dish and beat lightly with a fork. Place the powdered Parmesan in a separate medium-sized shallow baking dish. Dip the fish sticks into the egg just enough to wet them, then dip them into the Parmesan and coat the fish sticks well; use your hands to press the mixture around each fish stick (re-dip in both for a thicker coating). Set the coated sticks aside on a large plate.
- 3 Place on the prepared baking sheet and cook for 8 minutes, flipping after 4 minutes.
- 4 Transfer the sticks to a platter and serve with the mayo if desired.
- 5 Store in an airtight container in the refrigerator for up to 4 days. To reheat, place on a baking sheet in an oven at 390 degrees F for about 3 minutes, until heated through.

Per Serving:

Calories: 225 Fat: 10g Protein: 29g Carbs: 1g



Peel-and-Eat Shrimp

Prep Time: 20 minutes Cook Time: 5 minutes Servings: 8

Notes: Leaving the shells on protects the shrimp from drying out. To make this dish even easier to prepare, you can purchase extra jumbo shrimp already butterflied and deveined at your local seafood market.

To butterfly shrimp, hold a shrimp with the back side exposed and slice gently from the head to the tail. If a black vein appears, remove that.



2 pounds extra jumbo shrimp (with shells on), deveined and butterflied (see note above)

1 cup melted tallow or lard (page 172) (or butter for level 3)

1 teaspoon fine sea salt

- 1 Place an oven rack in the top position and preheat the broiler to high.
- 2 Arrange the shrimp in a single layer on a rimmed baking sheet.
- 3 Pour the melted fat over the shrimp and sprinkle with salt.
- 4 Bake the shrimp for 5 minutes, or until opaque.
- 5 Place the pan with the shrimp in the middle of the table. Peel and eat the shrimp.
- 6 Store extras in an airtight container in the fridge for up to 3 days. To reheat, place in a lightly greased skillet over medium heat and sauté until warmed.

Per Serving:

Calories: 306 Fat: 27g Protein: 28g Carbs: 0g

Shrimp n Grits

Prep Time: 2 minutes Cook Time: 10 minutes Servings: 4



8 large eggs

1⅓ cups heavy cream

1 teaspoon fine sea salt

½ cup (1 stick) unsalted butter

½ cup shredded sharp cheddar cheese
(about 2 ounces)

2 tablespoons lard, butter or duck fat, for
frying

12 precooked large shrimp, preferably with
tails on

- 1 In a medium-sized bowl, whisk together the eggs, cream, and salt.
- 2 In a large saucepan, melt the butter over medium heat. Add the egg mixture to the pan and cook until the mixture thickens and small curds form, all the while scraping the bottom of the pan and stirring to keep large curds from forming. (A whisk works well for this.) This will take about 8 minutes.
- 3 Once the curds form and the mixture has thickened, add the cheese and stir until well combined. Cover the pan and move it to the back of the stove to keep the grits warm.
- 4 Heat a large skillet over high heat. Add the fat and, when very hot, season the shrimp with a sprinkle of salt and add them to the pan. Sear for about 20 seconds per side.
- 5 Place the grits in a serving bowl and top with the seared shrimp and serve. Best served fresh.
- 6 Store extras in an airtight container in the refrigerator for up to 3 days. Reheat the shrimp on a rimmed baking sheet in a preheated 350°F oven for 5 minutes or until warmed through. Reheat the grits in a saucepan over low heat.

Per Serving:

Calories: 561 Fat: 39g Protein: 51g Carbs: 2g



Shrimp Thermidor

Prep Time: 10 minutes Cook Time: 12 minutes Servings: 4



½ cup ghee or unsalted butter (plus an additional ¼ cup melted ghee or unsalted butter added at the end if using pork rinds)

1 pound large shrimp (about 30), peeled and deveined

1 teaspoon fine grain sea salt

1 cup carnivore chicken bone broth, homemade (page 173)

1 (8-ounce) package cream cheese, softened

¾ cup shredded cheddar cheese

1½ cups crushed pork rinds, divided (optional)

½ cup grated Parmesan cheese

Per Serving:

Calories: 459 Fat: 35g Protein: 33g Carbs: 1g

- 1 Preheat the broiler to high.
- 2 Melt ½ cup of ghee in a cast-iron skillet over medium-high heat. Season the shrimp on all sides with salt. Add the shrimp and sauté for 4 minutes, until the shrimp are cooked through and no longer translucent.
- 3 Meanwhile, puree the broth and cream cheese in a blender or food processor until smooth, then add the mixture to the skillet. Add the cheddar cheese and stir in 1 cup of the crushed pork rinds, if using.
- 4 Pour the mixture into a 9-inch square casserole dish.
- 5 Cover the top of the casserole with the remaining ½ cup of crushed pork rinds, if using, and the Parmesan cheese. If using pork rinds, drizzle ¼ cup of melted ghee over the top. Place under the broiler for 2 to 4 minutes, until the cheese is melted and turning golden brown.
- 6 Store extras in an airtight container in the refrigerator for up to 4 days. Reheat in a baking dish in a preheated 375°F oven for 4 minutes or until warmed through.



Grilled Lobster Tails

Prep Time: 5 minutes Cook Time: 11 minutes Servings: 2



4 (8-oz.) lobster tails
1 teaspoon fine sea salt
2 tablespoons bacon fat (or butter for level 3), melted
OPTIONAL: Serve with Bacon Bearnaise (page 176)

- 1 Preheat a grill or grill pan over medium heat.
- 2 Using kitchen shears, cut top of lobster shell from meaty portion of tail. Using a knife, cut halfway through meat down the center, without cutting all the way through. Insert a metal or wooden skewer lengthwise through the lobster to keep lobster from curling up when cooked.
- 3 Brush all over with melted fat and season with salt. Grill flesh side down until lightly charred, about 6 minutes. Flip lobster and brush with more melted fat. Grill until just cooked through, about 5 minutes more.
- 4 Remove lobster from grill and serve with bacon bearnaise or melted butter if desired. Best served fresh.

Per Serving:

Calories: 521 Fat: 17g Protein: 86g Carbs: 0g

Pan Seared Snapper

Prep Time: 5 minutes Cook Time: 6 minutes Servings: 4



2 tablespoons tallow or lard (page 172) (or ghee for level 3)

4 (6 ounce) snapper fillets

1 teaspoon fine sea salt

Optional serving: Melted ghee or butter (for level 3), omit for PSMF

- 1 Heat the fat in a cast iron skillet to medium high heat. Season fillets on all sides with salt. Once the skillet is hot, add the fillets and cook for 3 minutes per side or until fish flakes easily with a fork and no longer opaque inside. (timing will depend on how thick your fillets are).
- 2 Remove from heat and serve with melted ghee or butter if desired.
- 3 Store extras in an airtight container in the refrigerator for up to 3 days. Reheat the fish in a lightly greased skillet over medium heat until warmed through.

Per Serving:

Calories: 348 Fat: 13g Protein: 54g Carbs: 0g



Sole Meunière

Prep Time: 5 minutes Cook Time: 6 minutes Servings: 4



4 (4-ounce) sole fillets
½ cup powdered Parmesan cheese
2 tablespoons bacon fat or ghee
¼ cup plus 2 tablespoons unsalted butter,
divided

- 1 Rinse the fish and pat it dry.
- 2 Place the Parmesan cheese in a pie pan. Dredge each fillet on both sides in the Parmesan and set aside on a plate next to the stove.
- 3 Heat the ghee in a large skillet over medium-high heat. When it is hot and shimmering, add 2 tablespoons of the butter and quickly swirl the skillet to coat the bottom with butter. Once the butter is hot, add the coated fish. Do not move the fillets for 2 minutes. After 2 minutes, gently flip the fish and cook for another 2 minutes, until the fish is cooked through and no longer translucent in the middle. Place the fish on a serving platter and pour the skillet drippings over the fish.
- 4 Add the remaining ¼ cup of butter to the skillet, still over medium-high heat. Heat, whisking often, until the butter foams up and brown (but not black!) flecks appear, about 2 minutes. Remove the pan from the heat. Pour the sauce over the fish.
- 5 Store extras in an airtight container in the refrigerator for up to 3 days. Reheat the fish in a lightly greased skillet over medium heat until warmed through.

Per Serving:

Calories: 359 Fat: 28g Protein: 25g Carbs: 0.3g



Salmon Confit

Prep Time: 5 minutes Cook Time: 1 hour Servings: 2



1 cup bacon fat, duck fat (or ghee for level 3), melted

2 (5 ounce) salmon fillets

1 teaspoon fine grain sea salt

- 1 Preheat oven to 225 degrees F.
- 2 Season the salmon on all sides with salt and rub into the meat.
- 3 Place salmon in a small cast iron skillet or casserole dish (so the salmon fits snug).
- 4 Pour over melted fat over the salmon so the salmon is submerged in the fat.
- 5 Place in the oven to cook for 25 minutes or until salmon is cooked through and slightly pink inside. Remove from fat and serve.
- 6 Best served fresh. Store extras in air tight container in the fridge for up to 4 days. Serve cold or reheat by placing in a casserole dish with a few tablespoons of melted fat and placing in an oven heated to 225°F for 5 minutes or until warm.

Per Serving:

Calories: 208 Fat: 10g Protein: 28g Carbs: 0g



Poached Halibut

Prep Time: 5 minutes Cook Time: 15 minutes Servings: 4



½ cup bacon fat or lard (page 172) (or butter or ghee for level 3), plus more for drizzling

4 (6-ounce) halibut steaks

1 teaspoon fine sea salt

Coarse sea salt, for garnish

- 1 Pour the melted fat into a cast iron skillet. Place the halibut steaks in the skillet and add enough water to cover the fish. Season the poaching liquid with the salt. Heat on medium-low until the poaching liquid is steaming but not boiling (about 165°F). Once the liquid is steaming, poach the halibut steaks until they are cooked through and opaque, 10 to 12 minutes (depending on thickness). Remove the steaks from the poaching liquid.
- 2 Serve with a drizzle of melted and garnished with coarse sea salt, if desired.
- 3 Store extras in an airtight container in the fridge for up to 3 days. To reheat, place the halibut in a heat-safe dish with a few tablespoons of water, cover, and place in a preheated 350°F oven until warmed.

Per Serving:

Calories: 334 Fat: 26g Protein: 23g Carbs: 0.02g

Grilled Trout with Hollandaise

Prep Time: 8 minutes Cook Time: 15 minutes Servings: 4



Whole trout often comes butterflied, ready for stuffing. If you're not sure if the trout you are buying has already been butterflied, ask your fishmonger to do it for you.

2 whole trout with skin, scaled, gutted, and butterflied

1 tablespoon lard (page 172) or bacon fat, melted

1 teaspoon fine sea salt, divided

2 teaspoons lard, or bacon fat

OPTIONAL: 1 cup Carnivore Hollandaise (page 178), for serving

- 1 Preheat a grill to medium heat.
- 2 Drizzle the outside of the fish generously with the fat and season with half of the salt.
- 3 Open the trout up. Season the insides with the remaining salt.
- 4 Close the trout and place them on the grill. Cook until the fish is flaky, 13 to 15 minutes (depending on how thick your fish are), flipping them over halfway through cooking.
- 5 Remove the fish from the grill and serve with the hollandaise if desired.
- 6 Store extras, without the hollandaise, in an airtight container in the fridge for up to 3 days. Reheat in a skillet over medium heat until warmed.

Per Serving:

Calories: 350 Fat: 22g Protein: 35g Carbs: 0g



Personal Salmon en Papillote

Prep Time: 5 minutes Cook Time: 15 minutes Servings: 1

Notes: This is a super easy dinner for one. And if you have dinner guests, it's easy to make more!



1 (4-ounce) salmon fillet

½ teaspoon fine sea salt

1 teaspoon melted bacon fat or duck fat (or butter for level 3), omit for PSMF (4.5g fat total)

- 1 Preheat the oven to 425°F.
- 2 Lay a 12-inch square piece of parchment paper on top of a 12-inch square piece of aluminum foil. Place the salmon in the center of the parchment. Season well on all sides with the salt. Drizzle with the melted fat.
- 3 To form a packet, wrap the ends of the parchment and foil tightly around the fish and fold over twice to secure. Twist the ends and fold them under the fish. Place the packet on a rimmed baking sheet.
- 4 Bake for 15 minutes or until the salmon is flaky and no longer translucent in the center (the exact timing will depend on the thickness of the fillet). Open and eat right out of the parchment paper for a super simple dinner. (Be careful when opening the packet, as very hot steam will escape.)
- 5 Store in an airtight container, without the parchment paper, for up to 3 days. To reheat, place the fish in a baking dish in a preheated 350°F oven for 5 minutes or until warmed through.

Per Serving:

Calories: 180 Fat: 9g Protein: 23g Carbs: 0g

Scallops

Prep Time: 4 minutes Cook Time: 4 minutes Servings: 1



- 4 medium scallops
- 1½ tablespoons bacon fat or duck fat (or ghee for level 3)
- 1 teaspoon fine grain sea salt

- 1 Place the scallops on a paper-towel and pat totally dry. Heat a cast iron skillet with oil to medium high heat. Season the scallops on both sides with salt.
- 2 Add the scallops and the herbs to the hot pan and cook for 2 minutes. Flip the scallops and cook another 2 minutes or until the scallops are cooked through and no longer translucent. Best served fresh.

Per Serving:

Calories: 276 Fat: 22g Protein: 19g Carbs: 2g



Crispy Skin Fish Filet

Prep Time: 5 minutes Cook Time: 11 minutes Servings: 4



4 (5-ounce) skin-on sea bass fillets

Fine sea salt

2 tablespoons bacon fat or duck fat

½ batch Carnivore Mayo (page 177), for serving, omit for PSMF (results in 11g fat total)

- 1 Season the fish fillets on both sides with salt.
- 2 Heat the fat in a cast-iron skillet over medium-high heat. Sear the fillets skin side down for 8 minutes; do not move them. Flip the fillets and turn off the heat. Continue to cook for 3 more minutes or until the fish flakes easily and is opaque in the center; the exact timing will depend on the thickness of the fillets.
- 3 Serve each fillet with 2 tablespoons of carnivore mayo as desired.
- 4 Store in an airtight container in the refrigerator for up to 4 days. To reheat, place the fish in a cast-iron skillet or baking dish in a preheated 375°F oven for 5 minutes or until warmed through.

Per Serving:

Calories: 451 Fat: 38g Protein: 27g Carbs: 0.3g

Fried Catfish

Prep Time: 7 minutes Cook Time: 8 minutes Servings: 4



1 large egg
1 cup powdered pork rinds
4 (5-ounce) catfish fillets
Fine sea salt
2 tablespoons bacon fat, lard, tallow or
duck fat (page 172)
½ batch Carnivore Mayo (page 177), for
serving

- 1 Crack the egg into a small shallow baking dish and beat lightly with a fork. Place the powdered pork rinds in a separate medium-sized shallow baking dish. Dip the fish into the egg just enough to wet them, then dip them into the powdered pork rinds and coat the fish sticks well; use your hands to press the mixture around each fillet (re-dip in both for a thicker coating). Set the coated fillets aside on a large plate.
- 2 Heat the fat in a cast-iron skillet over medium-high heat. Sear the fillets for 4 minutes; do not move them. Flip the fillets cook another 4 minutes. Cook until the fish flakes easily and is opaque in the center; the exact timing will depend on the thickness of the fillets.
- 3 Serve each fillet with 2 tablespoons of carnivore mayo as desired. Best served fresh.
- 4 Store in an airtight container in the refrigerator for up to 4 days. To reheat, place the fish in a cast-iron skillet or baking dish in a preheated 375°F oven for 5 minutes or until warmed through.

Per Serving:

Calories: 773 Fat: 64g Protein: 56g Carbs: 0.4g

Bacon-Wrapped Cod

Prep Time: 5 minutes Cook Time: 14 minutes Servings: 4



- 1 (1-pound) cod fillet
- 4 thin-cut strips bacon
- 1 tablespoon bacon fat, duck fat, lard or tallow (page 172) (omit for PSMF)
- ¼ cup carnivore Mayo (page 177) (omit for PSMF, results in 4g fat total)

- 1 Preheat the oven to 400°F.
- 2 Cut the cod fillet into 4 equal pieces. Starting at one end of a piece of cod, wrap a slice of bacon around it, spiraling the bacon slightly so that it overlaps at the edges and covers the whole fillet. Use a toothpick to secure the ends of the bacon. Repeat with the remaining fish and bacon.
- 3 Heat the fat in a cast-iron skillet over medium-high heat. Sear the bacon-wrapped cod in the hot oil for 2 minutes per side. Using an oven mitt, transfer the skillet to the oven and bake for 10 minutes or until the bacon is crisp and the fish flakes easily and is no longer translucent at the center. Serve with the mayo if desired.
- 4 This dish is best served fresh, when the bacon is crispy; however, leftovers can be stored in an airtight container in the refrigerator for up to 3 days. To reheat, place the fish in a lightly greased skillet over medium heat until warmed through.

Per Serving:

Calories: 400 Fat: 33g Protein: 22g Carbs: 0g

Surf and Turf for 2

Prep Time: 5 minutes Cook Time: 15 minutes Servings: 2



2 (3-ounce) filet mignons

Fine sea salt

2 jumbo prawns or jumbo shrimp, shell-on, butterflied and deveined

2 tablespoons lard (page 172) or bacon fat

¼ cup Carnivore Hollandaise (page 178), for serving

- 1 Season the filets well on all sides with salt. Let sit at room temperature for 15 minutes.
- 2 Heat a cast-iron skillet over medium-high heat. Season the prawns well with salt.
- 3 Melt the fat in the hot pan, then add the filets and sear on both sides until cooked to your desired doneness (see chart page 77).
- 4 Remove the filets from the skillet and allow them to rest for 10 minutes. While the filets are resting, fry the prawns in the same skillet until the shells have turned pink and the meat is cooked through and no longer translucent, about 3 minutes per side.
- 5 Place each steak on a plate. Top with a prawn and drizzle each plate with 2 tablespoons of the hollandaise. This dish is best served fresh.

Per Serving:

Calories: 809 Fat: 71g Protein: 37g Carbs: 0.1g



Salt Baked Crab

Prep Time: 10 minutes Cook Time: 20 minutes Servings: 1



- 1 pound Dungeness crab (order from fishmonger)
- 1 pound white rock salt
- 1 pound pink Himalayan rock salt (or more white rock salt)

- 1 Preheat oven to 425 degrees F.
- 2 Remove shell from body, wash under cold water and set aside. Using your fingers, remove and discard the gills, then cut crab in half down the middle. Using a rolling pin or kitchen hammer, gently crack claws part-way through.
- 3 Combine the salts in a bowl, then transfer enough of the salt mixture to a baking tray to create a thick layer large enough to hold the crab in place. Place the two halves of the crab on the salt (the pieces should form a natural crab shape but not touch each other). Using the remaining salt, carefully cover the legs with a thick layer of salt and the claws with a thin layer, ensuring no salt touches the exposed flesh of the crab halves.
- 4 Bake crab for 15 minutes, then remove from oven and cover exposed flesh with reserved shell. Return crab to oven and bake for a further 5 minutes or until the crab meat is just white and the shell is red. Remove from oven and set aside to rest for 5 minutes.
- 5 Transfer the crab to a serving platter, brushing away most of the salt, and arrange it in its natural shape with the shell on top. Serve with melted butter if desired or carnivore hollandaise.
- 6 Best served fresh. Store extras in air tight container in the fridge for up to 4 days. Serve cold or reheat by placing in a casserole dish with a few tablespoons of water and placing in an oven heated to 225°F for 5 minutes or until warm.

Per Serving:

Calories: 390 Fat: 4g Protein: 79g Carbs: 3g

POULTRY



Temperature:
Cook to 165°F

Duck Confit

Prep Time: 8 minutes plus 2 days to cure Cook Time: 3 hours Servings: 4

BUSY FAMILY TIP: Make a double batch and store in airtight containers in the freezer for up to 3 months for easy dinners.



3 tablespoons fine sea salt

4 duck legs with thighs

4 cups duck fat or lard

¼ cup duck fat or lard (page 172), for reheating

- 1 Sprinkle 1 tablespoon of salt in the bottom of a dish large enough to lay the duck in a single layer. Place the duck, skin side up, then spread the remaining salt on the duck. Cover and refrigerate for 1 to 2 days.
- 2 Preheat the oven to 225°F.
- 3 Place the 4 cups of the duck fat in a medium-sized saucepan and melt over medium heat. Wipe the salt off the duck. Place the duck pieces close together in a single layer in a baking dish with high sides. Pour the melted fat over the duck so that all the pieces are covered in fat.
- 4 Place the dish in the oven and bake slowly until the chicken is fork-tender, about 2½ to 3 hours. Remove from the oven. Cool and store the duck in the fat to preserve it. This will keep in the refrigerator for several weeks.
- 5 When ready to serve, heat the ¼ cup duck fat in a cast iron skillet over high heat. Once the oil is hot, place the duck in the skillet skin side down and fry until golden brown, about 5 minutes. Remove from the heat and place on a serving platter. Serve fresh.

Per Serving:

Calories: 335 Fat: 25g Protein: 25g Carbs: 0g



Baked Chicken Nuggets

Prep Time: 8 minutes Cook Time: 20 minutes Servings: 6



2 large eggs

1 cup powdered Parmesan cheese ((or pork dust if dairy-free)

1 pound boneless, skinless chicken thighs or breasts, cut into 1½-inch pieces

- 1 Preheat the oven to 350°F. Line a rimmed baking sheet with parchment paper.
- 2 In a medium-sized bowl, lightly beat the eggs. In another medium-sized bowl, place the powdered Parmesan.
- 3 Dip the chicken nuggets into the eggs, then into the powdered Parmesan. Use your hands to coat each nugget well. Place on the prepared baking sheet. Bake for 20 minutes, or until golden brown. Transfer the chicken to a platter and serve.
- 4 Store in an airtight container in the refrigerator for up to 4 days. To reheat, place on a rimmed baking sheet in a preheated 350°F oven for about 3 minutes, until heated through.
- 5 NOTE: You can also pan-fry the nuggets by heating ½ inch of duck fat or ghee in a cast-iron skillet over medium heat to 375°F. Once the oil is hot, fry the nuggets in batches until golden brown on all sides and cooked through, about 6 minutes.

Per Serving:

Calories: 184 Fat:11g Protein: 30g Carbs: 0.8g



Bacon-Wrapped Chicken Fingers

Prep Time: 5 minutes Cook Time: 14 minutes Servings: 4



4 boneless, skinless chicken breast halves
(about 2 pounds)

8 strips thin-cut bacon

1 tablespoon bacon fat or tallow (page 172)
(omit for PSMF, 24g fat total)

- 1 Preheat the oven to 400°F.
- 2 Cut each chicken breast crosswise into four 1-inch-thick strips. Cut the bacon down the middle to make 16 long, narrow strips. Starting at one end of each chicken strip, wrap a strip of bacon around while spiraling so the bacon slightly overlaps at the edges and covers the whole strip. Use toothpicks to secure the ends of the bacon.
- 3 Heat the fat in a large cast-iron skillet over medium-high heat. Sear the bacon-wrapped strips in the hot oil for 2 minutes per side. Using a hand mitt, transfer the skillet to the oven and bake for 10 minutes or until the bacon is crisp and the chicken is cooked through and no longer pink.
- 4 Store in an airtight container in the refrigerator for up to 4 days. To reheat, place the chicken on a rimmed baking sheet in a preheated 375°F oven for 5 minutes or until warmed through.

Per Serving:

Calories: 531 Fat: 27g Protein: 68g Carbs: 0g



Grilled Chicken Thighs

Prep Time: 8 minutes Cook Time: 30 minutes Servings: 2



4 bone-in, skin-on chicken thighs

1 teaspoon fine sea salt

- 1 Preheat a grill to high heat.
- 2 Pat the chicken dry with paper towels and season on both sides with the salt. Grill the chicken for 10 minutes, then flip and grill for another 10 to 20 minutes, until cooked through and no longer pink inside (the exact cook time will depend on how large the thighs are).
- 3 Remove from the grill. Let the chicken rest for 10 minutes before serving.
- 4 Store in an airtight container in the refrigerator for up to 3 days. The chicken can be served cold or reheated in a greased cast-iron skillet over medium heat for 5 minutes or until warmed through.

Per Serving:

Calories: 560 Fat: 40g Protein: 46g Carbs: 0g

Grilled Thanksgiving Turkey

Prep Time: 5 minutes Cook Time: 1 hour, 45 minutes Servings: 12

Notes: I am usually not a fan of Thanksgiving Turkey, but I do love the flavors that come from a grill! If you are like me and love grilled foods, I highly suggest making your Thanksgiving Turkey on the grill! Using smoked salt also makes this turkey extra delicious!



14 pound whole turkey, giblets removed
4 tablespoons melted duck fat, bacon fat, lard (page 172) (or butter for level 3), or more if desired (omit for PSMF, 16g fat total)
3 tablespoons fine grain sea salt (or smoked salt)

- 1 Preheat grill to medium heat and prepare the grill to place the turkey on indirect heat.
- 2 Clean the turkey, remove the giblets. Clean the inside of the turkey. Pat turkey dry. Rub melted fat all over the turkey. Season well on all sides with salt.
- 3 Once the grill is 350 degrees F, place the turkey on indirect heat on the grill. Close the lid and grill for 1 hour.
- 4 Open the lid and rotate the turkey so the opposite end is towards the heat source of the grill. Brush with additional melted fat if desired. Close the lid and cook another 45 minutes or until interval temperature of the thickest part of the turkey breast reads 165 degrees F. Remove from grill and allow to rest for 10 minutes before slicing.
- 5 Store extras in air tight container in the fridge for up to 4 days or in the freezer for up to a month. Can be served chilled or re-heat by placing pieces in a casserole dish with a few tablespoons of carnivore broth or duck fat. Place in 350 degree F oven for 4 minutes or until heated through.

Per Serving:

Calories: 382 Fat: 20g Protein: 43g Carbs: 0g

Double-Fried Chicken

Prep Time: 5 minutes Cook Time: 15 minutes Servings: 4



Lard (page 172) or duck fat, for frying

8 chicken legs

1 teaspoon fine sea salt

8 slices prosciutto

- 1 Heat fat to 375°F in a large cast-iron skillet with sides that are at least 3 inches high. The oil should be at least 1 inch deep.
- 2 Season the chicken lightly with the salt. If you do not have a thermometer, test the oil with a small piece of prosciutto to see if the oil is hot enough. If the prosciutto sizzles and shrinks, the oil is ready.
- 3 Place the chicken in the hot oil, working in batches if needed, and fry on all sides until golden brown and cooked through, about 7 minutes per side.
- 4 Remove from the skillet and wrap the prosciutto around the chicken. Don't worry if the prosciutto rips or isn't tight; it will shrink around the leg when placed in the hot oil. Place the wrapped legs back into the hot oil for 30 seconds per side, or until the prosciutto is crispy. Remove from the skillet. Best served fresh.

Per Serving:

Calories: 765 Fat: 45g Protein: 82g Carbs: 1g



Baconaise Grilled Chicken Legs

Prep Time: 5 minutes Cook Time: 20 minutes Servings: 4



1 pound chicken legs

2 teaspoons fine grain sea salt

½ cup bacon mayo (page 177), for serving
(omit for PSME, 15g fat total)

¼ cup carnivore broth (see page 172)

- 1 Preheat a grill to high heat. Season the chicken with salt and allow it to come to room temperature while the grill is heating up.
- 2 If using a charcoal grill, after the briquettes are heated, move them to one side of the grill so you have both direct and indirect heat.
- 3 Grease the grate so the chicken doesn't stick. Grill the chicken over direct heat until golden brown all over, about 2 minutes per side. Move the chicken to the part of the grill that doesn't have direct heat below it. If using a gas grill, reduce the heat to low. Cook the chicken for an additional 15 minutes, or until the juices run clear and the internal temperature reaches 165°F.
- 4 Meanwhile make the bacon mayo. Whisk carnivore broth into the bacon mayo to thin it to your liking. Remove chicken from the heat and serve with the bacon mayo.
- 5 Store the chicken in an airtight container in the fridge for up to 5 days, or freeze for up to 1 month. The chicken can be served cold or reheated in a greased cast-iron skillet over medium heat for 5 minutes or until warmed through.

Per Serving:

Calories: 428 Fat: 33g Protein: 30g Carbs: 0.2g



Creamy Bacon Chicken Casserole

Prep Time: 12 minutes Cook Time: 15 minutes Servings: 4



4 slices bacon, diced
4 boneless, skinless chicken thighs, cut into small chunks
1 teaspoon Fine sea salt
½ cup shredded cheddar cheese
½ cup heavy cream

- 1 Fry the bacon in a large skillet over medium heat until crisp, then remove the bacon from the pan and set aside, leaving the drippings in the pan.
- 2 Add the diced chicken and season with salt to the pan and fry over medium heat until the chicken is cooked through and golden brown on all sides, about 7 minutes.
- 3 Add the shredded cheese and cream. Stir to combine well. Cook for 2 minutes or until cheese is melted. Top with bacon and serve.
- 4 Store the chicken in an airtight container in the fridge for up to 5 days, or freeze for up to 1 month.

Per Serving:

Calories: 393 Fat: 28g Protein: 33g Carbs: 1g

Braised Duck Legs with Bacon

Prep Time: 10 minutes Cook Time: 1 1/2 hours Servings: 2



2 strips bacon, diced

4 duck leg quarters (legs and thighs)

Fine sea salt

4 cups carnivore duck or chicken bone
broth (page 173)

- 1 Place the diced bacon in a skillet over medium-high heat and fry until it is starting to brown and get crispy and there is a bit of bacon fat in the pan. Remove cooked bacon and set aside.
- 2 Season the duck legs generously with salt. Place the duck legs skin side down in the pot and brown for 3 minutes. Flip and brown on the other side for 3 minutes. Add the broth bring to a simmer, cover, and simmer for 75 minutes or until the duck is very tender. Remove the duck legs and set aside. Continue to cook the sauce until reduced and thickened to your liking, then return the duck to the sauce.
- 3 Serve the duck with the sauce and top with the reserved bacon.
- 4 Store extras in an airtight container in the refrigerator for up to 3 days.
- 5 Reheat the duck on a rimmed baking sheet in a preheated 350°F oven for 5 minutes or until warmed through.

Per Serving:

Calories: 535 Fat: 26g Protein: 71g Carbs: 0g

Fried Chicken with Cheesy Grits

Prep Time: 8 minutes Cook Time: 13 minutes Servings: 4

Notes: Nothing screams “comfort food” louder than fried chicken and grits! This keto remake will have you asking for more just to make sure the dish is keto—it tastes that good!



1 cup duck fat, tallow or lard, for frying
1 large egg
½ cup powdered Parmesan cheese (or pork dust)

4 chicken legs

GRITS:

8 large eggs
1⅓ cups heavy cream
1 teaspoon fine sea salt
½ cup (1 stick) unsalted butter
½ cup shredded sharp cheddar cheese (about 2 ounces)

- 1 Heat the fat in a cast-iron skillet over medium heat to 375°F.
- 2 While the fat is heating, place the egg in a shallow bowl and beat it lightly with a fork. Place the Parmesan in a separate shallow bowl. Dip the chicken legs into the egg, then into the Parmesan. Using your hands, press the cheese onto the chicken to form a nice crust.
- 3 Fry the chicken legs in the hot fat until the chicken is cooked through, about 10 minutes, rotating the legs as needed. Remove from the oil and set aside.
- 4 To make the grits, in a medium-sized bowl, whisk together the eggs, cream, and salt.
- 5 In a large saucepan, melt the butter over medium heat. Add the egg mixture to the pan and cook until the mixture thickens and small curds form, all the while scraping the bottom of the pan and stirring to keep large curds from forming. (A whisk works well for this.) This will take about 8 minutes. Once the curds form and the mixture has thickened, add the cheese and stir until well combined. Divide the grits among 4 plates and top each plate with a chicken leg.
- 6 Store extras in an airtight container in the refrigerator for up to 3 days. Reheat the chicken on a rimmed baking sheet in a preheated 350°F oven for 5 minutes or until warmed through. Reheat the grits in a saucepan over low heat.

Per Serving:

Calories: 592 Fat: 46g Protein: 45g Carbs: 1g



Chicken Cordon Bleu

Prep Time: 10 minutes Cook Time: 15 minutes Servings: 8

I love this recipe. I'm not a huge poultry fan, but even I will say that this dish is divine.

TIP: The cheese sauce can be made up to 3 days ahead and stored in the refrigerator, then rewarmed on the stove-top over medium-low heat.

NOTE: If you prefer to skip the frying, you can skip Step 6, place the chicken rolls in the greased baking dish, and bake them for 20 minutes or until the chicken is no longer pink inside.



½ cup (1 stick) unsalted butter
½ cup carnivore beef or chicken bone
broth, homemade (page 173)
1 ounce cream cheese (2 tablespoons)
10 ounces Swiss cheese, shredded
Fine sea salt
8 boneless, skinless chicken thighs
8 slices Swiss cheese
8 slices cooked deli ham
1 cup powdered Parmesan cheese
1 tablespoon ghee, duck fat or lard, for the
skillet

- 1 To make the sauce, heat the butter in a large saucepan over high heat for about 5 minutes, whisking. The butter will start to sizzle and foam up. Watch for brown (but not black!) flecks; when you start to see them, remove the pan from the heat and whisk vigorously.
- 2 While whisking, slowly add the broth, cream cheese, and shredded cheese. Heat lightly, just until the cheese is melted. Add salt to taste. Remove from the heat, place in a blender, and blend until very smooth. Allow the sauce to cool a bit before serving.
- 3 Preheat the oven to 350°F. Grease a 13 by 9-inch baking dish.
- 4 Place the chicken thighs between 2 pieces of parchment paper and pound them to ¼-inch thickness.
- 5 Place 1 slice of Swiss cheese and 1 slice of ham on top of each thigh. Roll up each thigh and secure with a toothpick. Place in a bowl, sprinkle the Parmesan cheese, and turn to coat all sides of the chicken well.
- 6 Heat the ghee in a large skillet over medium-high heat. Place the chicken rolls in the hot skillet and cook until browned on one side, about 4 minutes. Turn the chicken and cook for 2 more minutes, until golden brown.
- 7 Transfer the chicken rolls to the greased baking dish. Bake until the cheese is melted and the chicken is cooked through, about 5 minutes. Remove the toothpicks and allow to rest for 5 minutes. Slice crosswise and serve hot, with warm cheese sauce drizzled over each piece.
- 8 Store extras in an airtight container in the refrigerator for up to 3 days. Reheat the chicken rolls on a rimmed baking sheet in a preheated 350°F oven for 5 minutes or until warmed through. Rewarm the sauce on the stove-top over medium-low heat.

Per Serving:

Calories: 454 Fat: 36g Protein: 27g Carbs: 5g



Braised Turkey Legs with Creamy Gravy

Prep Time: 15 minutes Cook Time: 1 hour 55 minutes Servings: 4



2 tablespoons ghee or duck fat (omit for PSMF, 17g fat total when omitted)

4 turkey legs

Fine sea salt

1½ cups carnivore turkey or chicken bone broth, homemade (page 173)

4 ounces cream cheese, softened

Melted ghee or butter, for drizzling

- 1 Preheat the oven to 300°F.
- 2 Heat the ghee in a cast-iron skillet over medium-high heat. Season the turkey legs on all sides with salt. Place the legs in the skillet and sear on all sides until golden brown, about 3 minutes per side. Remove from the skillet and place in a roasting pan. Pour the broth into the pan. Place the pan in the oven and roast, uncovered, for about 1 hour 40 minutes, until the turkey is cooked through and no longer pink inside when pierced with a knife. To serve, place a turkey leg on each plate.
- 3 Pour the 1 cup of the drippings from the roasting pan into a blender. Add the cream cheese and puree until smooth. Taste and add salt if desired. Cover each turkey leg with the creamy gravy. Garnish with herbs and a drizzle of melted ghee.
- 4 Store extras in an airtight container in the refrigerator for up to 3 days. Reheat on a rimmed baking sheet in a preheated 350°F oven for 5 minutes or until warmed through.

Per Serving:

Calories: 530 Fat: 23g Protein: 73g Carbs: 1g



Creamy Crispy Chicken

Prep Time: 7 minutes Cook Time: 12 minutes Servings: 4

This recipe has been a big hit with everyone who tries it. It has an amazing crispy crust and a flavorful sauce that can't be beat!



4 boneless, skinless chicken thighs,
pounded to ¾-inch thickness

Fine sea salt

2 teaspoons lard, tallow (page 172), duck
fat, bacon fat or ghee for frying

Parmesan sauce:

½ cup carnivore mayo, homemade (page
177)

2 tablespoons carnivore beef or chicken
broth (page 173)

¼ cup grated Parmesan cheese

Parmesan topping:

½ cup pork dust

⅓ cup grated Parmesan cheese

2 tablespoons unsalted butter, melted

1 cup shredded provolone cheese

- 1 Preheat the broiler. Season the chicken on all sides with salt. Heat the fat in a large cast-iron skillet over medium-high heat, then add the chicken and sauté for 3 minutes. Flip and cook for another 3 to 5 minutes, until the chicken is cooked through and no longer pink.
- 2 Meanwhile, make the Parmesan sauce: all the ingredients in a small bowl and stir well to combine.
- 3 Prepare the Parmesan topping by placing the pork dust, ⅓ cup of Parmesan cheese, melted butter, in another small bowl. Stir well to combine.
- 4 Cover the chicken in the skillet with the Parmesan sauce, top with the provolone cheese, and then sprinkle on the Parmesan topping. Place in the oven and broil for 4 minutes or until the cheese is melted and the topping is starting to brown.
- 5 Store extras in an airtight container in the refrigerator for up to 3 days. Reheat in a baking dish in a preheated 350°F oven for 5 minutes or until warmed through.

Per Serving:

Calories: 770 Fat: 65g Protein: 43g Carbs: 0.4g



Chicken Nachos

Prep Time: 10 minutes Cook Time: 15 minutes Servings: 4



Chips:

2 cups grated hard cheese, such as

Parmesan, Asiago, or aged Gouda (about 8 ounces)

Filling:

2 cups diced leftover chicken or turkey

$\frac{1}{8}$ teaspoon fine sea salt

1 cup shredded sharp cheddar cheese

$\frac{1}{2}$ cup Sour cream

- 1 Preheat the oven to 375°F. Place a piece of parchment paper on a rimmed baking sheet.
- 2 Make the chips: Using a 2½-inch jar lid or round cookie cutter as a guide, drop 1 tablespoon of the cheese onto the parchment and use your fingers to spread the cheese to form a circle. Space the circles of cheese about 2 inches apart.
- 3 Bake the rounds for 5 minutes or until lightly browned and bubbly.
- 4 Allow to cool on the pan; they will crisp up as they cool. Remove the chips from the parchment paper and place on a serving platter.
- 5 In a greased 13 by 9-inch baking dish, half of the chicken, and then half of the cheddar cheese. Repeat the layers. Bake, uncovered, for 10 minutes or until heated through. Use a spatula to transfer the nacho mixture from the baking dish onto the chips on the serving platter. Serve with sour cream.
- 6 These nachos are best served fresh, but extra filling and chips can be stored in separate airtight containers in the refrigerator for up to 4 days. Reheat the filling in a baking dish in a preheated 375°F oven for 4 minutes or until warmed through.

Per Serving:

Calories: 524 Fat: 34g Protein: 48g Carbs: 3g

Chicken and Waffles with Hollandaise

Prep Time: 10 minutes Cook Time: 35 minutes Servings: 4

Notes: If you prefer not to fry the chicken nuggets, you can bake them instead. Preheat the oven to 350°F. Place the breaded nuggets on a greased baking sheet and bake for 20 to 30 minutes, until they're golden brown and cooked through. Again, the exact timing will depend on how big you make the nuggets.



Waffles:

- 8 large eggs
- 4 hard-boiled eggs
- ¼ cup powdered Parmesan cheese
- ½ teaspoon fine sea salt
- ½ cup ghee or butter, melted but not hot

Chicken:

- 1 cup lard, tallow (page 172) duck fat or bacon fat, for frying
- 2 large eggs
- 1½ cups grated Parmesan cheese
- 1 pound boneless, skinless chicken thighs
- ½ cup Carnivore Hollandaise (page 178), for serving

- 1 To make the waffles, heat a waffle iron to high heat. Place the raw eggs, hard-boiled eggs, Parmesan cheese, and salt in a blender or food processor and combine until smooth and thick. Add the melted ghee and combine well.
- 2 Grease the hot waffle iron. Place 2½ tablespoons of the batter in the center of the iron and close. Cook for 3 to 4 minutes, until golden brown and crisp. Repeat with the remaining batter, making a total of 8 waffles (they should be smaller waffles, about the size of hamburger buns).
- 3 To make the chicken, place 1 cup of fat oil in a 4-inch-deep (or deeper) cast-iron skillet over medium heat and heat it to 350°F.
- 4 Meanwhile, prepare the egg wash and breading: In a medium-sized bowl, beat the eggs. In another medium-sized bowl, mix together the 1½ cups of Parmesan cheese. Cut the chicken into bite-sized nuggets. Dip the nuggets into the egg mixture, then into the cheese, coating each nugget well. When the fat is hot, fry the nuggets in batches for about 5 minutes or until the chicken is no longer pink inside and the batter has a nice golden color. The exact timing will depend on how big you make the nuggets.
- 5 To serve, place 2 waffles on each plate and top with 2 chicken nuggets. Serve smothered in hollandaise.
- 6 Store extras in separate airtight containers in the refrigerator for up to 3 days. Reheat on a baking sheet in a preheated 350°F oven for 5 minutes or until warmed through, then top with the hollandaise. To reheat the hollandaise, see page 178.

Per Serving:

Calories: 473 Fat: 36g Protein: 33g Carbs: 1g

Chicken Saltimbocca

Prep Time: 4 minutes Cook Time: 8 minutes Servings: 4



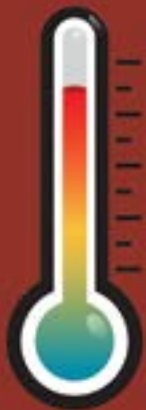
4 (4 ounce) boneless skinless chicken thighs
8 thin slices fontina (omit if dairy free)
4 slices prosciutto
2 tablespoons butter (or duck fat for dairy free), divided (omit for PSMF, 13g fat)
½ cup carnivore chicken bone broth
Pinch fine sea salt

- 1 Place chicken thighs in between 2 pieces of parchment paper and pound thin, about 1/4 inch thick. Place one slice of fontina on each thigh. Wrap 2 slices prosciutto around each chicken thigh to completely cover the chicken. Use toothpicks to secure prosciutto around the chicken.
- 2 Heat a cast iron skillet over medium high heat with 1 tablespoon butter.
- 3 Once the butter is melted, place the chicken in the pan and brown for up to two minutes. Be careful not to leave it too long, or the prosciutto will harden.
- 4 Flip each piece over and brown for another minute or two, until chicken is cooked through and no longer pink. Season to taste with a pinch of salt.
- 5 Arrange the chicken on a serving platter, remove the toothpicks, and cover with foil to keep warm.
- 6 Add the broth to the hot pan and stir to with a whisk to scrape up the sucs stuck on the bottom. Bring it to a boil, then cook for two to three minutes or until the sauce is reduced. The sauce should be silky and just thick enough that when you pull a spoon across the bottom of a pan, it leaves a clean trail behind it.
- 7 Remove the pan from the heat, stir in another tablespoon of butter, and pour the sauce over the chicken.
- 8 Store extras in an air tight container in the fridge for up to 4 days. To reheat, place on a greased skillet over medium heat for 3 minutes a side or until heated through.

Per Serving:

Calories: 334 Fat: 19g Protein: 40g Carbs: 0g

PORK



160°F Well-done

155-160°F Medium-well

150-155°F Medium

145-150°F Medium-rare

Cheese Filled Ravioli

Prep Time: 10 minutes Cook Time: 10 minutes Servings: 6



4 tablespoons lard or tallow (page 172) or
Duck fat, for frying

FILLING:

1 (8-ounce) package cream cheese,
softened

½ cup grated Parmesan cheese (about 2
ounces)

½ teaspoon fine sea salt

8 ounces thinly sliced prosciutto

- 1 Heat the fat to 350°F in a in a cast-iron skillet over medium heat.
- 2 Meanwhile, make the ravioli: In a small bowl, stir together the ingredients for the filling until well combined.
- 3 To assemble the ravioli: Lay one slice of prosciutto on a sheet of parchment paper so that the short end is toward you. Lay another slice over the top of the prosciutto so you make a Greek cross with four “arms” to wrap around the filling. Spoon about 1 heaping tablespoon of the filling into the center of the prosciutto cross.
- 4 Fold one arm of the prosciutto over the filling. Continue folding the arms around the filling to make a square, making sure that the filling is covered well. Using your fingers, press down around the filling to even it out into a square shape. Repeat with the rest of the prosciutto and filling.
- 5 Working in batches, fry the ravioli in the hot fat for about 2 minutes, or until crisp on the outside. Remove from the oil and serve. Best served fresh.
- 6 Store extras in an air tight container in the fridge for up to 4 days. To reheat, place on a greased skillet over medium heat for 3 minutes a side or until heated through.

Per Serving:

Calories: 332 Fat: 28g Protein: 15g Carbs: 2g



Ham 'n' Cheese Cones

Prep Time: 5 minutes Cook Time: 16 minutes Servings: 8



Filling:

3 cups finely diced fully cooked ham

1 cup carnivore mayonnaise, homemade
(page 177)

Fine sea salt

Cones:

1 cup grated hard cheese, such as
Parmesan, Asiago, or aged Gouda

- 1 In a large bowl, combine the ham and mayonnaise. Stir to coat the ham well. Season to taste with salt. Refrigerate the filling until serving time.
- 2 To make the cones, preheat the oven to 375°F. Have on hand a cone-shaped object (I made a cone out of sheet metal; you can use a small funnel). Place a piece of parchment paper on a rimmed baking sheet and grease the paper with coconut oil spray. Place 2 tablespoons of cheese on one side of the paper and form it into a circle, about 4 inches in diameter. Repeat to make another 4-inch cheese circle, leaving at least 2 inches of space between them. Bake for 4 to 5 minutes, until golden brown.
- 3 Once you remove the baking sheet from the oven, you will need to move quickly. Using a spatula or knife, transfer one of the rounds of cheese to the cone-shaped object and form it around the mold. Allow to cool on the form for 10 minutes. Repeat with the second cheese circle. If the second round becomes too cool and brittle to mold, place it back in the hot oven for 30 seconds so it becomes flexible again.
- 4 Repeat with the rest of the cheese, making a total of 8 cones.
- 5 Once all of the cones are cool, fill them with the ham filling.
- 6 Store extra filling and cones in separate airtight containers in the refrigerator for up to 4 days. Serve chilled.

Per Serving:

Calories: 315 Fat: 29g Protein: 12g Carbs: 1g



Crispy Pork Belly Over Grits

Prep Time: 7 minutes Cook Time: 4 minutes plus time to make grits Servings: 4

Notes: Vacuum-sealed packages of fully cooked pork belly are available at Trader Joe's or you could make your own (see page 190).



- 1 tablespoon bacon fat or lard (page 172)
- 1 (12-ounce) package fully cooked pork belly (see note)
- 1 batch Carnivore Grits (page 43)

- 1 Make the grits on page 43 and set aside.
- 2 To make the pork belly, heat the ghee in a cast-iron skillet over medium high heat. Place the slab of pork belly in the hot pan and sear on all sides for about 2 minutes per side, until crispy. Remove from the heat and cut into ½-inch-thick slices.
- 3 To serve, divide the grits among 4 plates or bowls and top with the pork belly.
- 4 Store extras in a separate airtight containers in the refrigerator for up to 4 days. Reheat the pork belly on a rimmed baking sheet in a preheated 350°F oven for 5 minutes or until warmed through. Reheat the grits in a saucepan over low heat.

Per Serving:

Calories: 761 Fat: 71g Protein: 30g Carbs: 2g



Schnitzel

Prep Time: 7 minutes Cook Time: 12 minutes Servings: 4

Notes: When schnitzel is made with pork cutlets, it's called Schweine Schnitzel; when made with veal cutlets, it's called Wiener Schnitzel. This recipe works with either type of meat.

busy family tip: Ask your butcher to tenderize and pound the chops thin so all you have to do is dip them in the breading and fry them for a tasty dinner!



4 boneless pork chops or veal cutlets

Fine sea salt

2 large eggs

$\frac{3}{4}$ cup powdered Parmesan cheese (or pork dust if dairy-free)

$\frac{1}{4}$ cup duck fat, lard or tallow (page 172), for frying

- 1 Place the pork chops between 2 sheets of plastic wrap and pound them with the flat side of a meat tenderizer until they're $\frac{1}{4}$ inch thick. Lightly season both sides of the chops with salt.
- 2 Lightly beat the eggs in a shallow bowl. Divide the Parmesan cheese between 2 bowls so you can do a dry, wet, dry dipping of the chops.
- 3 Place a chop in the first bowl of Parmesan, then dip the chop in the eggs, and then in the second bowl of Parmesan, coating both sides and all edges. Repeat with the remaining chops.
- 4 Heat the fat to about 330°F in a large cast-iron skillet. When hot, add the schnitzel two at a time and fry for 2 to 3 minutes on each side, until deep golden brown. Transfer the schnitzel briefly to a plate lined with paper towels. Before making the second batch, add more fat if needed to maintain about $\frac{1}{8}$ inch of oil in the skillet. Serve the schnitzel immediately.
- 5 Store extras in an airtight container in the refrigerator for up to 3 days. Reheat on a rimmed baking sheet in a preheated 350°F oven for 5 minutes or until warmed through.

Per Serving:

Calories: 464 Fat: 36g Protein: 37g Carbs: 2g



Ham 'n' Grits

Prep Time: 8 minutes Cook Time: 20 minutes Servings: 6



2 tablespoons ghee or unsalted butter, plus extra for serving

6 (½-inch-thick) ham steaks (about 24 ounces total), cut into ½-inch cubes

GRITS:

8 large eggs

1⅓ cups heavy cream

1 teaspoon fine sea salt

½ cup (1 stick) unsalted butter

½ cup shredded sharp cheddar cheese (about 2 ounces)

- 1 Melt the ghee in a large cast-iron skillet over medium-high heat. Place the ham in the pan and cook, stirring often, for 6 minutes or until the cubes of ham are brown and crispy. Remove the ham to a warm serving plate.
- 2 To make the grits, in a medium-sized bowl, whisk together the eggs, cream, and salt.
- 3 In a large saucepan, melt the butter over medium heat. Add the egg mixture to the pan and cook until the mixture thickens and small curds form, all the while scraping the bottom of the pan and stirring to keep large curds from forming. (A whisk works well for this.) This will take about 8 minutes.
- 4 Once the curds form and the mixture has thickened, add the cheese and stir until well combined.
- 5 Place the keto grits on a serving platter. Top them with the ham just before serving.
- 6 Store extras in separate airtight container in the refrigerator for up to 3 days. Reheat the ham in a baking dish in a preheated 350°F oven for 5 minutes or until warmed through. Reheat the grits in a saucepan over low heat.

Per Serving:

Calories: 645 Fat: 57g Protein: 32g Carbs: 3g

Ham 'n' Swiss Panini

Prep Time: 10 minutes Cook Time: 6 minutes Servings: 1



- 1 slices Swiss cheese
- 2 thick slices ham (3 ounces)
- 2 slices Carnivore Bread (page 51)
- 1 tablespoons butter, divided

- 1 First, assemble four sandwiches by putting 1 slice Swiss cheese and 2 slices ham in-between 2 slices of bread.
- 2 To make the sandwich in a skillet: Heat 1/2 tablespoon of the butter a skillet over medium heat. Place the sandwich in the skillet and fry on one side for about 3 to 5 minutes, until golden brown. Flip, add the remaining 1/2 tablespoon of butter to the pan, and cook for another 3 to 5 minutes, until the cheese melts and the bread is golden brown.
- 3 To make the sandwiches with a panini maker: Heat to the panini maker to medium-high. Smear 1/2 tablespoon of butter onto each outer face of the sandwiches. Place the sandwich in the hot panini maker and press down on the handle to fry until golden brown on both sides, about 3 minutes.
- 4 Best served fresh.

Per Serving:

Calories: 430 Fat: 35g Protein: 27g Carbs: 0.3g

Blue cheese Crusted Pork Chops

Prep Time: 6 minutes Cook Time: 11 minutes Servings: 2



2 (5 ounce) boneless pork chops (1 inch thick)

1/2 cup blue cheese crumbled

1 cup pork dust

2 tablespoon duck fat, lard or tallow (page 172), melted (divided)

1/2 teaspoon fine grain sea salt

- 1 In a small bowl, stir together the blue cheese and pork dust.
- 2 Add a tablespoon of melted fat to create a stuffing like consistency, mixing well. Set aside.
- 3 Season the pork chops on both sides with salt.
- 4 Spread crumb mixture evenly on chops, and pat to adhere.
- 5 Preheat the oven to 400F, and heat an oven-safe skillet to medium. Add a tablespoon of duck fat or lard to the skillet.
- 6 Cook pork chops for 2 minutes, per side in the skillet - then transfer to the preheated oven. Cook 6 minutes or until internal temperature on a thermometer reads 145F.
- 7 Increase oven to broil. Broil for a minute or until coating is browned and cheese starts to melt.
- 8 Remove from heat and allow to rest for 5 minutes before serving. Best served fresh.

Per Serving:

Calories: 848 Fat: 66g Protein: 68g Carbs: 0g

Dutch Baby Pizza with Prosciutto and Burrata

Prep Time: 10 minutes Cook Time: 23 minutes Servings: 2



2 tablespoons unsalted butter or duck fat

3 large eggs

1/2 cup heavy cream

1/4 cup carnivore beef broth

1/4 cup unflavored egg white protein
powder (powdered egg whites)

1/4 teaspoon fine sea salt

TOPPINGS

1 (2½-ounce) ball Burrata cheese, sliced

4 slices prosciutto

- 1 Preheat the oven to 425°F.
- 2 In a medium cast-iron skillet, melt the butter over medium heat and set aside. In a blender, combine the eggs, heavy cream, broth, egg white protein, and salt. Blend for about 1 minute, or until foamy. Pour the batter into the skillet and place the skillet in the oven. Bake for about 18 to 20 minutes, until the pancake is puffed and golden brown.
- 3 Remove the pancake from the oven. Top with the sliced Burrata, and prosciutto. Cut into wedges and enjoy! Best served fresh.

Per Serving:

Calories: 616 Fat: 52g Protein: 34g Carbs: 4g

BASICS & SAUCES



Homemade Lard, Tallow and Cracklings

Prep Time: 5 minutes Cook Time: 32 minutes Servings: 16

Notes: Making homemade lard is wonderful because you also get delicious crispy cracklings for a snack! Cracklings are the crispy bits of meat that are left behind. I get suet from a local farmer who raises grass-fed animals.

Making lard from leaf lard will create light and airy cracklings. Making lard from back fat will create deep crunchy cracklings.

If you want to make tallow instead of lard for level 1, the method is the same. Tallow is the fat rendered from beef suet.



1 pound leaf lard, back fat or grass-fed beef
suet

Fine sea salt

- 1 Chop the leaf lard, back fat or suet into 2-inch squares. Melt the suet in a large heavy stockpot over medium heat. Reduce the heat to low, cover the pot with the lid, and cook for 30 minutes, or until cracklings form.
- 2 Use a slotted spoon to remove the cracklings from the pot. Place on a paper towel-lined plate and sprinkle with salt. Set aside. Turn off the heat and allow the fat to cool a little.
- 3 Pour the tallow into mason jars and cover.
- 4 Store the tallow in the refrigerator for up to 2 weeks or in the freezer for up to 3 months. Store the cracklings in an airtight container in the pantry for up to 3 weeks.

Per Serving:

Calories: 242 Fat: 27g Protein: 0.4g Carbs: 0g

Carnivore Bone Broth

Prep Time: 10 minutes Cook Time: 24-48 hours Servings: 1 cup/serving



4 quarts cold water (reverse osmosis water or filtered water is best)

4 large beef bones (about 4 pounds), or leftover bones and skin from 1 pastured chicken (ideally with the feet, too), or 4 pounds fish bones and head

6 egg shells (optional for level 3)

2 teaspoons fine sea salt

- 1 Place all the ingredients in a 6-quart slow cooker. Set the heat to high, then, after 1 hour, turn the heat to low. Simmer for a minimum of 1 day and up to 3 days. The longer the broth cooks, the more nutrients and minerals will be extracted from the bones!
- 2 When the broth is done, pour it through a strainer and discard the bones.
- 3 The broth will keep in the fridge for about 5 days or in the freezer for several months.

TIP: I add egg shells to my bone broth to help with additional calcium!

Per Serving:

Calories: 50 Fat: 1g Protein: 10g Carbs: 0g



Cheddar Dressing

Prep Time: 5 minutes Cook Time: 5 minutes Servings: 4



6 tablespoons salted butter
1/2 cup shredded sharp cheddar cheese
1/3 cup carnivore broth

Per Serving:

Calories: 212 Fat: 22g Protein: 5g Carbs: 1g

- 1 Place the butter in a saucepan over high heat while whisking often. Heat while whisking often until the butter froths up and brown flecks appear.
- 2 Lower heat to low. Add the cheddar and broth. Whisk until cheese is melted. Use a stick blender (or place into a blender) and purée until smooth.
- 3 Use over a hamburger or your favorite meat.
- 4 Store extras in airtight container in the fridge for up to 5 days. Reheat in a saucepan over low heat for 2 minutes while whisking occasionally.



Smoked Salt

Prep Time: 5 minutes Cook Time: 8-12 hours Servings: 1/2 teaspoon/serving

Smoked salts are a real treat for intense flavor while eating carnivore. You can find smoked salts at most stores, but smoking your own salt gives you freedom to choose the type of smoke, hickory, applewood, or whatever wood you prefer and it allows you to choose how deep of a smoky flavor you want depending on how long you smoke it.



1 pound fine grain sea salt
Spray bottle of water

- 1 Read the manufacturer's directions for your smoker before you begin. There are wood, electric, propane, and charcoal smokers, and each type works differently. Start the smoker and, if your smoker came with a water bowl, add water to it.
- 2 Spread the salt out on a rimmed baking sheet. Spray lightly with water. Place on your smoker and close the lid. Smoke for 8-12 hours, the longer you smoke the salt, the deeper the flavor.
- 3 Open the smoker and stir the salt every 2 hours to break up any clumps.
- 4 Once finished, remove from smoker and allow to cool. Store in air tight containers for up to 1 month.

Per Serving:

Calories: 0 Fat: 0g Protein: 0g Carbs: 0g



Bacon Béarnaise

Prep Time: 5 minutes Cook Time: 5 minutes Servings: 3 cups (3 tablespoons/serving)

TIP: To make this sauce by hand, whisk the yolks in a large bowl. Then, while whisking vigorously, slowly add the bacon fat reduction in a slow, steady stream. Once it emulsifies, you can pour the reduction in faster. Season with salt to taste.



½ cup bacon fat

¼ cup carnivore broth (page 173)

12 large egg yolks

Fine sea salt

- 1 Place the bacon fat in a medium-sized saucepan and melt over medium heat. Add the broth and bring to a simmer.
- 2 Place the yolks in a blender. With the blender running on medium speed, add one-third of the bacon fat mixture in a slow steady stream. Once it emulsifies, turn the blender speed up to high and add the remaining butter in a slightly quicker pour. Season with salt to taste.
- 3 Store in an air tight container in the fridge for up to 4 days. To reheat, place in a double boiler over low heat while whisking often until gently warm.

Per Serving:

Calories: 101 Fat: 10g Protein: 2g Carbs: 0.5g



Carnivore Mayo

Prep Time: 5 minutes Servings: 1 1/2 cups (1 tablespoon/serving)



2 large egg yolks
2 teaspoons water (or carnivore broth page 173)
1 cup melted bacon fat
½ teaspoon fine sea salt
Special Equipment:
Immersion blender

- 1 Put the ingredients in the order listed in a wide-mouth pint-sized jar. Place an immersion blender at the bottom of the jar. Turn the blender on and very slowly move it to the top of the jar. Be patient! It should take you about a minute to reach the top. Moving the blender slowly is the key to getting the mayonnaise to emulsify. Taste and add salt if desired.
- 2 Store in a jar in the refrigerator for up to 5 days.

Per Serving:

Calories: 82 Fat: 9g Protein: 0.2 Carbs: 0.1g



Bacon Hollandaise

Prep Time: 5 minutes Cook Time: 5 minutes Servings: 2 cups (2 1/2 tablespoons/serving)



2 large egg yolks

2 teaspoons water (or carnivore broth)

½ cup bacon fat (or butter if not dairy free)

1/4 teaspoon fine sea salt

Per Serving:

Calories: 86 Fat: 9g Protein: 0.5g Carbs: 0.1g

- 1 Heat bacon fat or butter in a sauce pot until very hot. Place hot fat into a measuring cup.
- 2 Place the yolks and water into a wide-mouth pint-sized jar. Place an immersion blender at the bottom of the jar. Turn the blender on. Slowly add the hot fat and very slowly move it to the top of the jar. Be patient! It should take you about a minute to reach the top. Moving the blender slowly is the key to getting the hollandaise to emulsify. Taste and add salt if desired.
- 3 Store in an air tight container in the fridge for up to 4 days. To reheat, place in a double boiler over low heat while whisking often until gently warm.



Smoky Salt Cured Egg Yolks

Prep Time: 7 days Servings: 6

Salt cured egg yolks are a delicious way to add color, flavor and texture to dishes. I love to grate them over my Bone Marrow Burgers (page 96) or a grilled steak or grilled fish.



6 egg yolks

1 cup smoked sea salt (page 175) or plain sea salt

Special equipment: cheesecloth

- 1 Place the salt into a small shallow casserole dish. Make sure the salt is about 1/2 inch deep. Use a spoon to make rounded indents for the yolks. Gently place one yolk into each indent, making sure not to break the yolk. Use your hands to gently cover all the yolks with the salt. Place the dish into the fridge for 7 days.
- 2 After 7 days, remove from the fridge and gently brush the salt off each yolk. Place the yolks into a piece of cheesecloth and hang the cloth in the fridge for another 7 days or until the yolks are dried. Use to grate over meals for a wonderful flavor addition.
- 3 Store extras in the hanging cheesecloth until ready to use. Extras will keep in the fridge for up to a year.

Per Serving:

Calories: 55 Fat: 5g Protein: 3g Carbs: 1g



BONUS CHAPTER: SMOKING



Smoking Directions
on Page 14

Whole Smoked Chicken

Prep Time: 10 minutes Cook Time: 60 minutes Servings: 8



- 1 (4 pound) whole chicken
- 2 tablespoons fine sea salt
- 1/2 cup Carnivore broth (page 173)

- 1 If you do not have a smoker, see page 14 for directions.
- 2 Turn your smoker on and turn to "Smoke" mode. Pat the chicken dry and season well on all sides and in the cavity of the chicken with salt. Place on smoker with legs side down. Smoke for about 3 hours.
- 3 After smoking, place the chicken in a roasting pan. Add 1/2 cup broth. Cover tightly with foil (I lined it on the inside with parchment to avoid the chicken touching the hot foil).
- 4 Place in a 350 degree F oven for 30 minutes or until chicken is very tender and falling off the bone and internal temperature at thickest part of breast is 140-150 degrees F.
- 5 Remove the foil and parchment from the chicken and discard the broth. Increase oven to 450 degrees F and place the oven in the middle rack to bake for 5-7 minutes or until skin is crispy.
- 6 Store extras in an airtight container in the fridge for up to 5 days. Can be frozen for up to a month. Serve leftovers chilled or reheat pieces of the smoked chicken in a 350 degree F oven for 7 minutes or until heated through.

Per Serving:

Calories: 304 Fat: 22g Protein: 27g Carbs: 0g



Smoked Hard Boiled Eggs

Prep Time: 5 minutes Cook Time: 30 minutes Servings: 12

Notes: These smoked hard boiled eggs make the most delicious deviled eggs! If you do not have a smoker, see page 14 for smoking in your kitchen.



12 hard boiled eggs, peeled

Special equipment: A smoker, 4 cups wood chips of your choice

- 1 Peel and rinse the hard boiled eggs.
- 2 Thirty minutes before you're ready to smoke the eggs, soak the wood chips in water and remove the ribs from the fridge and let them rest at room temperature until the fire is ready.
- 3 To smoke the eggs: Read the manufacturer's directions for your smoker before you begin. There are wood, electric, propane, and charcoal smokers, and each type works differently. Start the smoker and if your smoker came with a water bowl, add water to it. When slow cooking meat, it is essential that you have a thermometer to monitor the temperature of the smoker. When the temperature reaches 225°F to 250°F you can start smoking.
- 4 Place the peeled eggs directly on the smoker rack. Smoke the eggs for 30 minutes. Every so often monitor the temperature and adjust air vents to maintain 225°F to 250°F. Add more fuel to the smoker if needed to maintain the temperature, and add more soaked wood chips if the smoke starts to dissipate. The eggs will turn a soft brown color. The longer you leave them in the smoker, the deeper the smoke flavor.
- 5 Store extras in air tight container in the fridge for up to 3 days.

Per Serving:

Calories: 60 Fat: 5g Protein: 6g Carbs: 0.6g

Smoked Deviled Eggs

Prep Time: 5 minutes Cook Time: 41 minutes Servings: 12

Notes: These smoked hard boiled eggs make the most delicious deviled eggs! If you do not have a smoker, see page 14 for smoking in your kitchen.



12 hard boiled smoked eggs

½ cup bacon fat, room temp(or carnivore mayo)

Optional: Crumbled cooked bacon, and
Fine sea salt, for garnish

- 1 Place the eggs in a large saucepan and cover with cold water. Bring the water to a boil, then immediately cover the pan and remove it from the heat. Allow the eggs to cook in the hot water for 11 minutes. After 11 minutes, drain the water and rinse the eggs with very cold water for a minute or two to stop the cooking process.
- 2 To smoke the eggs: Read the manufacturer's directions for your smoker before you begin. There are wood, electric, propane, and charcoal smokers, and each type works differently. Start the smoker and if your smoker came with a water bowl, add water to it. When slow cooking meat, it is essential that you have a thermometer to monitor the temperature of the smoker. When the temperature reaches 225°F to 250°F you can start smoking.
- 3 Place the peeled eggs directly on the smoker rack. Smoke the eggs for 30 minutes. Every so often monitor the temperature and adjust air vents to maintain 225°F to 250°F. Add more fuel to the smoker if needed to maintain the temperature, and add more soaked wood chips if the smoke starts to dissipate. The eggs will turn a soft brown color. The longer you leave them in the smoker, the deeper the smoke flavor.
- 4 Peel the smoked eggs and cut them in half lengthwise.
- 5 Remove the egg yolks and place them in a bowl. Mash the yolks with a fork until they have the texture of very fine crumbles. Add the room temperature bacon fat and mix until evenly combined.
- 6 Fill the egg white halves with the yolk mixture. Garnished with bacon crumbles or fine sea salt if desired.
- 7 Store any leftovers in an airtight container in the refrigerator for up to 3 days.

Per Serving:

Calories: 137 Fat: 13g Protein: 6g Carbs: 0g

Smoked Prime Rib Roast

Prep Time: 5 minutes Cook Time: 3 hours 20 minutes Servings: 6



6 pounds bone-in prime rib roast

Fine grain sea salt

- 1 If you do not have a smoker, see page 14 for directions.
- 2 Thirty minutes before you smoke the meat, soak the wood chips in water.
- 3 To smoke the prime rib: Read the manufacturer's directions for your smoker before you begin. There are wood, electric, propane, and charcoal smokers, and each type works differently. Start the smoker and, if your smoker came with a water bowl, add water to it. When slow-cooking meat, it is essential that you have a thermometer to monitor the temperature of the smoker. When the temperature reaches 225°F to 250°F, you can start smoking the prime rib.
- 4 Place the prime rib on the smoker rack, not directly on the heat source. Smoke for 3 hours and 20 minutes or until thickest part of the prime rib is 120 degrees F for rare, 130 for medium.
- 5 Remove from smoker and allow to rest for 10 minutes before slicing and serving.
- 6 Store extras in airtight container in the fridge for up to 4 days. Can be frozen for up to a month. To reheat, place slices of prime rib on a rimmed baking sheet in a 350 degree F oven for 5 minutes or until heated to your liking.

Per Serving:

Calories: 562 Fat: 37g Protein: 55g Carbs: 0g

Smoked Meatballs

Prep Time: 5 minutes Cook Time: 1 1/2 hours Servings: 6

Notes: If you do not have a smoker, see page 14 for smoking these meatballs in your kitchen.



1½ pounds grass-fed ground beef
¼ pound ground beef liver (or more beef)
1 large egg
2 teaspoons fine sea salt

- 1 Thirty minutes before you smoke the meat, soak the wood chips in water. In a large bowl, combine the ground beef, ground liver, egg, and salt. Mix until well combined. Form into 2 inch round meatballs.
- 2 To smoke the meatballs: Read the manufacturer's directions for your smoker before you begin. There are wood, electric, propane, and charcoal smokers, and each type works differently. Start the smoker and, if your smoker came with a water bowl, add water to it. When slow-cooking meat, it is essential that you have a thermometer to monitor the temperature of the smoker. When the temperature reaches 225°F to 250°F, you can start smoking the meatballs.
- 3 Place the meatballs on the smoker rack, not directly on the heat source. Smoke for 1 1/2 hours or until thickest part of the meatballs are 165 degrees F.
- 4 Remove from smoker and allow to rest for 10 minutes before serving.
- 5 Store extras in airtight container in the fridge for up to 4 days. Can be frozen for up to a month. To reheat, place meatballs on a rimmed baking sheet in a 350 degree F oven for 5 minutes or until heated to your liking.

Per Serving:

Calories: 281 Fat: 19g Protein: 26g Carbs: 1g



Smoked Beef Long Rib

Prep Time: 10 minutes Cook Time: 2 1/2 hours Servings: 12

Notes: If you do not have a smoker, see page 14 on how to smoke in your kitchen.

BUSY FAMILY TIP: For easy dinner options, after removing the meat from the smoker, divide the meat into portions. Sprinkle each portion with some broth and tightly wrap each portion in foil lined with unbleached parchment paper. Store them either in the fridge for up to 3 days or in the freezer for up to a month. When ready to eat, cook the meat following Steps 8 and 9 above.



2 racks beef long ribs (aka beef back ribs)
or other ribs (about 8 pounds)

1 tablespoon fine grain sea salt

Carnivore broth (page 173)

Special equipment: A smoker, 4 cups wood
chips of your choice

- 1 Rinse and dry the ribs. Place them on a clean cutting board. Liberally season both sides of ribs with the salt. Thirty minutes before you're ready to smoke the meat, soak the wood chips in water and remove the ribs from the fridge and let them rest at room temperature until the fire is ready.
- 2 To smoke the meat: Read the manufacturer's directions for your smoker before you begin. There are wood, electric, propane, and charcoal smokers, and each type works differently. Start the smoker and if your smoker came with a water bowl, add water to it. When slow cooking meat, it is essential that you have a thermometer to monitor the temperature of the smoker. When the temperature reaches 225°F to 250°F you can start smoking ribs.
- 3 Open the foil packet of meat and place the meat in the smoker. Secure the lid so it is airtight and no smoke escapes. Smoke the meat for 2 hours. Every so often monitor the temperature and adjust air vents to maintain 225°F to 250°F. Add more fuel to the smoker if needed to maintain the temperature, and add more soaked wood chips if the smoke starts to dissipate.
- 4 After 2 hours remove the packet of ribs from the smoker. At this point the meat still needs to be fully cooked using a higher temperature, which is best done on a grill or in the oven. You can either cook the entire amount now or divide into portions for quick and easy meals (see Busy Family Tip above).
- 5 To prepare the meat for cooking: Generously sprinkle the meat with carnivore broth and tightly seal the foil packet closed. Note: Make sure no holes are in the foil or the ribs will dry out.
- 6 To fully cook the meat: Preheat a grill to medium (350°F) or oven to 350°F. Place the tightly wrapped meat on the grill or in the oven for and cook for 30 minutes (if using a grill, keep the lid closed) or until the meat is extremely tender. Remove from the grill or oven.
- 7 OPTIONAL (for crispy exterior): Turn the grill or broiler setting in the oven to high. Remove the meat from the packet and place it on the grill or on a broiler pan and grill or broil it for 5 minutes to sear and crisp the edges.

Per Serving:

Calories: 522 Fat: 47g Protein: 34g Carbs: 0g



Smoked Salmon

Prep Time: 5 minutes Cook Time: 1 1/2 hours Servings: 6



2 large salmon fillets, pin bones removed

2 teaspoons fine sea salt

- 1 If you do not have a smoker, see page 14 for directions.
- 2 Thirty minutes before you smoke the salmon, soak the wood chips in water. Pat the salmon dry and season salmon on all sides with salt.
- 3 To smoke the salmon: Read the manufacturer's directions for your smoker before you begin. There are wood, electric, propane, and charcoal smokers, and each type works differently. Start the smoker and, if your smoker came with a water bowl, add water to it. When slow-cooking meat, it is essential that you have a thermometer to monitor the temperature of the smoker. When the temperature reaches 150-160°F, you can start smoking the salmon.
- 4 Place the salmon on the smoker rack, not directly on the heat source. Smoke for 1 1/2 hours or until thickest part of the salmon is 150 degrees F.
- 5 Remove from smoker and serve. Can also be served chilled.
- 6 Store extras in airtight container in the fridge for up to 4 days. Can be frozen for up to a month. Can be served chilled. To reheat, place on a rimmed baking sheet in a 350 degree F oven for 5 minutes or until heated to your liking.

Per Serving:

Calories: 391 Fat: 12g Protein: 66g Carbs: 0g



Smoked Pork Belly

Prep Time: 5 minutes Cook Time: 3 hours Servings: 4



2 pounds pork belly

Fine grain sea salt

- 1 If you do not have a smoker, see page 14 for directions.
- 2 Thirty minutes before you smoke the meat, soak the wood chips in water. Season the pork belly on all sides liberally with salt. Use a sharp knife to score the skin in a ½ inch cross pattern. Rub the salt into the nooks and crannies of the skin.
- 3 To smoke the pork belly: Read the manufacturer's directions for your smoker before you begin. There are wood, electric, propane, and charcoal smokers, and each type works differently. Start the smoker and, if your smoker came with a water bowl, add water to it. When slow-cooking meat, it is essential that you have a thermometer to monitor the temperature of the smoker. When the temperature reaches 225°F to 250°F, you can start smoking the pork belly.
- 4 Place the pork belly on the smoker rack, not directly on the heat source. Smoke for 3 hours or until thickest part of the pork belly reads 165 degrees F.
- 5 Remove from smoker and allow to rest for 10 minutes before slicing and serving.
- 6 Store extras in airtight container in the fridge for up to 4 days. Can be frozen for up to a month. To reheat, place slices of pork belly on a rimmed baking sheet in a 350 degree F oven for 5 minutes or until heated to your liking.

Per Serving:

Calories: 640 Fat: 56g Protein: 35g Carbs: 0g

Smoked Chicken Wings

Prep Time: 5 minutes Cook Time: 1 1/2 hours Servings: 4



16 chicken wings

2 tablespoons tallow or butter, melted

2 teaspoons fine grain sea salt

- 1 If you do not have a smoker, see page 14 for directions.
- 2 Fire up smoker 30 minutes prior to cooking to allow it to come up to 220 degrees F.
- 3 Rub melted fat all over the chicken legs to fully coat the wings. Season on all sides with salt. Place seasoned chicken wings on the smoker rack and add smoker wood chips at the same time you add the meat. Cherry, apple, or pecan wood is ideal for this recipe.
- 4 Smoke wings for 1 1/2 hours and rotate or turn them to ensure even cooking. Add more smoker wood chips periodically as they burn out.
- 5 The time of smoking can vary depending on the size of your wings and temperature fluctuations in your smoker. Avoid lifting the lid to keep the temperature consistent. The legs will be done when they reach an internal temperature of 165 degrees.
- 6 Store in an airtight container in the fridge for up to 5 days or in the freezer for up to 2 months. To reheat, place on a rimmed baking sheet in a 350 degree F oven for 7 minutes or until heated through.

Per Serving:

Calories: 466 Fat: 34g Protein: 37g Carbs: 0g

Smoked Jerky

Prep Time: 5 minutes Cook Time: 3 hours Servings: 12



5 pound flank steak or beef roast
2 ½ tablespoons fine grain sea salt

- 1 If you do not have a smoker, see page 14 for directions.
- 2 Thirty minutes before you smoke the meat, soak the wood chips in water. Slice the steak against the grain into 1/8 inch thick slices.
- 3 Tip: Place the steak in the freezer for 20 minutes which helps slicing the thin strips. Season on all sides liberally with salt.
- 4 To smoke: Read the manufacturer's directions for your smoker before you begin. There are wood, electric, propane, and charcoal smokers, and each type works differently. Start the smoker and, if your smoker came with a water bowl, add water to it. When slow-cooking meat, it is essential that you have a thermometer to monitor the temperature of the smoker. When the temperature reaches 225°F to 250°F, you can start smoking the roast.
- 5 Place the strips of steak directly on the smoker rack. Smoke for 3 hours.
- 6 Remove from smoker and dehydrate.
- 7 Dehydrator method: Place the strips of meat in a dehydrator, not touching each other, and set the dehydrator to low (170°F).
- 8 Oven method: If you do not have a dehydrator, preheat the oven to 160°F. Place a rimmed baking sheet on the bottom of the oven (or bottom rack) to catch drips. Arrange the strips of marinated meat directly on the middle rack, not touching each other. Alternatively, place a wire rack on a rimmed baking sheet and arrange the strips of meat on the wire rack.
- 9 For both methods: Dehydrate the meat for 6 to 8 hours, until the jerky dries to the desired chewiness. For a chewier jerky, dehydrate for less time.
- 10 Store in an airtight container in the refrigerator for up to 2 weeks or in the freezer for up to a month.

Per Serving:

Calories: 63 Fat: 3g Protein: 8g Carbs: 0g



Smoked Chicken Legs

Prep Time: 5 minutes Cook Time: 1 hour 15 minutes Servings: 12



4 pounds chicken, legs and thighs

1 teaspoon fine sea salt

- 1 If you do not have a smoker, see page 14 for directions.
- 2 Season the chicken with salt. Place the wood chips in water to soak. Drain.
- 3 Read the manufacturer's directions before you begin. There are wood, electric, propane, and charcoal smokers, and each type works differently. Start the smoker and if your smoker came with a water bowl, add water to it. When the temperature reaches 180°F you can start smoking.
- 4 Place in the smoker. Secure the lid so it is airtight and no smoke escapes. Smoke for 30 minutes. Increase the heat to 230°F. Cook for an additional 45 minutes to 1 hour. Remove the from the smoker. Cool and cover tightly until ready to serve.
- 5 Store in the fridge for up to 10 days. If you vacuum-seal it, the smoked chicken will keep for up to 3 weeks. Or you can freeze it fish for up to 6 months.

Per Serving:

Calories: 230 Fat: 10g Protein: 38g Carbs: 0g



MEAL PLANS



Weight Loss Meal Plan Week 1

Day 1				Day 2				Day 3				Day 4			
Begin Eating Window				Begin Eating Window				Begin Eating Window				Begin Eating Window			
Steak and Eggs Page: 23 Servings: 2				Beefy Fried Eggs Page: 24 Servings: 2 (Double Recipe)				Bacon Cheeseburger Waffles Page: 27 Servings: 2 (Double Recipe)				Carnivore McMuffin Page: 26 (Patties: 28) Servings: 2, Patties: 4 (Double McMuffin Recipe, half Patties Recipe)			
End Eating Window				End Eating Window				End Eating Window				End Eating Window			
Carnivore Lasagna Page: 115 (sauce: 170) Servings: 8				Al Capone Steak Page: 97 Servings: 2				Carnivore Lasagna Page: 115 Leftovers				Chicken Saltimbocca Page: 157 (broth: 173) Servings: 4			
Day 1 Totals				Day 2 Totals				Day 3 Totals				Day 4 Totals			
calories 1038	fat 65g	protein 106g	carbs 4g	calories 941	fat 76g	protein 62g	carbs 1g	calories 1197	fat 88g	protein 96g	carbs 5g	calories 1043	fat 73g	protein 93g	carbs 1g

Day 5				Day 6				Day 7			
Begin Eating Window				Begin Eating Window				Begin Eating Window			
Crab Cake Benedict Page: 34 (Hollandaise: 178, Bacon Mayo: 177) Servings: 4				Carnivore McMuffin Page: 26 (Patties: 28) Servings: 2, Leftover Patties (Double McMuffin Recipe, Leftover Patties)				Crab Cake Benedict Page: 34 (Hollandaise: 178, Bacon Mayo: 177) Leftovers			
End Eating Window				End Eating Window				End Eating Window			
Carnivore Lasagna Page: 115 Leftovers				Chicken Saltimbocca Page: 157 (broth: 173) Leftovers				Carnivore Lasagna Page: 115 Leftovers			
Day 5 Totals				Day 6 Totals				Day 7 Totals			
calories 1110	fat 81g	protein 87g	carbs 4g	calories 1043	fat 73g	protein 93g	carbs 1g	calories 1110	fat 81g	protein 87g	carbs 4g

Notes: Meal plans are designed to feed two people with minimal extra food at the end of the week. They are also designed for Intermittent Fasting (IF) with two meals a day. Ideally these two meals are eaten in 8 hours or less window (6 hours or less is better).

The "Servings" are for the entire recipe. If the leftovers are used on another day (more than 2 servings yield) then it says "Leftovers" instead of listing the servings. Always eat one servings for each meal.

Weight Loss Grocery List Week 1

Canned Items

Can crab meat (lump) _____ 16 ounces

Dairy

Cheddar cheese _____ 4 ounces

Fontina cheese (omit for dairy free) _____ 8 thin slices

Gorgonzola cheese (crumbled) _____ 1/4 cups

Mozzarella cheese (shredded) _____ 12 ounces

Parmesan cheese _____ 1 cup

Sharp cheddar cheese (shredded) _____ 1 cup

Feta (crumbled) _____ 0.25 cups

Eggs

Eggs _____ 35 large

Fats and Oils

Bacon fat (or lard, duck fat) _____ 1.5 cup

Butter (salted) _____ 0.5 cups

Lard (or tallow) _____ 1/3 cups

Proteins

Bacon _____ 4 slices

Boneless skinless chicken thighs (four) _____ 16 ounces

Deli chicken (about 8 ounces) _____ 16 thin slices

Filet mignon (about 1 1/4 inch thick) _____ 16 ounces

Ground beef 85% lean _____ 76 ounces

Cubed ham _____ 1/4 cups

Ham (shaved or deli) _____ 8 ounces

Prosciutto _____ 4 slices

Rib-eye steak (butterflied) _____ 10 ounces

Large Beef Bones (for broth) _____ 4

Spices and Extracts

Fine grain sea salt _____ 1/4 cup

For online version of this grocery list and meal plans, [CLICK HERE](#).

Weight Loss Meal Plan Week 2

Day 1				Day 2				Day 3				Day 4			
Begin Eating Window				Begin Eating Window				Begin Eating Window				Begin Eating Window			
The Best Carnivore Quiche Page: 21 Servings: 6				Breakfast Meatza Page: 30 (Hollandaise: 178) Servings: 6				The Best Carnivore Quiche Page: 21 Leftovers				The Best Carnivore Quiche Page: 21 Leftovers			
End Eating Window				End Eating Window				End Eating Window				End Eating Window			
Reverse Sear Rib-eye Page: 81 Servings: 2				Bacon Wrapped Chicken Fingers Page: 140 Servings: 4				Bacon Wrapped Venison Tenderloin Page: 94 Servings: 2				The Best Creamy Fish Page: 118 (Bacon Mayo: 177) Servings: 4			
Day 1 Totals				Day 2 Totals				Day 3 Totals				Day 4 Totals			
calories 1218	fat 95g	protein 90g	carbs 2g	calories 937	fat 70g	protein 74g	carbs 0g	calories 968	fat 57g	protein 106g	carbs 2g	calories 955	fat 66g	protein 77g	carbs 2g

Day 5				Day 6				Day 7			
Begin Eating Window				Begin Eating Window				Begin Eating Window			
Breakfast Meatza Page: 30 (Hollandaise: 178) Servings:				Breakfast Meatza Page: 30 (Hollandaise: 178) Servings:				Steak and Eggs Page: 23 Servings: 2			
End Eating Window				End Eating Window				End Eating Window			
Bacon Wrapped Chicken Fingers Page: 140 Leftovers				Double Fried Chicken Page: 143 Servings: 2 (Half Recipe)				The Best Creamy Fish Page: 118 (Bacon Mayo: 177) Leftovers			
Day 5 Totals				Day 6 Totals				Day 7 Totals			
calories 937	fat 70g	protein 74g	carbs 0g	calories 1251	fat 88g	protein 105g	carbs 1g	calories 1016	fat 61g	protein 102g	carbs 1g

Notes: Meal plans are designed to feed two people with minimal extra food at the end of the week. They are also designed for Intermittent Fasting (IF) with two meals a day. Ideally these two meals are eaten in 8 hours or less window (6 hours or less is better).

The “Servings” are for the entire recipe. If the leftovers are used on another day (more than 2 servings yield) then it says “Leftovers” instead of listing the servings. Always eat one servings for each meal.

Weight Loss Grocery List Week 2

Dairy

Cream cheese _____ 4 ounces

Mozzarella cheese (or cheddar) _____ 1 cup

Parmesan cheese (finely grated) _____ 1 1/2 cups

Swiss cheese (or muenster) _____ 1 cup

Eggs

Eggs _____ 16 large

Salt Cured Egg yolks (Optional Garnish)

Fats and Oils

Bacon fat (lard, or duck fat) _____ 1 3/4 cups

Unsalted butter (optional) _____ 1/2 cups

Milk and Drinks

Water ((or carnivore broth)) _____ 0.08 cups

Other Recipes

Bone broth (leftover from week 1) _____ 1/2 cups

Prepackaged Items

Pork dust (powdered pork rinds) _____ 1 1/4 cups

Proteins

Bacon (Beef bacon for level 1) _____ 18 thin slices

Chicken breasts _____ 4

Chicken legs _____ 4

Cod fillets (or barramundi filets) _____ 32 ounces

Cubed ham _____ 1/2 cups

Filet Mignon _____ 16 ounces

Ground beef 85% lean _____ 16 ounces

Prosciutto _____ 4 slices

Rib-eye steak (bone in) _____ 16 ounces

Venison tenderloin (or beef) _____ 16 ounces

Spices and Extracts

Fine grain sea salt _____ 1 tablespoon

For online version of this grocery list and meal plans, [CLICK HERE](#).

Dairy Free Weight Loss Meal Plan Week 1

Day 1				Day 2				Day 3				Day 4			
Begin Eating Window				Begin Eating Window				Begin Eating Window				Begin Eating Window			
Breakfast Burger Page: 23 (Hollandaise: 178) Servings: 4				Beefy Fried Eggs Page: 24 Servings: 2				Breakfast Burger Page: 23 (Hollandaise: 178) Leftovers				Steak and Eggs Page: 23 Servings: 2			
End Eating Window				End Eating Window				End Eating Window				End Eating Window			
Pan Seared Snapper Page: 124 Servings: 4				Braised Duck Legs with Bacon Page: 146 (broth: 173) Servings: 2				Pan Seared Snapper Page: 124 Leftovers				Smoked Chicken Wings Page: 191 Servings: 2 (half recipe)			
Day 1 Totals				Day 2 Totals				Day 3 Totals				Day 4 Totals			
calories 940	fat 60g	protein 93g	carbs 0g	calories 862	fat 51g	protein 94g	carbs 1g	calories 940	fat 60g	protein 93g	carbs 0g	calories 948	fat 59g	protein 96g	carbs 1g

Day 5				Day 6				Day 7			
Begin Eating Window				Begin Eating Window				Begin Eating Window			
Carnivore Hot Pockets Page: 33 Servings: 6 AND Carnivore Scotch Eggs Page: 58 Servings: 6 (double recipe)				Carnivore Hot Pockets Page: 33 Leftovers AND Carnivore Scotch Eggs Page: 58 Leftovers				Carnivore Hot Pockets Page: 33 Leftovers AND Carnivore Scotch Eggs Page: 58 Leftovers			
End Eating Window				End Eating Window				End Eating Window			
Veal Saltimbocca Page: 114 (leftover broth: 173) Servings: 4				Carnivore Grilled Chicken Thighs Page: Servings: 2				Veal Saltimbocca Page: 114 (leftover broth: 173) Leftovers			
Day 5 Totals				Day 6 Totals				Day 7 Totals			
calories 1014	fat 65g	protein 102g	carbs 0g	calories 1135	fat 85g	protein 87g	carbs 0g	calories 1014	fat 65g	protein 102g	carbs 0g

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Dairy Free Weight Loss Grocery List Week 1

Eggs

Egg shells _____ 6 large

Eggs _____ 26 large

Fats and Oils

Bacon fat (lard, or duck fat) _____ 1 cup

Proteins

Bacon _____ 6 strips

Beef bones ((about 4 pounds) _____ 4 large

Bologna (thin) _____ 12 slices

Chicken thighs _____ 4 whole

Chicken wings _____ 8 whole

Duck legs with thighs _____ 4 whole

Filet mignon (about 1 1/4 inch thick) __ 16 ounces

Ground beef 85% lean _____ 20 ounces

Ground pork _____ 10 2/3
ounces

Ham (chopped) _____ 3 ounces

Prosciutto _____ 16 slices

Red snapper (fillets) _____ 24 ounces

Veal cutlets (four 6-ounce) _____ 24 ounces

Spices and Extracts

Fine grain sea salt _____ 1/4 cups

For online version of this grocery list and meal plans, [CLICK HERE](#).

Dairy Free Weight Loss Meal Plan Week 2

Day 1				Day 2				Day 3				Day 4			
Begin Eating Window				Begin Eating Window				Begin Eating Window				Begin Eating Window			
Beefy Fried Eggs Page: 24 Servings: 2				Breakfast Burger Page: 23 (Hollandaise: 178) Servings: 4				Beefy Fried Eggs Page: 24 Servings: 2				Breakfast Burger Page: 23 (Hollandaise: 178) Leftovers (leftover Hollandaise)			
End Eating Window				End Eating Window				End Eating Window				End Eating Window			
Double Fried Chicken Page: 143 Servings: 4				Bacon Wrapped Chicken Fingers Page: 140 Servings: 4				Double Fried Chicken Page: 143 Leftovers				Bacon Wrapped Chicken Fingers Page: 140 Leftovers			
Day 1 Totals				Day 2 Totals				Day 3 Totals				Day 4 Totals			
calories 1092	fat 70g	protein 105g	carbs 2g	calories 1043	fat 74g	protein 90g	carbs 0g	calories 1092	fat 70g	protein 105g	carbs 2g	calories 1043	fat 74g	protein 90g	carbs 0g

Day 5				Day 6				Day 7			
Begin Eating Window				Begin Eating Window				Begin Eating Window			
Steak and Eggs Page: 23 Servings: 2				Creamiest Scrambled Eggs Page: 31 Servings: 2				Steak and Eggs with 2 tablespoons Hollandaise Page: 23 (Hollandaise: 178) Servings: 2 (leftover Hollandaise)			
End Eating Window				End Eating Window				End Eating Window			
Reverse Sear Ribeye Page: 81 Servings: 2				Bacon Wrapped Venison Tenderloin Page: 94 Servings: 2				Instant Pot Pho Page: 44 Servings: 6			
Day 5 Totals				Day 6 Totals				Day 7 Totals			
calories 1279	fat 90g	protein 115g	carbs 1g	calories 942	fat 62g	protein 90g	carbs 1g	calories 919	fat 55g	protein 97g	carbs 1g

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Dairy Free Weight Loss Grocery List Week 2

Baking Products

Fish sauce _____ 1 teaspoon

Eggs

Cured Egg yolks (Optional Garnish) ____ 1

Eggs _____ 39 large

Fats and Oils

Bacon fat (lard, or duck fat) _____ 3/4 cups

Other Recipes

Bone broth (Leftover from week 1) ____ 6 cups

Proteins

Bacon (beef bacon for level 1) _____ 16 slices

Chicken breasts _____ 4

Chicken legs _____ 8

Cross-cut beef marrow bones _____ 2 (2-inch)

Filet mignon (about 1 1/4 inch thick) ____ 32 ounces

Ground beef 85% lean _____ 24 ounces

Prosciutto _____ 8 slices

Rib-eye steak (bone-in) _____ 16-ounces

Top sirloin steak _____ 16 ounces

Venison tenderloin (or beef) _____ 16 ounces

Spices and Extracts

Fine grain sea salt _____ 1/4 cups

For online version of this grocery list and meal plans, [CLICK HERE](#).

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	1.146	1.146	1.146	1.146	1.146	1.146	1.146
Lunch	1.146	1.146	1.146	1.146	1.146	1.146	1.146
Dinner	1.146	1.146	1.146	1.146	1.146	1.146	1.146
Snacks	1.146	1.146	1.146	1.146	1.146	1.146	1.146
Total	4.584	4.584	4.584	4.584	4.584	4.584	4.584

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