

# Top 50

## CARNIVORE RECIPES

EXPLORE OUR COLLECTION OF HEALTHY FOOD AND DRINK RECIPES FOR EVERY OCCASION! WE PROVIDE OPTIONS FOR A VARIETY OF ANIMAL PRODUCTS WITH DIFFERENT TECHNIQUES TO SUIT EVERY PALATE.



# Easiest Meatloaf

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## INGREDIENTS

- 2 pounds ground beef
- 2 whole eggs
- 2 tsp salt
- 2 tsp black pepper
- 2 tsp garlic powder
- 2 tsp salt free all purpose seasoning
- 1 Tbs mustard
- Paprika

## INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Combine all ingredients except paprika and mix very thoroughly.
3. Press into a loaf pan, if using.
4. If not using a loaf pan, you can just shape the meat into a loaf or whatever shape you want and bake on a sheet pan.
5. Top meatloaf with paprika for a nice crust coating and color.
6. Bake for 1 ½ hours.
7. Let cool 5 minutes, slice and enjoy!



# Smooth And Creamy Cheesecake

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## INGREDIENTS

- 12 ounces cream cheese, room temp
- 2 whole eggs, room temp
- 4 egg yolks, room temp
- 1 Tbs butter, room temp
- 1 tsp vanilla
- ½ tsp almond extract (optional)
- ½ tsp gelatin
- Stevia to taste (optional)
- Pinch of salt

## INSTRUCTIONS

1. Preheat oven to 300 degrees.
2. Ensure all ingredients are at room temp.
3. Combine all ingredients and whisk together with a stand mixer or a hand mixer.
4. Place your 6 inch round pan into a larger metal round pan, 8 or 9 inch works.
5. If you do not have a silicone pan, you can use another 6 inch pan that is well greased or lined with parchment.
6. Pour ingredients into the 6 inch round silicone baking pan.
7. Pour boiling water into the outer pan to help the sides of the cheesecake prevent from burning.
8. Bake for 40 minutes.
9. Turn oven off and let continue cooking for 20 minutes.
10. Chill cheesecake in fridge overnight or at least 6 hours to firm up before slicing.
11. Serve with whipped cream or with a sprinkle of cinnamon on top, if you'd like.



# PKD Adapted Shepherd's Pie

## INGREDIENTS

- 1 tablespoon cooking fat  
tallow, butter, ghee
- 130 g ground or thinly sliced  
beef or lamb
- 20 g smoked slab
- Salt
- Pepper (optional)
- 80 g celery root
- 30 g raw bone marrow

## INSTRUCTIONS

- Preheat the oven to 220°C, grill function.
- Fry the slab for 2 minutes, add the meat and fry on high heat for a few minutes. It shouldn't release any water, but if it does, fry it until all of it evaporates.
- Put the meat in an individual oven dish.
- Peel and cut the celery into small cubes.
- Cook in water until soft.
- Discard water.
- Add salt and the marrow and blend until smooth.
- Spoon the mash over the meat.
- Bake for about 20-25 minutes, until golden.
- Enjoy!



# Easy Cheeseburger Pie Recipe

## INGREDIENTS

- 1.5 pounds ground beef
- 1 tablespoon tallow, or cooking fat of choice, separated
- 1 medium onion diced
- 4 whole eggs
- ½ teaspoon garlic powder
- ½ teaspoon ground mustard
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 cup shredded cheese



## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C) and grease a 9-inch round pie plate or 8x8-inch baking dish.
2. Lightly brown the meat in cooking fat over medium-high heat in a heavy-bottomed skillet or cast iron. Transfer to pie plate once cooked.
3. Add a little more fat to the skillet and brown the onions until translucent, about 5-7 minutes. Stir frequently.
4. While the onions cook, whisk the eggs. Add herbs, salt and pepper.
5. Pour over the beef so it sinks into the meat. Shake the dish gently if needed.
6. Arrange the onions in an even layer over the eggs and meat.
7. Top the whole pie with cheese.
8. Bake for 20 minutes, until cheese is melted and bubbly.
9. Allow the cheeseburger pie to rest for 5 minutes before slicing.

\*To make a complete hamburger themed meal, serve on a bed of lettuce with a side of pickles or [Pickle Relish](#) and thick slices of fresh tomatoes. Offer mustard and sugar-free ketchup at the table.

For the printable recipe and complete recipe details, visit the [Easy Cheeseburger Pie Recipe](#) on **Primal Edge**

**Health**

# Steak Tartare Recipe

## INGREDIENTS

- 12 ounces of lean beef (tenderloin, round, flank, sirloin, rump roast, etc)
- 2 tsp brown or dijon mustard
- 1 tsp balsamic or apple cider vinegar
- 1 tsp salt
- 2 egg yolks (optional)



## INSTRUCTIONS

1. If you want to dice the meat very very tiny, freeze meat for about 20 minutes.
2. Then remove from freezer, slice into thin strips, then dice into tiny cubes.
3. In a bowl, combine all the ingredients and mix thoroughly.
4. Serve tartare in a bowl.
5. Serve by making a small dip in the top of the tartare mound and gently place the egg yolk on top.

Enjoy right away, leftovers do not hold well as the meat gets mushy with the marinade.

Don't just limit yourself to beef, try this with other red meats like lamb, bison or even elk!



# Carnivore Stroganoff Recipe With Ground Beef

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## INGREDIENTS

- 1 pound ground beef
- 1 cup Beef Bone Broth
- ¼ cup heavy cream
- 1 teaspoon salt

## INSTRUCTIONS

1. Lightly brown the meat in a skillet over medium-high heat. Break apart clumps with a spatula as needed.
2. Pour in bone broth and cream. Season with salt.
3. Bring to a simmer and continue to cook for 5-10 minutes until liquid reduces by half.
4. Serve hot



# Carnivore Casserole With Ground Beef

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## INGREDIENTS

- 1 pound ground beef
- 6 large eggs
- ½ cup heavy cream
- 2 tablespoons cream cheese softened
- 1 teaspoon salt

## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. Lightly brown meat in a skillet over medium heat.
3. Whisk the eggs in a large bowl. Add the cream, cream cheese, and salt. Mix well to combine. Add meat and stir well.
4. Pour the egg meat mixture into a greased 9-inch round pie plate or something similar. Bake for 25-30 minutes until eggs set. Let rest for 10 minutes, then slice and serve.





# Easy Braised Beef Shank

## EQUIPMENT (CHOOSE ONE)

- Cast iron skillet with a lid
- Dutch oven

## INGREDIENTS

- 1 tablespoon tallow butter, ghee, or other cooking fat
- 4 pieces beef shank 1-inch thick, 8 ounces each
- 2-3 cups bone broth or water
- 1 teaspoon salt plus extra as needed

## INSTRUCTIONS

1. Heat cooking fat in a cast iron or heavy bottom skillet with a lid or Dutch oven. Brown both sides of the beef shanks, about 2-3 minutes per side, until a golden-brown crust forms.
2. Pour broth over shanks. Use at least 2 cups of broth. There should be enough broth to cover the meat  $\frac{1}{2}$  to  $\frac{3}{4}$  of the way up the side. Season with salt. Bring it to a simmer.
3. Reduce the heat and cover with a lid, but leave a small opening for the steam to escape.
4. Cook over low heat for 3 hours, until the meat falls off the bone. Serve warm in liquid.



## INGREDIENTS

- ½ pound ground beef
- ½ pound ground beef heart
- ½ pound ground beef liver
- Tallow or butter, ghee, other cooking fat
- 3 eggs
- salt

## INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. Lightly brown the meat in fat in a skillet over medium heat.
3. Combine all ingredients in a mixing bowl. Salt to taste.
4. Pour evenly into a lightly greased 9-inch pie plate.
5. Bake for 15 minutes, until egg is set.
6. Remove from heat, cool for 5 minutes. Serve warm and enjoy leftovers cold.



# Carnivore Meatballs With Beef Heart

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## EQUIPMENT

- 8×8-inch square glass baking dish

## INGREDIENTS

- 8 ounces ground beef
- 8 ounces ground beef heart
- 1 teaspoon salt

## INSTRUCTIONS

1. Mix the two ground meats in a bowl until well combined. Season with salt.
2. Scoop approximately 2 ounces and roll between the palms of your hands to form a ball shape.
3. Place in a small glass baking dish.
4. Bake in a preheated oven at 350°F (175°C) for 20 minutes.
5. Juices will run onto the baking dish once meat is cooked through. Serve meatballs warm with this “sauce” spooned over.



# 3-Ingredient Carnivore Scotch Eggs (No Pork)

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## INGREDIENTS

- 2 pounds ground beef or chicken sausage
- 2 teaspoons salt
- 12 large boiled eggs

## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. Line two small rimmed baking sheets with parchment paper.
3. Combine beef (or chicken) and salt in a large bowl. Use your hands to mix the ingredients together and form into 12 meatballs. Place 6 meatballs on each of the lined baking sheets and press flat.
4. Place one boiled egg in the middle of each circle of meat and wrap the meat around the egg, leaving no gaps or holes.
5. Bake about 15 minutes, turn them over, and continue for another 10 minutes, until outside is golden brown. Place under the broiler to finish for 5 minutes for a crispy shell. Serve hot.



# Crustless Mini Meat Pies (With Hidden Liver)

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## EQUIPMENT

- 12-cup muffin pan

## INGREDIENTS

- 1 pound ground beef
- ¼ pound beef liver ground
- 4 eggs
- 1 tablespoon tallow or other cooking fat
- 1 teaspoon salt
- 1 tablespoon herbs de Provence optional

## INSTRUCTIONS

1. Preheat oven to 350°F / 175°C.
2. Combine meat and liver in a mixing bowl. Add in eggs, stir well to combine.
3. Melt the tallow or cooking fat and add to meat. Season with salt and optional herbs.
4. Grease a 12-cup muffin pan well or use cupcake liners. Spoon mixture into each well evenly.
5. Bake for 20 minutes, until done. Remove from oven and cool before removing. Serve warm or leftovers cold.



# Goat Cheese Prosciutto Quiche

## INGREDIENTS

- 4 eggs
- ½ cup cream
- 4 ounce goat cheese
- 2 tbs mayonnaise (optional)
- 2 folio cheddar cheese shells or 4 ounces shredded cheese
- 3 ounces prosciutto
- Pinch of salt

## INSTRUCTIONS

1. Preheat your oven to 350 degrees. Layer your 2 cheese shells in the bottom of a 6" silicon round pan. Bake cheese for 10 minutes. Let cool.
2. Thoroughly whisk eggs, cream, mayo and salt together. Once cheese crust has cooled, spread half the goat cheese onto the crust, layer with prosciutto and then layer the goat cheese and prosciutto again. Slowly pour your egg mixture over the layers. Place your silicone pan on a sheet pan and bake covered with foil for 30 minutes.
3. Remove foil and bake for about 10 more minutes or until center is just set. Let cool 10 minutes before slicing.
4. You can easily double this recipe to use a larger baking pan like a pie pan. If doing so, check at 40 minutes instead of 30 minutes.





## INGREDIENTS

- 4 pieces of your favorite carnivore bread (this dish goes best with chicken buns)
- 4 thick slices of sugar free ham
- 4 slices of cooked bacon (optional)
- 4 eggs, fried or poached
- 1 batch homemade hollandaise sauce
- Paprika or hot sauce

## INSTRUCTIONS

1. The best way to poach eggs is by ensuring the water is simmering hot and add a dash of vinegar to prevent eggs from shredding. Using fresh eggs is best, but not necessary. Do not salt the water, this will cause the whites to shred. When placing the eggs in water, first crack them into a small cup or ramekin, then drop them in carefully and as close to the water as you can. Let cook for about 3-4 minutes. Remove from the water and set aside until ready to use.
2. You can also just pan fry your eggs, if you don't care to have poached eggs. Either way it's delicious!
3. Layer from the bottom to the top: carnivore bread, ham, bacon, poached egg, hollandaise sauce all topped with a sprinkle of paprika or hot sauce for color.



# Sausage, Egg And Cheese Sammie

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## INGREDIENTS

- 6 sausage patties, homemade or store bought
- 4 eggs
- ½ Tbs cream, optional
- ¼ tsp salt
- 3 slices of your favorite cheese
- 3-6 slices of bacon, cooked (Optional)

## INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Whisk eggs with cream and salt. Pour into a 8" X 8" silicone pan.
3. Bake for 15 minutes. Remove eggs from pan and slice into 3 strips.
4. Cook sausage accordingly.
5. Layer sausage with cheese, folded egg slice, cooked bacon and second sausage piece.



# Classic Steak With Perfect Scrambled Eggs

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## INGREDIENTS

- Your favorite steak (Newyork Strip), ribeye, sirloin, flank, chuck, etc)
- 2-4 eggs
- Salt
- 1 tsp butter

## INSTRUCTIONS

1. Let your steak come to room temperature by letting it sit out for about 1 hour.
2. Heat your egg pan to a medium-low heat and melt your butter.
3. Heat your cast iron to a medium-high heat.
4. For the perfect scrambled eggs whisk your eggs and salt in a small bowl or cup first.
5. Pour your whisked eggs into the heated egg pan and cook low and slow while stirring them continuously until they are just scrambled. Take off heat.
6. Once your cast iron is heated, sear your steak to desired doneness. I prefer 1-2 minutes on each side, depending on thickness.
7. Once your steak is seared season with salt liberally. You can top with more butter, if you'd like, too.



# Easy Breakfast Sausage

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## INGREDIENTS

- 1 pound ground beef or pork
- 1 tsp garlic
- 1 tsp sage
- 1 tsp onion powder
- $\frac{3}{4}$  tsp salt
- $\frac{1}{2}$  tsp black pepper
- $\frac{1}{4}$  tsp red chilli flakes (optional)

## INSTRUCTIONS

1. Combine all ingredients thoroughly in a bowl.
2. If desired, shape into patties or links. If not saute and crumble.
3. Use in your favorite sausage recipes!



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## INGREDIENTS

- 1 ½ pound ground sausage (more or less is okay)
- 8 ounces room temperature mascarpone or your favorite soft cheese (cream cheese, soft goat cheese, ricotta, etc.)
- 4 eggs
- 4 ounces shredded cheddar or your favorite cheese
- 1 tsp garlic
- ½ tsp black pepper
- Butter for cooking

## INSTRUCTIONS

1. Preheat oven to 425 degrees.
2. Press sausage into a sheet pan and flatten out very thin. Make thinner than you would like because it will get thicker once cooked.
3. Bake 12-15 minutes or until meat is cooked through.
4. While the crust is cooking, heat some butter in a pan and cook scrambled eggs and season with salt to taste.
5. Remove crust from oven and drain grease.
6. Turn broiler on.
7. Spread your soft cheese onto the crust to the edges.
8. Sprinkle garlic and pepper over soft cheese.
9. Spread your scrambled eggs over the soft cheese.
10. Cover pizza with shredded cheese.
11. Broil pizza 2-3 minutes or until cheese is melted/lightly browned.
12. This is also great cold if there are any leftovers!



# Loaded Scrambled Eggs

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## INGREDIENTS

- 8 eggs
- 1 pound sausage
- 4 pieces of bacon, chopped
- 2 ounces of your favorite cheese or cottage cheese (optional)
- ½ tsp salt
- ½ tsp black pepper
- 1 tsp butter or tallow
- Saute and crumble your sausage in a large pan.

## INSTRUCTIONS

1. Whisk eggs with salt and pepper.
2. Turn heat down to medium-low.
3. Add butter to the pan with the sausage and then pour in the whisked eggs.
4. As the eggs are cooking add in chopped bacon pieces.
5. Continue to stir and cook until the eggs are cooked to your liking.
6. If using cheese, stir in or top off with cheese once your scramble is finished cooking.





## INGREDIENTS

- 8 eggs
- 1 pound sausage
- 4 pieces of bacon, chopped
- 2 ounces of your favorite cheese or cottage cheese (optional)
- ½ tsp salt
- ½ tsp black pepper
- 1 tsp butter or tallow
- Saute and crumble your sausage in a large pan.



## INSTRUCTIONS

1. Whisk eggs with salt and pepper.
2. Turn heat down to medium-low.
3. Add butter to the pan with the sausage and then pour in the whisked eggs.
4. As the eggs are cooking add in chopped bacon pieces.
5. Continue to stir and cook until the eggs are cooked to your liking.
6. If using cheese, stir in or top off with cheese once your scramble is finished cooking.

## INGREDIENTS

- 454 grams meat dried and ground
- 1 tablespoon salt
- 2 tablespoons herbs and spices optional
- 454 grams tallow melted

## INSTRUCTIONS

1. Melt the tallow in an oven-safe container or double boiler over medium-low heat. At 350° F/175° C, it takes about 10 minutes in the oven.
2. Combine the meat, salt, and optional herbs and spices in a bowl.
3. Once the tallow is melted, but not too hot, pour over the dry material and combine well. There should be just enough tallow to moisten all the meat but not make puddles. If the fat does not completely incorporate the dry meat, add a little more. Mix well.
4. Transfer into an 8×8-inch baking dish to set. Then score into squares and store in an airtight container



# Peruvian Chicken Wings With Aji Verde

## INGREDIENTS

### PERUVIAN CHICKEN

#### WINGS WITH AJI VERDE

- Serves 4
- 1.5 kg chicken wings
- coriander leaves, to serve
- 1 lime, halved

### AJI VERDE

- 2 large handfuls of coriander leaves
- 1 serrano chilli, deseeded and chopped
- 100 g Aioli
- 1 tablespoon olive oil
- 1 tablespoon apple cider vinegar
- sea salt and freshly ground black pepper

### SPICY MARINADE

- 2 tablespoons coconut oil or good-quality animal fat, melted
- 4 garlic cloves, finely chopped
- 3 tablespoons tamari or coconut aminos
- 3 tablespoons lime juice
- 3 tablespoons honey
- 2 tablespoons chipotle chillies in adobo sauce, finely chopped
- 2 teaspoons ground cumin
- 2 teaspoons smoked paprika
- 1 teaspoon finely chopped thyme leaves
- 1 teaspoon sea salt

## INSTRUCTIONS

1. For the aji verde, combine the coriander, chilli, aioli, olive oil and vinegar in a blender with a pinch of salt and blend until smooth. Taste and season with salt and pepper.
2. Pour into a small bowl, cover and refrigerate until required.
3. Combine all the spicy marinade ingredients in a large bowl. Toss the wings in the spicy marinade and turn to coat well.
4. Cover and marinate in the fridge for 2 hours or, for best results, overnight.
5. Preheat the oven to 220°C (200°C fan-forced). Line a baking tray with baking paper.
6. Place the wings in a single layer on the prepared tray and pour over any remaining marinade. Roast, flipping and basting the wings occasionally, for 40 minutes, or until golden and cooked through.
7. Season the wings with salt and pepper and transfer to a serving platter.
8. Serve scattered with coriander leaves and with the aji verde and lime halves on the side.



# Lamb Ribs With Chermoula Recipe

## INGREDIENTS

### PLAMB RIBS WITH

#### CHERMOULA

- 1.5 kg lamb ribs
- 3 tablespoons lard or other
- good-quality animal fat
- sea salt and freshly ground
- black pepper

### CHERMOULA

- 1 large handful of coriander leaves, chopped
- 1 large handful of flat-leaf parsley leaves, chopped
- 1 large handful of mint leaves, chopped
- 2 garlic cloves, chopped
- 1 ½ teaspoons ground cumin
- 1 ½ teaspoons ground coriander
- 1 teaspoon smoked paprika
- ½ long red chilli, deseeded and chopped
- 3 tablespoons lemon juice
- 125 ml (1/2 cup) olive oil
- sea salt and freshly ground
- black pepper

## INSTRUCTIONS

1. To make the chermoula, combine the herbs, garlic, spices, chilli and lemon juice in a food processor and process to a paste.
2. With the motor running, drizzle in the olive oil and process until smooth. Season with salt and pepper to taste.
3. Preheat the oven to 150°C (130°C fan-forced).
4. Rub the ribs with the fat and sprinkle with a generous amount of salt and pepper.
5. Heat a large flameproof casserole dish over medium-high heat.
6. Add the ribs in batches and seal on all sides for 4–5 minutes until browned.
7. Return all the ribs to the dish, cover with the lid and roast in the oven for 3 hours, or until the meat is tender and falling off the bone.
8. Cut the ribs into pieces, drizzle over the chermoula and serve.



# Lamb Chops With Anchovy Aioli Recipe

## INGREDIENTS      INSTRUCTIONS

- 4 x 180 g lamb forequarter chops
- sea salt and freshly ground black pepper
- 1 pinch of dried mint
- ½ teaspoon ground cumin
- 3 tablespoons coconut oil or good-quality animal fat

### ANCHOVY AIOLI

- 6 jarred salted anchovy fillets, rinsed and patted dry, finely chopped
- 1 tablespoon finely chopped dill fronds
- 1 tablespoon finely chopped flat-leaf parsley leaves
- 250 g (1 cup) Aioli (see recipe below)
- sea salt and freshly ground black pepper
- Place all the anchovy aioli ingredients in a bowl and mix to combine. Taste and season with more salt and pepper if needed.
- Season the lamb chops with salt and pepper and sprinkle over the dried mint and cumin.
- Heat the coconut oil or animal fat in a large frying pan over medium-high heat. Add the lamb and cook, turning occasionally, for 6–7 minutes for medium-rare (or cook to your liking). Transfer to a plate and allow to rest for 5 minutes, keeping warm.
- Serve the lamb chops with the anchovy aioli.

### AIOLI

- Makes 470 g
- 6 roasted garlic cloves
- 4 egg yolks
- 2 teaspoons Dijon mustard
- 2 teaspoons apple cider vinegar
- 1 ½ tablespoons lemon juice
- 420 ml (1 cups) olive oil
- sea salt and freshly ground black pepper

1. Combine the garlic, egg yolks, mustard, vinegar, lemon juice and olive oil in a glass jug.
2. Using a hand-held blender, blend, working the blade from the bottom of the jug slowly to the top, until thick and creamy.
3. Alternatively, place the garlic, egg yolks, mustard, vinegar and lemon juice in a food processor and process until combined.
4. With the motor running, slowly pour in the oil in a thin, steady stream and process until the aioli is thick and creamy.
5. Season with salt and pepper.
6. Store in an airtight container in the fridge for up to 5 days.



## INGREDIENTS

- Meatloaf Cordon Bleu:
- 2 pounds ground beef 85% lean
- ½ cup chopped mushrooms
- ½ cup parmesan cheese, shredded
- 1 small onion, chopped
- 2 large eggs beaten
- ½ teaspoon garlic powder
- 1 teaspoon fine grain sea salt
- 1 teaspoon pepper
- 4 ounces thinly sliced cooked ham
- 4 ounces provolone cheese, sliced
- Breading:
- ½ cup powdered Parmesan cheese (or more pork panko if dairy free)
- 1 large egg
- 1 cup pork panko or crushed pork rinds
- 4¼-inch-thick slices cold leftover keto meatloaf
- Duck fat spray



## INSTRUCTIONS

1. Preheat the oven to 350 degrees F (175 degrees C).
2. In a medium bowl, mix together the ground beef, Parmesan, mushrooms, eggs, and onion. Season with garlic powder, salt and pepper. Pat the meat mixture out onto a piece of waxed paper, and flatten to ½ inch thick.
3. Lay slices of ham onto the flattened meat, and top with slices of cheese. Pick up the edge of the waxed paper to roll the flattened meat up into a log. Remove waxed paper, seal the ends and seam, and place the loaf into a 9x5 inch loaf pan.
4. Bake for 1 hour and 15 minutes in the preheated oven, or until the loaf is no longer pink inside.

### Fried Meatloaf:

1. Preheat air fryer to 400 degrees F.
2. Set three wide, shallow dishes (such as pie plates) in a row on the counter. Put the powdered Parmesan in the first dish. Crack the egg into the second dish and beat it lightly with a fork. Put the pork panko or crushed pork rinds in the third dish.
3. Working with one slice at a time, dredge the meatloaf first in the powdered Parmesan and then in the egg, coating it on all sides and shaking gently after each dip to knock off the excess. Lay the meatloaf in the pork panko, scatter some crumbs on top of the slice, and press gently to adhere. Flip and repeat once or twice with the crumbs to coat really well; be sure to get the edges as well. As you finish each slice, set it on a tray.
4. Spray the coated slices of meatloaf with duck fat spray. Place slices into the air fryer 8 minutes, flipping with a spatula after 4 minutes or until slices are golden brown. Serve hot.



# Cream Of Chicken Soup

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## INGREDIENTS

- 12 ounces cooked chicken (raw chicken works, too, just use diced chicken)
- 8 ounces cream cheese
- 3 cups chicken broth
- $\frac{3}{4}$  Tbs garlic
- 1-2 tsp salt
- 2 tsp black pepper
- 1 whole egg

## INSTRUCTIONS

1. Toss all ingredients, minus the egg, into a slow cooker.
2. Let cook on low for 3+ hours.
3. Before serving, spoon about 2 cups of soup into a blender.
4. Turn the blender on and keep blending on high.
5. While the blender is running, blend in to egg. Do not stop blending or else the egg will scramble.
6. Add the blended soup back to the pot and stir.
7. The soup should be nice, thick and creamy.
8. Serve as is or with crushed pork rinds on top.



## INGREDIENTS

- 1 large serving
- 6-8 ounces cooked chicken, grilled or rotisserie taste best for this recipe
- 2-3 boiled eggs
- 4-6 pieces cooked bacon, chopped
- 2 ounces blue cheese (Any cheese will work, though)
- 1.5 ounces pork rinds
- 1-2 ounces your favorite salad dressing (Best with carnivore buttermilk ranch or blue cheese)



## INSTRUCTIONS

1. Layer chicken into your bowl. Layer with bacon next, then boiled eggs.
2. Top with crumbled blue cheese and crushed pork rinds.
3. Serve with dressing.

# Carnivore Breakfast Biscuits (Inspired By Great Depression Recipe)

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## INGREDIENTS

- 1 cupcake pan
- a dozen eggs
- enough chicken livers to place 1 in each cupcake round
- 1 cup shredded raw cheddar (optional)
- as many slices of your favorite cured meat (salami pictured) as will allow you to line each cupcake round with them
- 1/2 stick soft butter

## INSTRUCTIONS

1. First share your chicken livers on a grill top or in a skillet. Cook out all moisture thoroughly. I've found the crispier the better! Then set aside.
2. Grease each cupcake round with butter then line each with a slice of cured meat. You can use 2 if you feel like adding extra structure to the biscuits.
3. In a mixing bowl blend your dozen eggs until smooth. If you wish to include cheese add to your eggs until blended. Then pour into your cupcake rounds until 3/4 full.
4. Then place a cooked chicken liver in the center of each biscuit round. Pop in the oven at 350 degrees for 30 minutes until puffy and golden brown on top.



## INGREDIENTS

- 6-8 ounces cooked chicken, shredded or diced
- 18-20 ounces beef or chicken broth
- 2 tsp vinegar
- 1 tsp cumin
- 1 tsp chilli powder
- 1 tsp hot sauce (optional)
- 1 tsp garlic
- ½ tsp oregano
- ½ tsp salt



## INSTRUCTIONS

1. Combine all ingredients in a pot and let simmer for at least 20 minutes.
2. If you want to use raw chicken, dice it up and cook the same way, except let simmer for at least 30-40 minutes instead. You can even use bone in chicken for more flavor. If using bone in chicken, it will taste best if you let simmer for closer to an hour.
3. You can also throw this all in the slow cooker and let it go on low for the day, 4-8 hours. Feel free to top this off with shredded cheese, sour cream, salsa, or even pork rinds for crunch!

# Carnivore Diet Beef Bread

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## INGREDIENTS

- 8 ounces of ground beef
- 3 egg whites
- 5 eggs
- 2 ounces cream cheese
- 1/2 teaspoon of salt
- 2 ounces of butter



## INSTRUCTIONS

1. Preheat oven to 370.
2. Fully cook ground beef.
3. Add and blend cooked ground beef, 5 eggs, and cream cheese to a strong blender.
4. Blend until liquified.
5. Add the batter to the mixing bowl and slowly add and whisk in egg whites.
6. Add this batter to an oven-safe bread bowl.
7. Be sure to add a layer of butter to help prevent the batter from sticking.
8. Place in oven and bake for 40-50 minutes.
9. Use a toothpick to test if the bread is fully cooked.

Warning: Raw animal products like egg yolks can cause infections.

## INGREDIENTS

- 250g cream cheese
- 3 eggs
- 350g cooked fatty bacon
- 180g grated mozzarella cheese
- 1/3 cup parmesan cheese



## INSTRUCTIONS

1. Blend cream cheese with eggs, fine chop the bacon as small as possible.
2. Mix bacon into the cream cheese mixture then fold in the mozzarella and parmesan cheese.
3. Spread out flat on a baking sheet and bake at 200 degrees Celsius for 20 minutes.
4. Cut into squares, use as a carnivore pizza base or be creative!



# Mozarella-Stuffed Meatballs

## INGREDIENTS

- 2 pounds ground beef
- 1 tablespoon salt
- 8 ounces mozzarella cheese whole milk



## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. Mix the salt and meat in a bowl. If following the keto option, add those ingredients now.
3. Cut the cheese into 8 cubes.
4. Divide the meat into 8 4-ounce balls. Make a well in the center of each ball and insert the cheese. Press the meat around to cover the hole and smooth over any lumps.
5. Arrange meatballs in a 9×13-inch glass baking dish or large cookie sheet with the seam up.
6. Bake for 25 minutes until cooked. Cool slightly and serve warm.

# Carnivore Cake Recipe

## INGREDIENTS

- 4 large eggs, room temperature
- ½ cup sweetener, see note
- 1 teaspoon vanilla extract
- 1¼ cups whole milk, raw if possible
- 5 tablespoons butter, cubed



## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. Beat eggs on high in a large bowl for up to 5 minutes, until thickened.
3. Gradually add the sweetener, continue mixing until light and fluffy. Mix in vanilla.
4. In a small saucepan, heat milk and butter for about 2 minutes over medium heat, just until butter melts.
5. Slowly add to eggs, beat until combined.
6. Pour unit a greased 8×8-inch (20×20-cm) baking dish. Bake for 40 minutes until a toothpick inserted into the center comes out clean. Cool before serving.

# Carnivore Egg Pudding Recipe

## INGREDIENTS

- 5 soft-boiled eggs  
peeled
- 4 ounces half and half
- 1 tablespoon grass-fed  
butter, softened
- 2½ tablespoons  
sweetener see note
- 1 teaspoon vanilla  
extract
- 1 pinch salt



## INSTRUCTIONS

1. Add all ingredients to the bowl of a blender and blend until smooth. Taste and adjust sweetener, as needed.
2. Best if chilled in the fridge for 2 hours before serving.

### NOTES:

Strict Carnivore: omit sweetener and vanilla extract  
Keto Carnivore: use a keto sweetener  
Adding Carbs: substitute sweetener with raw honey  
Consider your priorities and goals; make the choice that is right for you. See the original post for more details.  
2½ tablespoons of sweetener are recommended to start. You may want to increase the amount up to 4 tablespoons.

# Carnivore Cheesecake Pudding

## INGREDIENTS

- 2 tablespoons grass-fed beef gelatin
- 1.5 cups sour cream
- 1 cup water

## INSTRUCTIONS

1. Put the sour cream in a wide dish and sprinkle the gelatin over the top. You want as much surface area as possible; the wider the dish, the better. Leave aside to “bloom” while it sits and thickens.
2. Bring the water to a simmer in a small saucepan on the stove over medium heat.
3. Remove the saucepan from heat and add the thickened cream. Mix well until gelatin is completely dissolved.
4. Pour into individual pudding cups like ramekins or one main serving dish.
5. Refrigerate for at least 2 hours or until completely set. Serve chilled.



### NOTES:

If you aren't a strict carnivore, try this with up to  $\frac{1}{4}$  cup erythritol or another sweetener of choice. Dissolve the sweetener in hot water at the end of step 2, then, continue with the recipe.

## INGREDIENTS

- 3 whole eggs
- 2 cups heavy cream
- 1 tablespoon vanilla extract

## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. Whisk all ingredients together in a large bowl until completely smooth.
3. Divide evenly between 4 2 or 3-inch ramekins and place them in an 8x8-inch baking dish.
4. Bring 2-3 cups of water to a boil in a small saucepan. Create a water bath by pouring boiling water into the baking dish. Continue until the water level is an inch high.
5. Bake for 30 minutes, check, and continue for 10 more minutes if needed. The top should be golden brown and firm. The under part will be wiggly still.
6. Remove from the oven. Let cool and set for 10 minutes, before serving warm or refrigerating until chilled. It will firm up as it sits.



### NOTES:

If you aren't a strict carnivore, try this with a dusting of ground cinnamon or nutmeg on top. Adding ½ teaspoon lemon extract to the cream and egg is delicious too!

If adding a keto sweetener, use up to ¼ cup erythritol.



# Slow Cooker Beef Bone Broth Recipe (Crock Pot Option)

## EQUIPMENT

- Slow Cooker
- Strainer
- Funnel
- Glass jars for storage

## INGREDIENTS

- 6 pounds beef bones
- 1 medium onion quartered
- 3 ribs celery chopped
- 2 medium carrots chopped
- 2 sprigs rosemary
- 1 clove garlic
- 1/4 cup raw apple cider vinegar  
lemon or lime juice

## INSTRUCTIONS

1. Preheat the oven to 350°F (177°C). Placing the bones in a roasting pan or baking dish. Roast for about 20 minutes, until golden brown.
2. Add all vegetables and herbs to the bowl of the slow cooker. Arrange bones on top of the vegetables. Cover all ingredients with water. Leave about 1-inch of space from the water line to the top of the slow cooker. Stir in the vinegar.
3. Cover with a lid. Cook on low for 18 to 24 hours.
4. Skim off any scum that rises to the top. Once cool enough to handle, strain the broth through a strainer and ladle into glass jars for storage. Bone broth keeps in the fridge for up to one week, best if used in 3-5 days. It will freeze well for up to 3 months.





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## TOOLS

- Cookie sheet
- Spatula

## INGREDIENTS

- Shredded cheese
- Sugar-free bacon or hot dogs
- Beef tallow

## INSTRUCTIONS

1. Coat cookie sheet with tallow or lard or duck fat.
2. Shred cheese.
3. Cook bacon until fully cooked and crispy.
4. Cut bacon into small pieces aka Bacon Bits.
5. Make small little circular piles of cheese on cookie sheet and top with the bacon bits.
6. Pre-heat oven to 370 and when ready place cookie sheet in oven and cook for around 8 minutes.
7. When fully cooked and crispy let cool and cut out chips if necessary.



## INGREDIENTS

- 2 tbsp butter
- 1 medium onion thinly sliced
- ½ cup dry white wine
- ¼ cup parsley chopped
- 6 sprigs thyme
- 4 whole black peppercorns
- 1 bay leaf
- 4 pounds fishbones with heads

## INSTRUCTIONS

1. Heat the butter in a stockpot. Sauté the onions for 5-7 minutes, until slightly translucent.
2. Add the white wine and all remaining ingredients. Submerge all contents with water by 2-inches.
3. Bring water to a simmer, then reduce it to a very light simmer. Cook over this heat for 30 minutes. Skim off any foam or scum that rises to the surface.
4. Strain the stock through a fine-mesh strainer or cheesecloth.
5. Best served or used immediately. It will keep well in the fridge for up to a week. Transfer to freezer-safe containers for long-term storage and save in the freezer for up to 3 months.



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## INGREDIENTS

- 8 hard-boiled eggs peeled
- 1 cup water
- ½ cup apple cider vinegar
- ¼ small onion sliced
- 2 tbsps pickling spices
- 1 tsp salt

## INSTRUCTIONS

1. Add the peeled hard-boiled eggs to a clean glass jar.
2. Bring the water, vinegar, onion, spices, and salt to a gentle boil for 5 minutes. Then remove from heat and cool slightly.
3. Pour liquid over the eggs and seal the jar.
4. Transfer to the refrigerator and leave to sit for at least 2 days until ready to eat. If you can, waiting 1 week is best.
5. Store in the fridge. Serve whole or sliced with meat or by themselves.
6. If you do not have pickling spices, use cloves of garlic, dried herbs and seeds instead. I use 1 tsp dried herb per liter of water/vinegar brine, which covers 8-10 hard boiled eggs.



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## INGREDIENTS

- 1.5 pounds of ground beef
- 1/4 pound of grass-fed beef liver (non carnivore option)
- 1 Tablespoon of Redmond Ancient Sea Salt
- Onion (optional)

## INSTRUCTIONS

1. Process beef liver in a food processor and hand mix with ground burger meat.
2. Sautee 1/4 to 1/2 onion in grass-fed butter
3. Mix in onion (optional) and salt and prep burgers for the grill!



## INGREDIENTS

- ½ pound chicken livers
- ½ cup butter or duck fat for dairy free
- 1 medium shallot minced
- 2 cloves garlic minced
- 1 tablespoon parsley minced
- ½ teaspoon salt
- ¼ teaspoon ground black pepper



## INSTRUCTIONS

1. Trim the chicken livers and remove any sinew. Kitchen scissors work well for this.
2. Melt a tablespoon of butter in a skillet over medium heat. Add garlic and shallots. Cook for 1-2 minutes until fragrant.
3. Add chicken liver to the pan. Pan-fry the first side until golden brown, flip them over for the second side, about 5-7 minutes total. Add parsley in the last minute of cooking.
4. Remove from heat and cool enough to add to a food processor. Add remaining butter and season with salt. Puree until smooth.
5. Pour into ramekin dishes or a container and chill for 4 hours or overnight to set.



## INGREDIENTS

- ½ pound chicken livers
- ½ cup butter or duck fat for dairy free
- 1 medium shallot minced
- 2 cloves garlic minced
- 1 tablespoon parsley minced
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

## INSTRUCTIONS

1. Sauté the onion in 2 tablespoons of cooking fat over medium heat. Cook for about 5 minutes, until transparent and soft. Stir occasionally to avoid burning. Add garlic and continue cooking for another 2 minutes or so until garlic is fragrant and golden in color.
2. Slice the liver into thin strips. Push the onion and garlic over to the side of the pan and arrange the liver in a single layer. Sear it for 30 seconds to 1 minute on each side.
3. Remove from heat and let cool.
4. Transfer liver, onion, and garlic sauté to the bowl of a food processor. Add the vinegar, rosemary, thyme, salt, and pepper. Add 1/2 cup of fat.
5. Pulse to chop liver. Blend to combine. Add the remaining fat. Continue blending until smooth.
6. Put into an airtight container and chill in the fridge for 4 hours or overnight.



### NOTES:

Liver pate can be served right away, however, it's best to let it chill in the refrigerator for at least 4 hours before serving. If you can make it the day before so it chills overnight and all the flavors can meld together.

For strict carnivore omit the onion, garlic, rosemary, thyme, and black pepper. ACV is usually ok for most people. Omit if needed.



# Fried Cabbage And Sausage Skillet

## INGREDIENTS

- 1 small green cabbage
- 2 tablespoons coconut oil, butter, or tallow
- 1 pound chicken sausage
- 1 teaspoon salt
- 4 cloves garlic minced
- 1 tablespoon rosemary leaf



## INSTRUCTIONS

1. Finely chop the cabbage and add to the coconut oil over medium heat in a skillet. Keep the cabbage in one layer and cook for 7 minutes.
2. Toss the cabbage, stir it around well and continue to cook for another 7 minutes.
3. Slice open the sausage, break it apart with your fingers and add it to the skillet. Add the salt, garlic and rosemary. Continue to cook over medium heat until the sausage is golden and crispy. The cabbage should be very soft. I like it best when it is slightly golden and the sausage is crispy.

Serve warm.

# Keto Peppermint Cream Cheese Cookies

## INGREDIENTS

- 8 oz cream cheese softened
- 1/2 cup butter room temperature
- 1 1/4 cup Swerve granular
- 1/2 tsp xanthan gum
- 2 eggs
- 1 tsp vanilla extract
- 1/2 tsp peppermint extract
- 2 1/2 cups almond flour
- 2 tsp baking powder
- 1/4 tsp sea salt
- Red and green food coloring

## INSTRUCTIONS

1. Preheat oven to 350 F degrees.
2. Line 2 baking sheets with parchment paper or use silicone mats.
3. In medium sized bowl, beat cream cheese and butter together until smooth and fluffy.
4. Add Swerve and beat until fully incorporated.
5. Add eggs and extracts and mix.
6. In a separate medium-sized bowl, whisk together the flour, baking powder, xanthan gum, and salt.
7. Add dry ingredients to the wet mixture and stir just until combined.
8. Separate the dough into three small bowls.
9. Add red food coloring to the mixture in one bowl. Green into another and leave one bowl without any coloring.
10. Refrigerate for 60 minutes. If dough is still hard to work with, chill longer.
11. To create marbled cookie, scoop about 1 tsp of each color dough into your hands and GENTLY roll together between the palms of your hands, forming a ball. Do not over mix or colors will blob together and make a yucky looking hue. Think brown instead of pretty red and green. ☺
12. Place marbled dough ball on prepared baking sheets and chill for 30 minutes in the refrigerator. You can flatten them a bit before refrigerating if you want more of a cookie look or leave in a ball, so they're a bit thicker and more cake-like. They will spread a little, so don't put them too close together. Dough tends to warm up after handling it, so refrigerating helps some with the spreading.
13. Bake 18-20 minutes. Cookies should be light in color and will seem a bit under-cooked, but do not over bake.
14. Cool cookies on the baking sheet for about 15 minutes, then transfer to a wire rack to finish cooling. Cookies will firm up yet remain soft and a bit cake-like.
15. Store in a tightly sealed container for up to two weeks, or in the freezer for up to 3 months.



# How To Make A Keto Omelette (The Easy Way!)

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## INGREDIENTS

- Eggs
- Fresh herbs
- Precooked vegetables
- Precooked meat

## INSTRUCTIONS

1. HEAT a generous amount of fat in a skillet
2. BEAT the eggs
3. COOK the omelette 1-2 minutes
4. FOLD the omelette



## INGREDIENTS

### Meatballs

- 1 lb ground beef, ground pork or both
- 1 egg
- 1 tsp garlic
- 1 tsp salt
- 1 oz crushed parmesan crisps or shredded parmesan
- ½ tsp black pepper
- 2 tbs dried parsley
- 1 tsp onion powder

### Soup

- 6-8 cups chicken broth
- 2 eggs
- 2 tbs shredded parmesan

## INSTRUCTIONS

1. Combine all meatball ingredients.
2. Divide meat and roll into 16 meatballs. Set aside.
3. Whisk 2 eggs and 2 Tbs parmesan.
4. Heat up broth to a simmering boil.
5. Drop in meatballs and cook about 8 minutes, or until they are just cooked.
6. Stir in whisked egg and parmesan mixture, while continuously stirring to make into threaded noodles.



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## INGREDIENTS

- 1-2 servings
- 3 whole eggs
- 1/4 cup water
- 1 tsp gelatin

## INSTRUCTIONS

1. Blend all ingredients in a blender.
2. Cook batter in a lightly greased non-stick pan the same way you would cook a crepe. Keep cooking noodle crepes until all batter is used.
3. Let cool and slice into desired size.
4. Noodles are good for about 1 week in the fridge or at least 6 months in the freezer in an airtight container or bag.

\*When reheating, you can either saute in a pan with butter and seasonings, cook it into your sauce, or boil it for about 1 minute. Recipe can easily be doubled.



## INGREDIENTS

- 3 eggs, separated
- $\frac{1}{8}$  tsp cream of tartar (optional)
- $\frac{1}{4}$  tsp garlic powder
- 3 Tbs cream cheese, sour cream, or thick yogurt
- Pinch of salt

## INSTRUCTIONS

1. Preheat oven to 300 degrees. Line a sheet pan with parchment paper.  
Do not miss this step!
2. Whisk the egg yolks with your dairy of choice, salt and garlic powder.
3. Whip egg whites with cream of tartar, if using, until stiff.
4. Carefully fold in the egg yolk mixture into the whites, only adding in a little bit of the yolk mixture at a time until it is all used up.
5. Spoon the mixture onto the parchment lined sheet pan into 6 rounds.  
Do not flatten! Leave them fluffy and thick looking because they will shrink once cooled down.
6. Bake for 25-30 minutes or until the egg is cooked all the way through.  
You do not want the rounds to look liquidy in the middle.
7. Let the rounds cool for at least 1 hour to improve the texture. They are even better if you can wait 4 hours.
8. Store in an airtight container in the fridge if not consuming that same day.





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## INGREDIENTS

- Chicken skin from 1-2 whole chickens or 1 pound chicken skins from your butcher, if you're lucky like that
- Salt or your favorite seasoning blend

## INSTRUCTIONS

1. Preheat oven to 325 degrees.
2. Season chicken skins with your seasoning of choice.
3. Place skins on a parchment lined sheet pan. They can be touching because they will shrink a lot during the cooking process.
4. Bake for 20-22 mins. Flip skins over and bake another 20-22 mins.
5. Let cool before eating.

\*If you want really flat chips, lay another parchment sheet over the skins and then lay another sheet pan on top of that parchment paper. Cooking times will vary for this method, so I suggest checking them 5 minutes sooner.

