

CARNIVORESTYLE



THE CARNIVORE'S COOKBOOK:

DELICIOUS MEAT RECIPES FOR EVERY OCCASION



Hey there!

Thank you for signing up for our Newsletter!

My name is Timothy Woods, and I am the founder of [Carnivore Style](#), a website that celebrates all things meat.

Growing up, I spent much time in the kitchen with my mom, learning about delicious and healthy food. I have always had a special love for steak, and I believe a good meat cut is the perfect conversation starter.

I discovered the benefits of the all-meat diet and decided to start Carnivore Style to share my journey and pay it forward. On our website, you will find a wealth of interesting facts, expert reviews, and inspiring success stories from fellow meat lovers. We believe that living a healthy life doesn't have to come with guilt and our goal is to guide you on your carnivore journey.

So, if you need help finding recipes that fit your carnivore diet, here's the cookbook guide for every occasion. So grab a juicy steak, and let's dive in together!

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CARNIVORESTYLE

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Welcome to the Carnivore's Cookbook, your guide to tasty and healthy meat-based meals. Here, you'll find different recipes for meat, fish, and other animal-based foods that are all meant to help you reach your health and fitness goals.

The carnivore diet is a strict way of eating that focuses on foods from animals, like meats and fish, and cuts out all other foods. But different variations of this diet may allow different foods or have different rules about what you can eat.

For example, a **strict carnivore diet** might only let you eat meat, poultry, and fish, while a standard carnivore diet might let you eat yogurt, butter, and cheese because they are high-fat dairy.

In the same way, a **modified carnivore diet** might include foods like avocado, tea, coffee and non-starchy veggies like celery, lettuce, and cucumbers.

And the **ketogenic carnivore diet** allows slightly more plant foods that are also keto diet approved, including certain nuts, seeds, and non-starchy vegetables.

Multiple health advantages of the carnivore diet have been shown, including weight loss, increased mental clarity, and improved insulin and blood sugar regulation. This cookbook is full of ideas and inspiration for tasty, satisfying meals that keep you on track. So, put on your apron, turn on the grill, and let's get cooking!

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BREAKFAST

RECIPE 1: Steak And Eggs

INGREDIENTS:

- ▶ 1 small sirloin steak (about 6-8 oz)
- ▶ Salt and pepper, to taste
- ▶ 1 tbsp butter or oil
- ▶ 2 eggs

INSTRUCTIONS:

- 1.** Take the steak out of the refrigerator and let it sit at room temperature for about 30 minutes before cooking.
- 2.** Season the steak generously with salt and pepper on both sides.
- 3.** Heat a skillet or grill pan over high heat. Once hot, add butter or oil to the skillet.
- 4.** Place the steak in the skillet and cook for 2-3 minutes per side for medium-rare or longer if you prefer it more well done.
- 5.** Remove the steak from the skillet and let it rest for a few minutes while you cook the eggs.
- 6.** Reduce the heat to medium and add more butter or oil to the skillet if needed. Crack the eggs into the skillet and cook until the whites are set, and the yolks are cooked to your liking.
- 7.** Slice the steak against the grain and serve with the eggs.

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BREAKFAST

RECIPE 2: Breakfast Frittata

INGREDIENTS:

- ▶ 8 eggs
- ▶ 1/4 cup heavy cream
- ▶ Salt and pepper, to taste
- ▶ 1/4 cup diced bacon
- ▶ 1/4 cup diced onion
- ▶ 1/4 cup diced bell pepper
- ▶ 1/4 cup diced mushrooms
- ▶ 1/4 cup shredded cheese (optional)

INSTRUCTIONS:

1. Preheat the oven to 350°F (175°C).
2. Whisk together the eggs, cream, salt, and pepper in a mixing bowl.
3. In a skillet, cook the diced bacon over medium heat until crispy. Remove the bacon and set it aside.
4. Add the diced onion, bell pepper, and mushrooms in the same skillet. Cook until the vegetables are tender.
5. Add the cooked vegetables and bacon to the egg mixture and stir to combine.
6. Pour the mixture into a greased 9-inch (23cm) baking dish.
7. Sprinkle shredded cheese on top of the mixture, if desired.
8. Bake for 20–25 minutes or until the frittata is set and golden brown on top.
9. Let cool for a few minutes before slicing and serving.



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BREAKFAST

RECIPE 3: Omelet With Meat And Cheese



INGREDIENTS:

- ▶ 4 eggs
- ▶ 1/4 cup milk
- ▶ Salt and pepper, to taste
- ▶ 1/4 cup diced bacon, ham or sausage
- ▶ 1/4 cup shredded cheese (cheddar, gouda, or Swiss)
- ▶ 1 tbsp butter or oil

INSTRUCTIONS:

- 1.** In a small mixing bowl, beat the eggs, milk, salt, and pepper until well combined.
- 2.** Heat a skillet over medium heat and add the butter or oil.
- 3.** Once the butter or oil is hot, add the diced meat and cook until it is crispy.
- 4.** Pour the egg mixture into the skillet with the meat, and let it cook for about 2 minutes or until the bottom is set.
- 5.** Use a spatula to lift the edges of the omelet, allowing any uncooked egg to flow to the bottom of the skillet.
- 6.** Once the top of the omelet is mainly set, sprinkle shredded cheese over one-half of the omelet.
- 7.** Carefully fold the other half of the omelet over the cheese, and cook for another minute or until the cheese is melted and cooked.
- 8.** Slide the omelet onto a plate and serve immediately.

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BREAKFAST

RECIPE 4: Carnivore Breakfast Bowl



INGREDIENTS:

- ▶ 4 slices of bacon, diced
- ▶ 4 breakfast sausages, diced
- ▶ 4 ham, diced
- ▶ 4 eggs scrambled
- ▶ 1/4 cup diced onions
- ▶ Salt and pepper, to taste
- ▶ 1/4 cup shredded cheddar cheese

INSTRUCTIONS:

- 1.** In a large skillet over medium heat, cook the bacon, sausages, and ham until crispy. Drain on a paper towel.
- 2.** In the same skillet, add onions. Season with a pinch of salt and pepper. Cook the onions until they are translucent.
- 3.** In a separate skillet, scramble the eggs with a pinch of salt and pepper.
- 4.** Mix the bacon, sausages, ham, and scrambled eggs in a large bowl.
- 5.** Top with shredded cheese and serve.

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BREAKFAST

RECIPE 5: Breakfast Meat and Egg Muffins



INGREDIENTS:

- ▶ 8 ounces of ground pork or sausage
- ▶ 8 eggs
- ▶ Salt and pepper to taste
- ▶ Optional: shredded cheese, diced bell peppers, diced onions, diced mushrooms

INSTRUCTIONS:

- 1.** Preheat the oven to 350°F (175°C). Grease a muffin tin with cooking spray.
- 2.** In a skillet, cook the ground pork or sausage over medium heat until fully cooked.
- 3.** In a large mixing bowl, beat the eggs and add the cooked meat, salt, pepper, and any desired vegetables or cheese. Mix well.
- 4.** Pour the mixture into the muffin tin, filling each cup about 3/4 of the way.
- 5.** Bake for 15-20 minutes or until the eggs are set and slightly golden on top.
- 6.** Let them cool for a couple of minutes, and take them out from the muffin tin.

You can enjoy these meat and egg muffins as it is or with sour cream, guacamole, or any other desired toppings.

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LUNCH

RECIPE 1: Grilled Steak with Garlic Butter

INGREDIENTS:

- ▶ 8 ounces of ground pork or sausage
- ▶ 8 eggs
- ▶ Salt and pepper to taste
- ▶ Optional: shredded cheese, diced bell peppers, diced onions, diced mushrooms

INSTRUCTIONS:

- 1.** Preheat the oven to 350°F (175°C). Grease a muffin tin with cooking spray.
- 2.** In a skillet, cook the ground pork or sausage over medium heat until fully cooked.
- 3.** In a large mixing bowl, beat the eggs and add the cooked meat, salt, pepper, and any desired vegetables or cheese. Mix well.
- 4.** Pour the mixture into the muffin tin, filling each cup about 3/4 of the way.
- 5.** Bake for 15-20 minutes or until the eggs are set and slightly golden on top.
- 6.** Let them cool for a couple of minutes, and take them out from the muffin tin.



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LUNCH

RECIPE 2: Beef and Mushroom Stew



INGREDIENTS:

- ▶ 1 pound of beef stew meat
- ▶ 8 oz sliced mushrooms
- ▶ 1 onion, diced
- ▶ 2 cloves of garlic, minced
- ▶ 2 cups of beef broth
- ▶ Salt and pepper to taste

INSTRUCTIONS:

- 1.** In a large pot or Dutch oven, brown the beef stew meat over high heat. Remove from the pot and set aside.
- 2.** Add sliced mushrooms, diced onion, and minced garlic to the same pot. Cook for a few minutes or until the mushrooms are browned, and the onion is translucent.
- 3.** Return the beef stew meat to the pot, and pour in the broth. Bring to a boil, then reduce heat to low and let simmer for 1-2 hours or until the beef is tender.
- 4.** Season the stew with salt and pepper to taste.
- 5.** Serve and enjoy.

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LUNCH

RECIPE 3: Beef Stir-Fry



INGREDIENTS:

- ▶ 1 lb beef (sirloin, flank, or skirt steak), thinly sliced
- ▶ Salt and pepper, to taste
- ▶ 2 tablespoons of vegetable oil
- ▶ 1 onion, sliced
- ▶ 2 cloves of garlic, minced
- ▶ 1 cup of sliced mushrooms
- ▶ 1 cup of sliced bell peppers

INSTRUCTIONS:

1. Season the beef with salt and pepper.
2. Heat a large skillet or wok over high heat. Add the vegetable oil.
3. Add the beef to the skillet and stir-fry for 2-3 minutes or until browned.
4. Remove the beef from the skillet and set aside.
5. Add the onion, garlic, mushrooms, and bell peppers to the same skillet. Stir-fry for 2-3 minutes or until the vegetables are tender.
6. Return the beef to the skillet and stir to combine.
7. Serve and enjoy.

CARNIVORESTYLE LUNCH

RECIPE 4: Grilled Chicken Salad

INGREDIENTS:

For the chicken:

- ▶ 2 boneless, skinless chicken breasts
- ▶ 8 eggs
- ▶ 2 cloves of garlic, minced
- ▶ 1 tsp dried basil
- ▶ 1 tsp dried oregano
- ▶ Salt and pepper, to taste

For the dressing:

- ▶ 1/2 cup mayonnaise
- ▶ 1/4 cup grated Parmesan cheese
- ▶ 2 cloves of garlic, minced
- ▶ 2 tbsp lemon juice
- ▶ 1 tsp Dijon mustard
- ▶ Salt and pepper, to taste

For the salad:

- ▶ 8 cups of Romaine lettuce, washed and dried
- ▶ Parmesan cheese, for garnish



INSTRUCTIONS:

1. Preheat the grill or grill pan to medium-high heat.
2. Mix the olive oil, minced garlic, dried basil, dried oregano, salt, and pepper in a small bowl.
3. Brush the mixture onto the chicken breasts and grill for 4-5 minutes per side or until cooked.
4. Remove the chicken from the grill and rest for 5 minutes before slicing.
5. Whisk together the mayonnaise, grated Parmesan cheese, minced garlic, lemon juice, Dijon mustard, salt, and pepper in a small bowl.
6. In a large bowl, toss the Romaine lettuce with the Caesar dressing.
7. Divide the salad among four plates, and top with sliced grilled chicken, and extra grated Parmesan cheese.
8. Serve immediately and enjoy!

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LUNCH

RECIPE 5: Bacon-Wrapped Pork

INGREDIENTS:

- ▶ 1 lb Pork Tenderloin
- ▶ Salt and pepper to taste
- ▶ 8 slices of bacon

INSTRUCTIONS:

1. Preheat the oven to 375 degrees F (190 degrees C).
2. Season the pork tenderloin with salt and pepper
3. Wrap the bacon slices around the pork tenderloin, securing it with toothpicks if needed.
4. Place the pork tenderloin in a baking dish and bake in the preheated oven for 30-40 minutes or until the internal temperature reaches 145 degrees F (63 degrees C).
5. Let it rest for a few minutes before serving.



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SNACKS

RECIPE 1: Carnivore Meat and Cheese



INGREDIENTS:

- ▶ 4 slices of deli meat (such as ham, turkey, or roast beef)
- ▶ 4 slices of cheese (cheddar or Swiss work well)
- ▶ Optional: lettuce, tomato, mustard, mayo, pickles



INSTRUCTIONS:

1. Lay out the deli meat slices on a clean surface.
2. Place a slice of cheese on top of each deli meat slice.
3. If desired, add lettuce, tomato, mustard, mayo, or pickles to the deli meat and cheese.
4. Roll up the deli meat and cheese tightly, starting from the shorter end.
5. Cut each roll-up into bite-sized pieces.

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SNACKS

RECIPE 2: Prosciutto-Wrapped Asparagus

INGREDIENTS:

- ▶ 1 bunch of asparagus
- ▶ 8-10 slices of prosciutto
- ▶ Salt and pepper
- ▶ Olive oil

INSTRUCTIONS:

1. Preheat the oven to 400°F.
2. Cut off the tough bottom ends of the asparagus.
3. Season the asparagus with salt and pepper.
4. Wrap each spear with a slice of prosciutto.
5. Place wrapped asparagus on a baking sheet and drizzle with olive oil.
6. Bake for about 10 minutes or until the prosciutto is crispy and the asparagus is tender.
7. Serve immediately and enjoy!

Note: You can grill the wrapped asparagus for about 8 minutes over medium-high heat, occasionally turning, until the prosciutto is crispy and the asparagus is tender.



SNACKS

RECIPE 3: Deviled Eggs

INGREDIENTS:

- ▶ 6 eggs
- ▶ 2 tablespoons of mayonnaise
- ▶ 2 teaspoons of Dijon mustard
- ▶ 1/4 teaspoon of paprika
- ▶ Salt and pepper to taste

Note: You can also add some chopped bacon or chives for extra flavor.

INSTRUCTIONS:

- 1.** Place the eggs in a saucepan and cover with cold water.
- 2.** Bring the water to a boil, reduce the heat to low, and simmer the eggs for 10-12 minutes.
- 3.** Remove the eggs from the heat and immediately place them in a bowl of ice water to cool.
- 4.** Once the eggs are cooled, gently tap them on the counter to crack the shells, then peel off the shells.
- 5.** Slice the eggs in half lengthwise.
- 6.** Remove the yolks and place them in a small mixing bowl.
- 7.** Mash the yolks with 2 tablespoons of mayonnaise, 2 teaspoons of Dijon mustard, 1/4 teaspoon paprika, and a pinch of salt and pepper.
- 8.** Mix everything until well combined.
- 9.** Pipe or spoon the yolk mixture back into the egg whites.
- 10.** Garnish with extra paprika or chopped chives if desired.
- 11.** Serve immediately and enjoy!



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SNACKS

RECIPE 4: Bacon-Wrapped Jalapeno Poppers

INGREDIENTS:

- ▶ 12 jalapeno peppers
- ▶ 8 ounces of cream cheese, at room temperature
- ▶ 1 cup shredded cheddar cheese
- ▶ 8 slices of bacon, cut in half

INSTRUCTIONS:

1. Preheat the oven to 425°F.
2. Cut the jalapeno peppers in half lengthwise and remove the seeds and ribs.
3. In a small bowl, mix the cream cheese and cheddar cheese.
4. Stuff each jalapeno pepper half with the cheese mixture.
5. Wrap each stuffed pepper half with a half slice of bacon, securing it with toothpicks if needed.
6. Place the peppers on a baking sheet and bake for 20-25 minutes or until the bacon is crispy.
7. Serve immediately and enjoy!



Note: You can also grill these poppers if you prefer. Thread them on skewers and grill them over medium-high heat for about 8-10 minutes, turning occasionally, or until the bacon is crispy.

Another option would be to make meat and cheese roll-ups using thinly sliced deli meat like salami, ham, or prosciutto and cheese like cheddar or provolone. Roll the meat and cheese together and enjoy.

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SNACKS

RECIPE 5: Tuna Salad Lettuce Wraps

INGREDIENTS:

- ▶ 2 cans of tuna, drained
- ▶ 1/4 cup mayonnaise
- ▶ 1 tablespoon dijon mustard
- ▶ 1 tablespoon lemon juice
- ▶ 1/4 cup diced celery
- ▶ 1/4 cup diced red onion
- ▶ Salt and pepper, to taste
- ▶ Lettuce leaves (such as romaine or butter lettuce) for wrapping

INSTRUCTIONS:

- 1.** In a medium-sized bowl, combine the tuna, mayonnaise, dijon mustard, lemon juice, celery, and red onion.
- 2.** Season with salt and pepper to taste. over medium heat until fully cooked.
- 3.** Mix everything until well combined.
- 4.** Lay out the lettuce leaves on a plate.
- 5.** Use a spoon or a small cookie scoop to place a heaping tablespoon of the tuna salad on each lettuce leaf.
- 6.** Fold the lettuce leaf around the tuna salad, forming a wrap. d take them out from the muffin tin.
- 7.** Serve immediately and enjoy!



TIPS:

- ▶ These wraps can also be served with additional toppings such as avocado or bacon for added flavor and texture.
- ▶ You can also add chopped pickles, olives, or capers for tanginess and a different taste.
- ▶ Make sure to use fresh and crisp lettuce leaves for the best experience.

Enjoy your delicious Tuna Salad Lettuce Wraps!

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DINNER

RECIPE 1: Lemon Garlic Pork Chops



INGREDIENTS:

- ▶ 4 bone-in pork chops
- ▶ Salt and pepper, to taste
- ▶ 2 tbsp olive oil
- ▶ 2 cloves of garlic, minced
- ▶ 1/4 cup chicken broth
- ▶ 2 tbsp lemon juice
- ▶ 1 tsp dried oregano
- ▶ 1 tsp dried thyme
- ▶ 1 tbsp butter

INSTRUCTIONS:

- 1.** Season the pork chops with salt and pepper on both sides.
- 2.** Heat a large skillet over medium-high heat and add the olive oil.
- 3.** Add the pork chops to the skillet and cook for 3-4 minutes per side or until browned on both sides. Remove the pork chops from the skillet and set them aside.
- 4.** In the same skillet, add the minced garlic and cook until fragrant, about 1 minute.
- 5.** Stir in the chicken broth, lemon juice, oregano, and thyme. Bring the mixture to a simmer.
- 6.** Add the pork chops back to the skillet, spooning the sauce over the top.
- 7.** Reduce the heat to low, cover the skillet and simmer for 10-12 minutes or until the pork is cooked through.
- 8.** Remove the pork chops from the skillet and keep warm.
- 9.** Add butter to the skillet, let it melt, and cook for 1 minute.
- 10.** Serve the pork chops with the sauce spooned over the top. Enjoy!

CARNIVORESTYLE

DINNER

RECIPE 2: Pork Tenderloin With Maple-Mustard

INGREDIENTS:

- ▶ 1 pork tenderloin (about 1 lb)
- ▶ Salt and pepper, to taste
- ▶ 2 tbsp olive oil
- ▶ 1/4 cup maple syrup
- ▶ 2 tbsp Dijon mustard
- ▶ 1 tsp dried thyme
- ▶ 1 tbsp butter

INSTRUCTIONS:

1. Season the pork tenderloin with salt and pepper on all sides.
2. Heat a large skillet over medium-high heat and add the olive oil.
3. Add the pork tenderloin to the skillet and cook for 3-4 minutes per side or until browned on all sides.
4. Mix the maple syrup, Dijon mustard, and thyme in a small bowl.
5. Brush the glaze over the pork tenderloin, reserving some for later.
6. Reduce the heat to medium-low, cover the skillet and let it simmer for 15-20 minutes, or until the pork is cooked through and an internal temperature of 145°F is reached.
7. Remove the pork from the skillet and keep it warm.
8. Add butter to the skillet, let it melt, and cook for 1-2 minutes. Add the remaining glaze to the skillet and stir until combined.
9. Slice the pork and serve with the glaze spooned over the top. Enjoy!



CARNIVORESTYLE

DINNER

RECIPE 3: Beef and Bacon Skewers



INSTRUCTIONS:

1. Preheat the grill to medium-high heat.
2. Season the beef cubes with salt and pepper.
3. Thread the beef cubes, bacon, onion, and bell peppers onto skewers, alternating between the ingredients.
4. Mix the minced garlic, olive oil, oregano, and thyme in a small bowl to make a marinade.
5. Brush the skewers generously with the marinade.
6. Grill the skewers for about 8-10 minutes, turning occasionally, or until the beef is cooked to your liking.
7. Serve and enjoy!

Note: You can also bake these skewers in the oven at 400 degrees F for 10-12 minutes, turning occasionally.

INGREDIENTS:

- ▶ 1 pound beef (sirloin, flank, or skirt steak) cut into 1-inch cubes
- ▶ 8 slices of bacon, cut in half
- ▶ Salt and pepper, to taste
- ▶ 1 onion, cut into wedges
- ▶ 2 bell peppers, cut into chunks
- ▶ 2 cloves of garlic, minced
- ▶ 2 tablespoons olive oil
- ▶ 1 teaspoon dried oregano
- ▶ 1 teaspoon dried thyme
- ▶ Skewers (if using wooden skewers, soak them in water for at least 30 minutes before using)

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DINNER

RECIPE 4: Steak and Mushroom Cream

INSTRUCTIONS:

1. Season the steaks with salt and pepper.
2. Heat a large skillet over high heat and add the olive oil.
3. Once the oil is hot, add the steaks and cook for about 3-4 minutes per side for medium rare, or longer if you prefer them more well done.
4. Remove the steaks from the skillet and let them rest for a few minutes.
5. Add the mushrooms, onions, and garlic to the skillet and cook for about 2-3 minutes or until softened.
6. Add the heavy cream, beef broth, Dijon mustard and thyme and stir to combine.
7. Bring the sauce to a simmer and cook for about 3-4 minutes or until it thickens.
8. Return the steaks to the skillet, spoon the sauce over the steaks and cook for 1-2 minutes.
9. Garnish with chopped parsley if desired, and serve. Enjoy!

Note: You can add more vegetables like bell peppers and zucchini to the skillet for nutrition and taste.

INGREDIENTS:

- ▶ 2 8-ounce ribeye steaks
- ▶ Salt and pepper, to taste
- ▶ 1 tablespoon olive oil
- ▶ 1/2 cup sliced mushrooms
- ▶ 1/4 cup diced onions
- ▶ 2 cloves of garlic, minced
- ▶ 1/4 cup heavy cream
- ▶ 1/4 cup beef broth
- ▶ 1 tablespoon Dijon mustard
- ▶ 1 tablespoon chopped fresh thyme
- ▶ 1 tablespoon chopped fresh parsley (optional)



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DINNER

RECIPE 5: Baked Salmon With A Lemon And Herb Butter

INGREDIENTS:

- ▶ 4 (6 oz) salmon filets
- ▶ Salt and pepper, to taste
- ▶ 2 cloves of garlic, minced
- ▶ 2 tbsp butter, at room temperature
- ▶ 2 tbsp chopped fresh parsley
- ▶ 1 tbsp chopped fresh dill
- ▶ 1 tbsp lemon zest
- ▶ 1 tbsp lemon juice
- ▶ 1 tsp olive oil
- ▶ Lemon wedges, for garnish

INSTRUCTIONS:

1. Preheat the oven to 400°F (200°C).
2. Season the salmon filets with salt and pepper.
3. Mix the butter, minced garlic, chopped parsley, chopped dill, lemon zest, and lemon juice in a small bowl.
4. Place the salmon filets on a baking sheet lined with parchment paper or a silicone mat.
5. Spread the butter mixture over the top of each filet.
6. Drizzle the fillets with olive oil.
7. Bake the salmon for 12-15 minutes or until the fish is cooked through and flaky.
8. Serve the baked salmon with lemon wedges and enjoy!



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DESSERT

RECIPE 1: Berry And Cream Cheese Stuffed Pork Belly

INGREDIENTS:

- ▶ 1 pound pork belly, cut into bite-sized pieces
- ▶ 8 oz cream cheese, softened
- ▶ 1/4 cup berries (strawberries, blueberries, raspberries, etc.), mashed
- ▶ Salt and pepper, to taste
- ▶ Skewers (if desired)

INSTRUCTIONS:

1. Preheat your oven to 375 degrees F (190 degrees C).
2. In a small mixing bowl, combine the cream cheese and mashed berries.
3. Season the pork belly pieces with salt and pepper.
4. Fill the pork belly pieces with the cream cheese and berry mixture using a small spoon or a pastry bag.
5. Skewer the pork belly pieces (if desired)
6. Place the skewers on a baking sheet and bake for 20-25 minutes, or until the pork is cooked and the cream cheese is heated.
7. Remove from the oven and let cool for a few minutes before serving.

Note: Pork belly can be cooked in many different ways. You can also grill or pan-fry them and adjust the cooking time accordingly.



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DESSERT

RECIPE 2: Beef Bone Broth Panna Cotta



INGREDIENTS:

- ▶ 2 cups beef bone broth
- ▶ 1/4 cup grass-fed gelatin powder
- ▶ 1/4 cup honey
- ▶ 1 tsp vanilla extract
- ▶ 1/4 tsp sea salt
- ▶ Optional toppings: berries, chopped nuts, chocolate shavings, etc.

INSTRUCTIONS:

1. Preheat your oven to 375 degrees F (190 degrees C).
2. In a small bowl, whisk together the gelatin powder, honey, vanilla extract, and salt until well combined.
3. Slowly pour the gelatin mixture into the saucepan with the broth, constantly whisking, until the mixture is well combined and the gelatin has fully dissolved.
4. Remove the saucepan from the heat and let it cool for a few minutes.
5. Pour the mixture into ramekins or small cups and refrigerate for at least 2 hours or until the panna cotta has set.
6. Once set, remove them from the ramekins and serve them topped with your desired toppings.

Note: You can use any bone broth. Chicken or lamb broth will work too, and you can add more or less honey based on your preference.

CARNIVORESTYLE DESSERT

RECIPE 3: Lamb Skewers With Mint Yogurt

INGREDIENTS:

For the mint yogurt dip:

- ▶ 1 cup plain Greek yogurt
- ▶ 1/4 cup fresh mint leaves, chopped
- ▶ 1 clove of garlic, minced
- ▶ 1 tbsp lemon juice
- ▶ Salt and pepper, to taste

For the skewers:

- ▶ 1 pound lamb leg or shoulder, cut into bite-sized pieces
- ▶ 2 cloves of garlic, minced
- ▶ 2 tbsp olive oil
- ▶ 1 tsp cumin powder
- ▶ 1 tsp smoked paprika
- ▶ Salt and pepper, to taste

INSTRUCTIONS:

1. Mix the olive oil, garlic, cumin powder, smoked paprika, salt, and pepper in a small bowl.
2. Add the lamb pieces to the marinade and toss to coat. Cover and refrigerate for at least 2 hours or overnight.
3. Preheat your grill or grill pan to medium-high heat.
4. Thread the lamb pieces onto skewers.
5. Grill the skewers for about 3-4 minutes per side or until the lamb is cooked to your liking.
6. While the skewers are grilling, prepare the mint yogurt dip. Mix the yogurt, mint leaves, garlic, lemon juice, salt, and pepper in a small bowl.
7. Serve the lamb skewers with the mint yogurt dip on the side.



Note: You can also use a pan to cook the skewers if you don't have a grill.

CARNIVORESTYLE

DESSERT

RECIPE 4: Chocolate Covered Beef Jerky



INSTRUCTIONS:

- 1.** Line a baking sheet with parchment paper or a silicone mat.
- 2.** Melt the chocolate chips or chunks in a microwave-safe bowl or a double boiler. If the chocolate is too thick, add a teaspoon of coconut oil to help thin it out.
- 3.** Dip the beef jerky into the melted chocolate, using a fork or tongs to coat it evenly.
- 4.** Place the chocolate-covered beef jerky on the prepared baking sheet.

INGREDIENTS:

- ▶ 1 pound beef jerky (store-bought or homemade)
- ▶ 1 cup dark chocolate chips or chunks
- ▶ 1 tsp coconut oil (optional)

5. Once all the beef jerky is coated, place the baking sheet in the refrigerator for about 30 minutes or until the chocolate has hardened.

6. Once the chocolate has hardened, remove the beef jerky from the refrigerator and enjoy.

Note: You can add some toppings like nuts, dried fruits, or spices like chili powder or cayenne pepper to add some extra flavor.

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DESSERT

RECIPE 5: Bacon-Wrapped Pineapple Skewers



INGREDIENTS:

- ▶ 8 slices of bacon
- ▶ 1 small pineapple, peeled and cut into bite-sized pieces
- ▶ Skewers (if using wooden skewers, soak them in water for at least 30 minutes before using)

Note: You can also pan-fry or bake the skewers in the oven.

INSTRUCTIONS:

1. Preheat your grill or grill pan to medium-high heat.
2. Cut each bacon slice in half.
3. Thread the pineapple pieces and bacon onto skewers, alternating the bacon and pineapple.
4. Grill the skewers for about 3-4 minutes per side or until the bacon is crispy and the pineapple is slightly charred.
5. Remove from the grill and let cool for a few minutes before serving.

UNLEASH YOUR INNER CHEF!

Thank you for downloading our cookbook, and we hope you had a great time trying out the recipes.

Remember, cooking is about experimenting and having fun, so don't be afraid to make substitutions or adjustments to suit your taste.

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