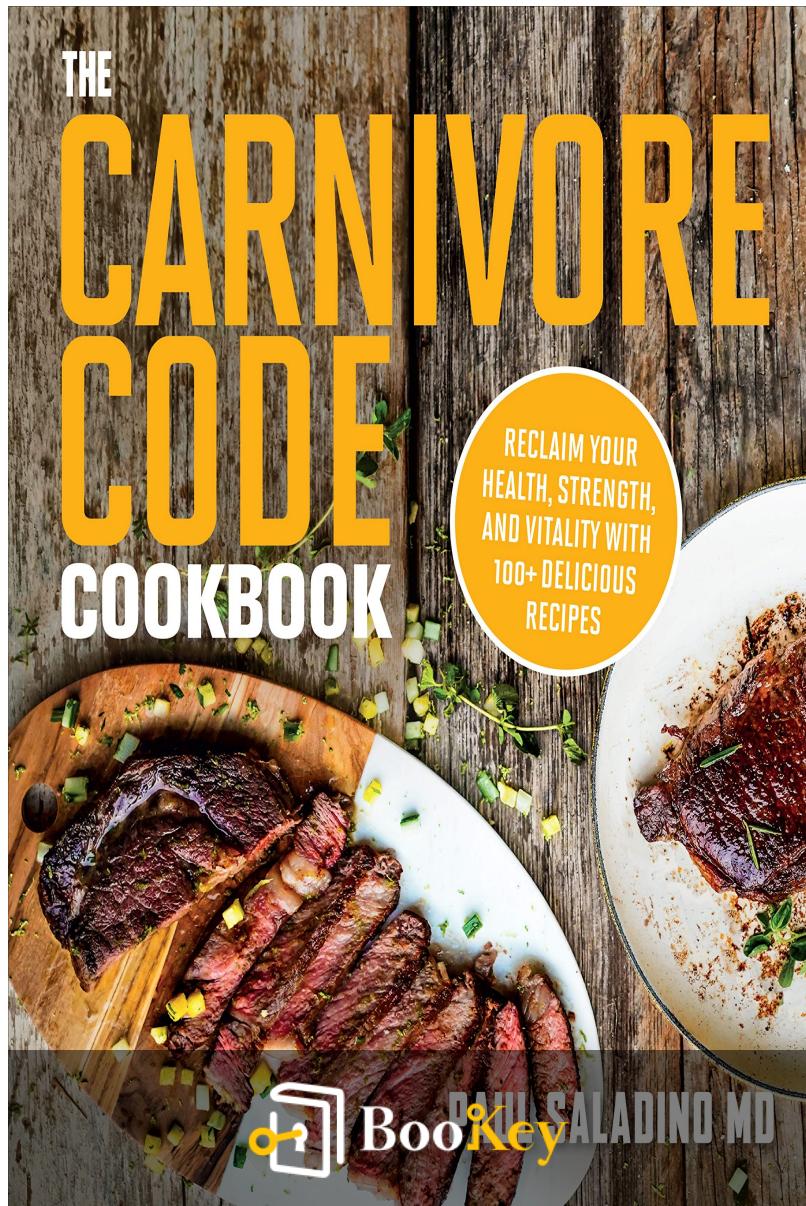


The Carnivore Code Cookbook PDF

Paul Saladino



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The Carnivore Code Cookbook

Delicious Recipes for Thriving on an Animal-Based Diet.

Written by Bookey

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About the book

Discover the ultimate companion to the best-selling **The Carnivore Code** with this essential cookbook, featuring over 100 mouthwatering recipes designed to enhance the benefits of an animal-based diet. Dr. Paul Saladino unveils the remarkable healing potential of a carnivore diet, proven to aid in weight loss, reduce inflammation, and combat chronic disease. Enjoy an array of delectable dishes, from One-Pan Honey-Glazed Brisket and Grilled Mediterranean Lamb Chops to satisfying options like Real Meat-Lover's Pizza and Carnivore Waffles. Indulge your sweet tooth with desserts like Yogurt Cheesecake topped with Blueberry-Lemon Compote. Complete with a pantry guide to help you eliminate toxic plants and stock up on the healthiest options, this cookbook is an indispensable resource for anyone seeking to transform their health through the carnivore diet.

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About the author

Dr. Paul Saladino is a leading expert on the carnivore diet, leveraging his extensive knowledge to help hundreds of patients reverse conditions such as autoimmunity, chronic inflammation, and mental health issues that were previously deemed untreatable. He hosts the podcast Fundamental Health and has been featured on numerous other popular platforms. Dr. Saladino is the author of the bestselling book, "The Carnivore Code: Unlocking the Secrets to Optimal Health by Returning to Our Ancestral Diet," and has made appearances on national television. With a medical career rooted in integrative medicine and nutritional biochemistry, he completed his residency at the University of Washington and previously worked as a physician assistant in cardiology. This background shaped his understanding of chronic disease, motivating him to return to medical school to explore its deeper causes. Now practicing in San Diego, California, he sees clients worldwide through virtual consultations. In his spare time, he enjoys surfing, practicing mindfulness, and spending quality time with family and friends.

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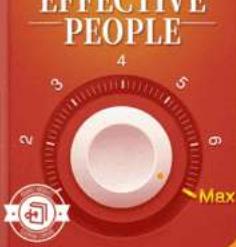
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Summary Content List

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Chapter 1 Summary : The Science Behind the Carnivore Code



Section	Summary
Introduction	The Carnivore Code promotes an animal-based diet that can improve health, sharing its benefits to help others achieve optimal well-being.
Ancestral Eating Habits	Human ancestors thrived on nutrient-rich animal-based diets, leading to brain development and digestive adaptations, while reliance on meat is supported by isotopic studies.
Misconceptions About Meat	Saladino argues that negative associations with red meat stem from flawed observational studies; instead, interventional studies show its health benefits.
The Role of Processed Foods	Increased chronic diseases correlate with higher processed sugar and seed oil consumption; Saladino advises avoiding these in favor of whole animal products.
Principles of the Carnivore Code	1. Prioritize animal organs and meats for nutrient density. 2. Be aware of harmful plant defense mechanisms. 3. Avoid ultra-processed foods.
Plant Toxicity	Many plants contain defense chemicals that may harm health, especially for those with autoimmune issues, though seasonal fruits and honey are exceptions.
Health Implications of Carbs	Healthy individuals can include low amounts of fruits and honey without health issues, while those with conditions may need to limit carbs for better health.
The Carnivore Code's Recommendations	Saladino recommends a nose-to-tail animal food diet, with occasional low-toxicity plant foods, to optimize health and reclaim vitality.
Conclusion	The book suggests an animal-based diet, avoidance of processed foods, and caution with plants can restore health and promote vitality.

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The Science Behind the Carnivore Code

Introduction

The Carnivore Code presents an animal-based lifestyle that has significantly improved health for many, including the author, Paul Saladino. This book aims to share the potential benefits of an animal-centric diet to help others achieve optimal health.

Ancestral Eating Habits

Throughout history, human ancestors thrived on animal-based diets, which were rich in nutrients necessary for brain development. Evidence shows that as early humans shifted to this diet around 2 million years ago, brain size increased while digestive systems adapted to this change. Isotopic studies of ancient populations indicate a strong reliance on meat, suggesting that neglecting animal products can lead to health issues, as seen in the extinction of species like *Paranthropus robustus*, which favored plant-based diets.

Misconceptions About Meat

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Despite modern narratives linking red meat with health problems, Saladino argues that these claims are based on faulty observational studies rather than causative research. Interventional studies reveal that meat can have positive effects on health, contrary to mainstream beliefs.

The Role of Processed Foods

The rise in chronic diseases correlates with increased consumption of processed sugars and seed oils over the last century. Saladino emphasizes that highly processed foods contribute to metabolic dysfunction and should be avoided in favor of whole animal products.

Principles of the Carnivore Code

1. Animal organs and meat provide the highest nutrient density.
2. Plants can have harmful defense mechanisms.
3. Avoid ultra-processed foods, including vegetable oils and refined carbohydrates.

Plant Toxicity

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Though some plants can be included in a diet, many contain defense chemicals that can harm health, particularly in individuals with autoimmune or chronic conditions. Saladino highlights that seasonal fruits and honey are exceptions due to their lower toxicity and benefits.

Health Implications of Carbs

Metabolically healthy individuals can sometimes include fruits and honeys without compromising blood sugar levels. However, those with pre-existing conditions may need to limit carbohydrates for better health outcomes.

The Carnivore Code's Recommendations

Saladino advocates for prioritizing animal foods in the diet to reclaim health, promoting a nose-to-tail approach while suggesting occasional, judicious inclusion of low-toxicity plant foods. The focus should remain on nutrient-dense animal products as a core dietary component.

Conclusion

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The practices of ancient human diets and interventional studies suggest that embracing an animal-based diet, avoiding processed foods, and being cautious with plants, can help restore health and vitality. The Carnivore Code provides a framework to aid individuals on their journey towards optimal well-being.

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Example

Key Point: Emphasizing Nutrient Density Over Plant Toxicity

Example: Imagine choosing a vibrant steak over a plate of greens at dinner, realizing that this choice provides you with a nutrient-dense meal filled with essential vitamins and minerals that fuel your health and vitality. You may notice a boost in your energy levels and mental clarity, as your body thrives on the high-quality proteins and fats from animal sources. This shift away from an over-reliance on potentially toxic plant foods not only helps prevent health issues but empowers you to reclaim your well-being. By prioritizing animal organs and meat, you are aligning your diet with ancestral eating habits and nourishing yourself in a way that optimizes your overall health.

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Critical Thinking

Key Point: Misconceptions About Meat

Critical Interpretation: Saladino's argument that meat consumption is beneficial challenges prevailing health narratives, promoting an animal-centric diet based on historical dietary patterns. However, this perspective should be scrutinized, as conflicting studies suggest that red meat may be linked to certain health risks. It's important to consider diverse viewpoints on nutrition, including the diet-heart hypothesis supported by the American Heart Association, which warns against high saturated fat intake from red meat. Ultimately, while Saladino's findings may resonate with some individuals, the broader scientific consensus should guide dietary choices.

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Chapter 2 Summary : The Good Stuff: What You'll Eat and Why



Section	Details
The Good Stuff: What You'll Eat and Why	Explores nourishing foods of a carnivore and animal-based diet, detailing nutritional benefits.
Animals: The Mainstay of the Carnivore Code	<p>Meat: Backbone includes beef, lamb, chicken, turkey, duck, pork, seafood; prioritize well-raised and grass-fed options.</p> <p>Organs: Include organ meats for their nutrient profiles and promote nose-to-tail consumption.</p>
Dairy	Include raw and A2 varieties; fermented options like yogurt for lower lactose.
Honey	Can be consumed in moderation; offers benefits over refined sugars.
Plants: Eat Selectively	Encourage low-toxicity plant foods, avoid seeds, grains, high-oxalate plants; fruits and sweet potatoes in moderation.
Cycling of Carbohydrates	Suggests varying carb intake aligned with ancestral patterns.
Bone Broth and Collagen-Rich Foods	Recommended for benefits to connective tissues.
Mushrooms and Mycotoxins	Caution against consuming mushrooms due to toxicity.
What About Grains?	Not recommended due to defense chemicals and health risks.
Beverages	Moderation with coffee and alcohol; prefer spring or mineral water.
Cooking Oils	Avoid seed oils; recommend animal fats.
Spices	Many spices are excluded due to potential toxicity.
Transition from Carnivore to Animal-Based	Slowly reintroduce low-toxicity plants after an elimination phase; monitor reactions.

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Section	Details
How Dr. Paul Eats	Focus on meat, organs, and moderate carb intake.
Vitamin C	Fresh meat and organs suffice for vitamin C intake.
On the Ethics of Eating Animals	Benefits of regenerative farming for health and environment.
Sourcing	Encourages buying from local, regenerative farms.
The Quality of Life Equation	Choosing the right foods enhances overall health and performance.
Final Thoughts: The Remembering	Call to return to ancestral eating practices for health and community.

The Good Stuff: What You'll Eat and Why

This chapter explores the nourishing foods of a carnivore and animal-based diet, detailing the nutritional benefits of various animal products essential to this dietary approach.

Animals: The Mainstay of the Carnivore Code

Meat

- The backbone of the Carnivore Code includes meats such as beef, lamb, chicken, turkey, duck, pork, and seafood.
- Emphasis on sourcing well-raised meat, avoiding factory farm products.
- Healthier red meats, especially grass-fed options, are prioritized.
- Seafood should be chosen carefully, avoiding high-mercury

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varieties.

Organs

- The inclusion of organ meats like liver, heart, kidney, and spleen is encouraged for their unmatched nutrient profiles.
- Recipes focus on nose-to-tail consumption, promoting overall health.
- Resources for sourcing both fresh and desiccated organ meats are provided.

Dairy

- Dairy can be included, particularly raw and A2 varieties, though some individuals may have sensitivities.
- Fermented dairy options like yogurt are highlighted for lower lactose content.

Honey

- Ancestrally significant, honey can be consumed in moderation by those who focus on a meat-centric diet.
- It may offer health benefits that refined sugars do not provide.

Plants: Eat Selectively, and Choose the Least-Toxic

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Options

- Encourages consumption of low-toxicity plant foods while avoiding seeds, grains, and high-oxalate plants.
- Fruits and certain tubers like sweet potatoes are considered acceptable in moderation.

Cycling of Carbohydrates

- Suggests varying carbohydrate intake aligned with ancestral patterns.

Bone Broth and Collagen-Rich Foods

- Bone broth is recommended for its benefits to connective tissues.

Mushrooms and Mycotoxins

- Caution against consuming mushrooms due to potential toxicity and mycotoxin concerns.

What About Grains?

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- Grains are not recommended due to defense chemicals and potential adverse health effects.

Beverages: Coffee, Alcohol, Spring Water

- Advises moderation with coffee and alcohol because of potential mycotoxins.
- Encourages drinking spring or mineral water instead.

Cooking Oils

- Recommends avoiding seed oils and suggests animal fats as healthier cooking options.

Spices

- Excludes many spices due to their potential toxicity.

How to Transition from Carnivore to Animal-Based

- After an elimination phase on a carnivore diet, slowly reintroduce low-toxicity plants, monitoring for reactions.

How Dr. Paul Eats

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- Personal eating pattern includes emphasis on meat, organs, and moderate carbohydrate intake.

Vitamin C

- Fresh meat and organs provide sufficient vitamin C, debunking common misconceptions.

On the Ethics of Eating Animals

- Discusses the benefits of regenerative farming systems for health and the environment.

Sourcing

- Encourages buying from local, regenerative farms and knowing your farmer.

The Quality of Life Equation

- Emphasizes choosing the right foods to enhance overall health and performance.

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Final Thoughts: The Remembering

- A call to return to ancestral eating practices, recognizing their importance for health, community, and connection.

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Example

Key Point: Incorporation of organ meats into your diet.

Example: Imagine standing in a bustling farmer's market, your hands full of fresh meat cuts, and you pause to consider the often-overlooked organ meats, like liver and kidney. As you ponder their nutritional power, you recall how these nutrient-dense foods can unlock a treasure trove of vitamins and minerals that support your body's overall health. This chapter reveals why embracing nose-to-tail eating is not just about sustainability but also about providing your body with the essential nutrients it craves to thrive, inviting you to rethink your meals for optimal nourishment.

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Critical Thinking

Key Point: A narrow perspective on nutrition may overlook broader dietary options.

Critical Interpretation: While Paul Saladino advocates for a predominantly carnivorous diet, it's crucial to acknowledge that nutrient requirements can vary significantly among individuals. His assertion that meat and organ products provide all necessary nutrients might be overly restrictive. Numerous studies suggest that plant-based diets can also offer substantial health benefits and meet essential nutrient needs (e.g., fruits, vegetables, whole grains are linked to reducing the risk of chronic diseases). Therefore, readers should critically assess the implications of eliminating diverse food groups. They may find it beneficial to consult sources like the Academy of Nutrition and Dietetics or the American Heart Association, which emphasize a balanced diet rich in variety.

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Chapter 3 Summary : The Carnivore Kitchen

Section	Details
The Carnivore Kitchen	Focus on kitchen essentials for the carnivore lifestyle.
Stocking Your Kitchen, Pantry, Fridge, and Freezer	<p>Kitchen Equipment: Dutch oven, cast-iron pan, stainless steel pots, grill pan, knife set, various utensils; optional meat slicer, grinder, ice cream maker.</p> <p>Pantry Essentials: Spices, raw honey, collagen, organ supplements, snacks like pork rinds.</p> <p>Fridge and Freezer Content: Grass-fed meats, seafood, eggs, raw dairy; focus on quality ingredients.</p>
Notes on Specific Ingredients	<p>Suet: Source of saturated fat.</p> <p>Bone Marrow: Nutrient-rich, packed with vitamins.</p> <p>Butter: Prefer raw for nutrient retention.</p> <p>Bone Broth and Meat Stock: Nutritious, longer cooking for more nutrients.</p>
Guiding Principles for the Recipes	<p>Animal-Based Focus: Centered around animal products.</p> <p>Nutrient Preservation: Emphasis on raw ingredients.</p> <p>Ease of Digestion: Designed for enhanced nutrient absorption.</p>
Key Cooking Methods	<ol style="list-style-type: none">1. Tempering: Room temperature for even cooking.2. Brining: Saltwater for moisture and flavor.3. Salting: Season meat pre-cooking.4. Trussing: Ties poultry for even cooking.5. Braising: Slow cooking to tenderize.6. Water Bath: Even cooking and moisture retention.7. Gelatin Blooming: Prepares gelatin for recipes.
Preparing Organ Meats	<p>Liver: Soak in milk/vinegar to reduce flavor.</p> <p>Sweetbreads: Rinse and par-cook.</p> <p>Kidney: Clean and soak meticulously.</p>

The Carnivore Kitchen

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Now that the reasons for the carnivore lifestyle are established, it's time to focus on kitchen essentials for success.

Stocking Your Kitchen, Pantry, Fridge, and Freezer

Kitchen Equipment

: Suggestions include a Dutch oven, cast-iron pan, stainless steel pots, grill pan, knife set, and various utensils (e.g., slotted spoon, spatula). Optional but helpful items include a meat slicer, grinder, and ice cream maker.

Pantry Essentials

: Stock spices (e.g., organic spices, sea salt, and vinegar), raw honey, collagen, and organ supplements. For snacks, consider pork rinds and desiccated organ supplements.

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Chapter 4 Summary : The Carnivore Meal Plans

The Carnivore Meal Plans

Overview

Two meal plans are designed for carnivore or animal-based diets, targeting a semi-active individual with a caloric need of about 2,000 calories daily. Individuals should adjust their caloric intake based on personal factors such as activity level, health status, and goals.

Custom Macronutrients

For personalized macronutrients, use the Nutrition Code app available in the App store. The plans emphasize using leftovers to streamline meal prep and reduce cooking time.

Carnivore Meal Plan

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Daily Structure

-

Day 1:

- Morning: The Perfect Steak + 20g raw beef suet
- Afternoon: Saladino Specialty + 40g raw beef suet + Beef Bone Broth
- Night: Carnivore Waffles + 2 servings Sabayon
- *Nutrition: Fat: 160g, Carbs: 5g, Protein: 155g, Calories: 2084

-

Day 2:

- Morning: Carnivore waffles + Sabayon
- Afternoon: 2 Powerhouse Burgers + 40g raw beef suet
- Night: Simple Braised Chuck Roast + Beef Bone Broth
- *Nutrition: Fat: 162g, Carbs: 6g, Protein: 146g, Calories: 2070

-

Day 3:

- Morning: Leftover chuck roast + 3 eggs

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- Afternoon: The Perfect Steak + Whipped Bone Marrow Spread
 - Night: Gyros with Tzatziki + beef suet + Beef Bone Broth
-
- *Nutrition: Fat: 167g, Carbs: 1g, Protein: 142g, Calories: 2001

-

Day 4:

- Morning: Leftover gyros + 2 raw egg yolks
 - Afternoon: Saladino Specialty + beef suet or bone marrow
-
- Night: Leftover chuck roast + Beef Bone Broth + marrow spread
- *Nutrition: Fat: 149g, Carbs: 3g, Protein: 146g, Calories: 1941

-

Day 5:

- Morning: Carnivore waffles + Sabayon
 - Afternoon: Simple Braised Beef Heart + marrow spread + raw egg yolks
 - Night: Oven-Baked Brisket + Beef Bone Broth
- *Nutrition: Fat: 156g, Carbs: 5g, Protein: 148g, Calories: 1941

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Day 6:

- Morning: Leftover brisket
- Afternoon: Powerhouse burgers + raw egg yolks
- Night: Leftover beef heart + beef suet + Beef Bone Broth
- *Nutrition: Fat: 147g, Carbs: 4g, Protein: 164g, Calories: 2000

-

Day 7:

- Morning: Leftover beef heart + raw egg yolks
- Afternoon: Quick Maple-Glazed Salmon + beef heart + raw beef suet
- Night: The Perfect Steak + marrow spread
- *Nutrition: Fat: 150g, Carbs: 2g, Protein: 164g, Calories: 2014

Tips for Meal Prep

1. Make double batches of waffles for freezing.
2. Prep meals for the first part of the week over the weekend.

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3. Use a slow-cooker for recipes requiring extended cooking.

Animal-Based Meal Plan

Overview

This plan is adapted from the Tier 1 carnivore diet allowing for low- to moderately toxic foods, suitable for less active individuals or those preferring ketosis.

Daily Structure

-

Day 1:

- Morning: Carnivore Waffles + fresh berries
- Afternoon: The Perfect Steak + avocado + Beef Bone Broth
- Night: Braised Short Ribs and Broth + honey + raw beef suet
- *Nutrition: * Fat: 140g, Carbs: 50g, Protein: 145g, Calories: 2053

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Day 2:

- Morning: Breakfast Sausage + 3 eggs
- Afternoon: Leftover short ribs + raw beef suet
- Night: Powerhouse Burgers + Cookie Dough Boats
- *Nutrition: * Fat: 134g, Carbs: 53g, Protein: 144g,
Calories: 1984

Day 3:

- Morning: Carnivore waffles + berries
- Afternoon: Seared Scallops and Zoodles
- Night: Oven-Baked Brisket + Whipped Bone Marrow Spread + Beef Bone Broth
- *Nutrition: * Fat: 130g, Carbs: 43g, Protein: 152g,
Calories: 1954

Day 4:

- Morning: Leftover burgers + avocado
- Afternoon: Leftover brisket + Beef Bone Broth + beef suet
- Night: Gyros with Tzatziki + Cookie Dough Boats

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- *Nutrition: Fat: 124g, Carbs: 47g, Protein: 144g, Calories: 1884

-

Day 5:

- Morning: Saladino Specialty + berries + beef suet
- Afternoon: 2 servings gyros with tzatziki
- Night: Pumpkin and Sage Risotto
- *Nutrition: Fat: 143g, Carbs: 47g, Protein: 164g, Calories: 2133

-

Day 6:

- Morning: Leftover risotto + whipped bone marrow
- Afternoon: Maple-Ginger Flank Steak + beef suet
- Night: 3 eggs + Pumpkin Custard
- *Nutrition: Fat: 133g, Carbs: 41g, Protein: 126g, Calories: 1865

-

Day 7:

- Morning: Honey Cinnamon Bagels with spread
- Afternoon: Simple Braised Beef Heart + Creamy Oyster Dip + beef suet

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- Night: The Perfect Steak + avocado
- *Nutrition: Fat: 148g, Carbs: 21g, Protein: 131g, Calories: 1944

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Critical Thinking

Key Point: Integration of animal-based diets into meal planning can be misleading without proper nutritional context.

Critical Interpretation: While Paul Saladino presents a structured carnivore diet aimed at simplifying meal prep, readers must critically assess whether a purely animal-based diet meets all nutritional needs. The omission of other food groups may raise concerns about micronutrient deficiencies and the long-term sustainability of such diets, as supported by research from the Academy of Nutrition and Dietetics which emphasizes a varied diet for optimal health.

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Chapter 5 Summary : Basics

Basics of Carnivore Cooking

Familiarize yourself with foundational recipes that will serve as the basis for various dishes, making it easier to prepare meals. Preparing basics in bulk, like broths and tallow, helps maintain a nutrient-dense diet and saves money.

Key Recipes

Chicken Bone Broth

Makes: 4 quarts

Active Time: 10 minutes

Total Time: 24 hours

Easy Honey Dill Pickles

Makes: 1 pint

Active Time: 5 minutes

Total Time: 24 hours

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Beef Bone Broth

Makes: 3 quarts

Active Time: 5 minutes

Total Time: 24 hours

Ruminant Stock

Makes: 3 quarts

Active Time: 15 minutes

Total Time: 8 hours

Poultry Stock

Makes: 3 quarts

Active Time: 10 minutes

Total Time: 8 hours

Kefir

Serves: 2

Active Time: 5 minutes

Total Time: 24 hours (first fermentation)

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Chevre (Goat Cheese)

Makes: 8 ounces

Active Time: 10 minutes

Total Time: 20 hours

Homemade Butter

Makes: 1 pound

Active Time: 10 minutes

Total Time: 10 minutes

Cream Cheese

Makes: 3 cups

Active Time: 10 minutes

Total Time: 26 hours

Tallow

Active Time: 15 minutes

Total Time: 5 to 6 hours

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Easy Sweet Pickled Carrots

Makes: 20 servings

Active Time: 5 minutes

Total Time: 48 hours

Nutritional Information Highlights

Chicken Bone Broth

: 45 calories per cup

Beef Bone Broth

: 45 calories per cup

Kefir (plain)

: 170 calories per cup

Homemade Butter

: 108 calories per tablespoon

Cream Cheese

: 93 calories per 2 tablespoons

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Each recipe in this chapter emphasizes simplicity and health benefits, encouraging creative adaptations to suit personal preferences while maintaining a focus on a carnivore-based diet.

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Chapter 6 Summary : Red Meat

Red Meat Recipes

Overview

This section features various red meat recipes suitable for both everyday meals and special occasions. The recipes include a range of meats like beef, bison, and lamb, offering options for different tastes and preferences.

Recipes

1.

Simple Beef Rump Roast

- Serves: 6
- Active time: 10 minutes
- Total time: 3 hours
- Calories per serving: 227

2.

Shredded Bison with Poached Eggs and Fresh Herbs

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- Serves: 4
- Active time: 5 minutes
- Total time: 15 minutes
- Calories per serving: 366

3.

Skirt Steak Fajitas

- Serves: 4
- Active time: 15 minutes
- Total time: 1 hour 25 minutes
- Calories per serving: 368

4.

Osso Buco Pumpkin Stew

- Serves: 4
- Active time: 15 minutes
- Total time: 8 hours 15 minutes

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Chapter 7 Summary : Pork and Poultry

Pork and Poultry

This chapter features an array of unique pork and poultry recipes, highlighting delicious dishes that elevate everyday cooking.

Roasted Lemon-and-Herb Whole Chicken

-
Servings:

4

-
Active Time:

45 minutes

-
Total Time:

2 hours

- Juicy and flavorful whole chicken roasted over seasoned root vegetables with herbs and lemon.

Maple-Sage Breakfast Sausage

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Servings:

8 to 10 patties

Active Time:

15 minutes

Total Time:

25 minutes

- Savory and sweet breakfast sausage easily made in advance and frozen for convenience.

Baked Balsamic-Glazed Pork Tenderloin

Servings:

2 to 4

Active Time:

10 minutes

Total Time:

35 minutes

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- Tender pork tenderloin glazed with balsamic vinegar, ensuring a juicy and flavorful meal.

Spiced Duck Zoodle Soup

-
Servings:

4

-
Active Time:

15 minutes

-
Total Time:

50 minutes

- A hearty, low-carb soup featuring shredded duck, zucchini noodles, and aromatic spices.

Juicy Skillet Pork Chops

-
Servings:

2

-
Active Time:

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15 minutes

-

Total Time:

30 minutes

- Flavorful pork chops seasoned with Italian spices and seared for maximum juiciness.

Sweet-and-Sour Duck Legs

-

Servings:

2

-

Active Time:

30 minutes

-

Total Time:

7 hours

- Duck hindquarters marinated in a citrus ginger sauce, slow-cooked for a tender finish.

Simple Braised Guinea Fowl

-

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Servings:

4

-

Active Time:

15 minutes

-

Total Time:

3 hours

- Moist and tender guinea fowl braised with herbs and bacon for rich flavor.

Roasted Turkey with Balsamic-Blueberry Sauce

-

Servings:

6

-

Active Time:

10 minutes

-

Total Time:

1 hour

- Savory roasted turkey enhanced with a sweet and tangy blueberry sauce.

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Autumn Roasted Duck with Delicata and Pear Broth

Servings:

3

Active Time:

40 minutes

Total Time:

13 hours

- A nutrient-rich duck dish cooked with delicata squash and pear for a balanced meal.

Slow-Cooker Apple-Sage Carnitas

Servings:

10

Active Time:

5 minutes

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Total Time:

4 or 8 hours

- Flavorful, slow-cooked pork carnitas with apple and citrus, perfect for a variety of meals.

Simple Braised Country-Style Pork Ribs

Servings:

6

Active Time:

15 minutes

Total Time:

4¼ hours

- Tender, braised pork ribs cooked in stock for a delicious and simple flavor.

Lemon-Balsamic Roasted Chicken

Servings:

4

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-

Active Time:

15 minutes

-

Total Time:

35 minutes

- Flavorful baked chicken thighs with a lemon-balsamic glaze for a quick and easy meal.

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Chapter 8 Summary : Seafood

Seafood

This chapter features a variety of delicious seafood recipes, from scallops to salmon, designed to satisfy seafood cravings.

Recipes Included:

- Seared Scallops and Zoodles with Cilantro-Citrus Sauce
- Easy Grilled Oysters with Cilantro Butter
- Creamy Oyster Dip
- Zesty Shrimp and Celeriac Grits with Bacon
- Quick Maple-Glazed Salmon

Seared Scallops and Zoodles with Cilantro-Citrus Sauce

-

Servings:

4

-

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Active Time:

20 minutes

Total Time:

20 minutes

Ingredients:

Cilantro-Citrus Sauce:

1 orange, 1 lime, butter, celeriac, cilantro, honey, salt

Scallops and Zoodles:

tallow, sea scallops, zucchini, cilantro for garnish

Preparation:

Pat the scallops dry for searing. Prepare the sauce by melting butter, adding celeriac, zest, juice, and seasoning. Sear scallops and sauté zoodles, then combine and garnish.

Nutrition per Serving:

- Calories: 281

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- Fat: 13g
- Carbs: 13g
- Protein: 28g

Easy Grilled Oysters with Cilantro Butter

-

Servings:

2

-

Active Time:

15 minutes

-

Total Time:

40 minutes

Ingredients:

- Butter, lime juice, cilantro, fresh oysters, salt, lemon wedges

Preparation:

Mix butter, lime juice, and cilantro. Grill oysters until

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opened, add butter, and grill again.

Nutrition per Serving:

- Calories: 194
- Fat: 16g
- Carbs: 4g
- Protein: 8.5g

Creamy Oyster Dip

-

Servings:

2

-

Active Time:

10 minutes

-

Total Time:

15 minutes

Ingredients:

- Oysters, cream cheese, thyme, lemon juice, salt

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Preparation:

Cook oysters until opened, blend with other ingredients, and serve.

Nutrition per Serving:

- Calories: 154
- Fat: 14g
- Carbs: 1.5g
- Protein: 5.5g

Zesty Shrimp and Celeriac Grits with Bacon

-

Servings:

4

-

Active Time:

30 minutes

-

Total Time:

30 minutes

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Ingredients:

- Celeriac, chicken bone broth, bacon, milk, butter, shrimp, lemon juice

Preparation:

Simmer celeriac, prepare bacon, blend to make 'grits,' sauté shrimp, and serve.

Nutrition per Serving:

- Calories: 307
- Fat: 11g
- Carbs: 22g
- Protein: 30g

Quick Maple-Glazed Salmon

-

Servings:

4

-

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Active Time:

5 minutes

-

Total Time:

15 minutes

Ingredients:

- Salmon fillets, orange, maple syrup, tallow, coconut aminos, salt

Preparation:

Broil glazed salmon until cooked through.

Nutrition per Serving:

- Calories: 230
- Fat: 10g
- Carbs: 12g
- Protein: 23g

This chapter provides a foundation for creating satisfying, nutritious seafood dishes on a carnivore diet.

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Chapter 9 Summary : Sauces and Dips

Sauces and Dips

This chapter showcases various sauces and dips that elevate dishes from ordinary to extraordinary, perfect for complementing meats and enhancing flavors.

Pork and Duck Rillettes

-
Servings:

8

-
Active Time:

15 minutes

-
Total Time:

4 hours

- A classic French spread made from preserved pork and duck, cooked slowly in fat.

Rumaki Pâté

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Servings:

4

Active Time:

15 minutes

Total Time:

1 hour 20 minutes

- A pâté version of the 1950s appetizer, combining chicken liver and bacon for a nutrient-rich dip.

Rustic Chicken Liver Pâté

Servings:

6

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The Concept



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Chapter 10 Summary : Bakes and Remakes

Bakes And Remakes: A Carnivore Dish For Every Craving

Explore a variety of carnivore remakes of classic dishes such as pizza, bagels, and French toast.

Flatbread 3 Ways

Recipe Overview:

Quick flatbread made with ground lamb and eggs, versatile for toppings.

Ingredients:

Ground lamb, eggs, gelatin, salt.

Toppings Suggestions:

Ricotta, roasted grapes, Iberico bacon, figs.

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Pork Rind Waffles

Recipe Overview:

Fluffy and crispy waffles served sweet or savory.

Ingredients:

Pork rinds, salt, baking powder, eggs, heavy cream.

Plantain Bread

Description:

A sweet bread made from ripe plantains, suitable for various meals.

Ingredients:

Ripe plantains, eggs, gelatin, baking powder.

French Toast Sticks with Poached Eggs

Description:

Crunchy French toast sticks made with Carnivore Bread

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served with poached eggs.

Ingredients:

Eggs, milk, maple syrup, Carnivore Bread, butter.

The Real Meat-Lover's Pizza

Overview:

Pizza with a crust made from chicken, pork rinds, and Parmesan.

Toppings:

Options include nomato sauce and BBQ pineapple.

Carnivore Bread

Description:

A bread made with pork rinds mimicking traditional bread texture.

Ingredients:

Pork rinds, eggs, and baking powder.

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Roast Beef Panini

Description:

Sandwich made with Meat Flatbread, roast beef, and provolone cheese.

Pumpkin and Sage Risotto

Overview:

A rich risotto made with beef tendon and pumpkin puree.

Carnivore Waffles with Fruit Compote

Description:

Waffles served with a variety of fruit compotes like strawberry and blueberry.

Ingredients:

Ground lamb, eggs, butter.

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Ham and Egg Quiche with Butternut Squash Crust

Overview:

A quiche featuring a crust made from butternut squash.

Beef Cheek Tacos with Avocado and Pineapple-Basil Salsa

Description:

Tacos filled with tender shredded beef cheek and fresh salsa.

Honey Cinnamon Bagels

Overview:

Bagels made with pork rinds and egg, served with a honey glaze.

Carnivore Tortillas

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Description:

Chicke-based tortillas perfect for various topping combinations.

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Chapter 11 Summary : Nose to Tail

Nose to Tail Recipes

Designed for those following a carnivore diet, this chapter includes adventurous and nutrient-rich recipes that utilize a variety of animal parts. Key recipes include:

1. Minced Beef, Bacon, and Heart on Flatbreads

- A mixture of ground beef, chopped bacon, and heart cooked until crispy, served on meat flatbreads.

2. Simple Braised Beef Heart

- Slow-braised beef heart with herbs, creating a tender and flavorful dish.

3. Crispy Beef Tongue with Bone-Marrow Sabayon

- Beef tongue cooked until tender, then crisped and served with a savory bone-marrow sauce.

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4. Saladino Specialty

- A nutrient-dense meal featuring blanched stew meat, bone broth, tendon, and liver.

5. Tongue and Sweetbread Tacos

- Tacos featuring tender beef tongue and sweetbreads, accompanied by avocado chimichurri and celeriac rice.

6. Powerhouse Burgers

- Nutrient-rich burgers made from ground beef, heart, and liver, customizable with various toppings.

7. Oxtail Cottage Pie

- A comforting dish made with oxtail and topped with mashed squash, packed with collagen and flavor.

8. Glazed Meatloaf

- A high-protein meatloaf using beef heart, served with BBQ sauce.

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9. Beef Cheek Offal Stew

- A hearty stew featuring beef cheeks and a variety of organ meats, seasoned with herbs.

10. Corned Lamb Hearts

- Lamb hearts brined and cooked until tender, a flavorful twist on traditional corned beef.

11. Braised Bacon-Wrapped Lamb Hearts

- Lamb hearts wrapped in bacon and slow-baked in broth for a rich flavor.

12. Trotter Gear

- A versatile dish made from pig trotters simmered in stock, yielding a flavorful and collagen-rich gelatin.

13. Irish Tendon Stew

- A stew featuring beef tendons and vegetables, high in flavor

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and collagen.

14. Stuffed Spleen “Splurrito”

- A fillet of beef spleen stuffed with seasoned ground beef and baked to perfection.

15. Lamb and Kabocha Shepherd’s Pie

- A hearty pie made with lamb organ meats and topped with creamy kabocha squash.

These recipes offer a variety of ways to incorporate organ meats into meals, maximizing nutrient intake while providing delicious options for the carnivore diet.

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Critical Thinking

Key Point: Nutrient-Rich Choices vs. Balanced Diet Perspectives

Critical Interpretation: The chapter promotes the consumption of organ meats and less commonly used animal parts, advocating for their nutritional benefits. However, it can be argued that while the carnivore diet emphasizes these nutrient-dense foods, overlooking plant-based nutrients may lead to dietary imbalances. Nutrition experts, such as those from the Academy of Nutrition and Dietetics, suggest that varied diets encompassing fruits, vegetables, and grains are crucial for overall health, highlighting the need for a critical examination of the carnivore diet's restrictive nature.

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Chapter 12 Summary : Desserts

Desserts

Overview

This chapter offers a variety of delectable dessert options, including ice cream, cheesecake, and pie, designed to curb sweet cravings while adhering to the carnivore diet.

Recipes Included

- Tapioca Pudding
- Carnivore Frosting
- Alaskan Ice Cream
- Pumpkin Custard
- Peaches and Cream Ice Cream
- Honey and Blackberry Ice Cream
- Ice Cream Cookie Sandwiches
- Cherry-Vanilla Ice Cream
- Strawberry-Lemon Sherbet
- Eggnog

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- “Cookie Dough” Boats
- Vanilla-Maple Marshmallows
- Supercharged ICE POPS
- No-Bake Pumpkin Pie
- Yogurt Cheesecake with Blueberry-Lemon Compote
- Bavarian Cream Pie with Apple and Pear

Key Recipes Details

Tapioca Pudding

-

Serves:

4

-

Active Time:

15 minutes

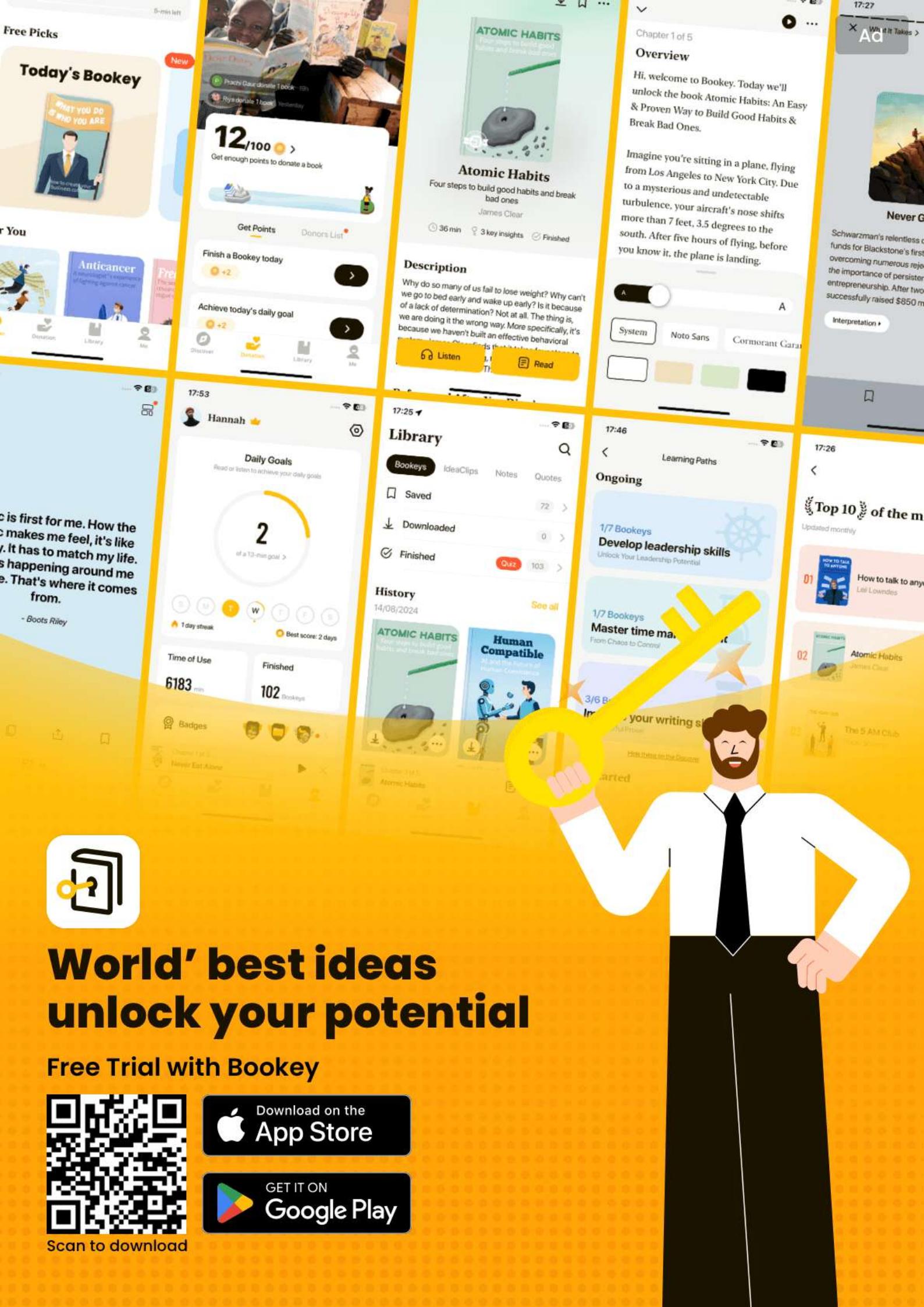
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Best Quotes from The Carnivore Code Cookbook by Paul Saladino with Page Numbers

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Chapter 1 | Quotes From Pages 32-68

1. This way of eating has been absolutely life changing for me and thousands of those who have learned about my work online or read my book—this is why I'm so passionate about sharing it with others.
2. I strongly believe that this message needs to be heard far and wide so that millions more may reclaim their ancestral birthright to radical health and experience the fullest lives possible.
3. As I believe, eating animals from nose to tail, consuming all of the organs, connective tissue, and muscle meat, made us human.
4. I believe that based on all of this evidence, animal meat and organs have always been the best source of human

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nourishment, with plants serving as 'survival food' when these preferred foods were not available.

5. We have forgotten where we have come from and have been misled by observational studies conducted over the last 70 years in Western cultures...

6. If we hope to reclaim our ancestral birthright to radical health, vitality, and strength, we must consume them frequently while not allowing ourselves to be misled by overstated results from cherry-picked observational studies that don't tell the whole story.

7. The equation for optimal human health is clear: Eat like your ancestors not your doctor...

Chapter 2 | Quotes From Pages 69-112

1. Meat, organ, and other animal products form the true backbone of the Carnivore Code.

2. Animals raised on species-appropriate diets represent the 'cleanest' sources of food left today.

3. Without a doubt, including these foods in your diet will improve your overall health and provide you with a more

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complete complement of vitamins, minerals, growth factors, and peptides.

4. Eating any food in an uncooked state will increase the risk of food poisoning.
5. Your life will be changed for the better the first time you try warm bone marrow over your steak!
6. When used this way, a nose-to-tail carnivore diet can serve as the ultimate elimination diet, excluding the vast majority of foods that may be triggering immune reactions.
7. This isn't the mainstream narrative, but it is the undeniable truth: Raising cows and other animals on the earth properly doesn't destroy the planet, it sustains and rejuvenates it.
8. If we consistently choose our personal health and mental/physical performance as our primary goal and our highest quality of life, we must make intentional choices regarding our diets.
9. How you eat is the first step, and how you live follows thereafter.
10. Stay Radical!

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Chapter 3 | Quotes From Pages 113-133

1. Here is a complete list for what you'll want in your kitchen cabinets, pantry, and fridge and freezer to make the recipes.
2. If you are suffering from a chronic condition or feel like you need significant healing, it would be best to temporarily prioritize only animal products—namely red muscle meats, organs, and fats.
3. When stocking your larder, try to source the best ingredients possible.
4. The recipes call for a number of different cooking methods.
5. Most local farms will have suet for you to purchase, but if not, try asking your local farmer if he or she can get the beef suet back from the processor.
6. Animal-Based All recipes will contain some animal product.

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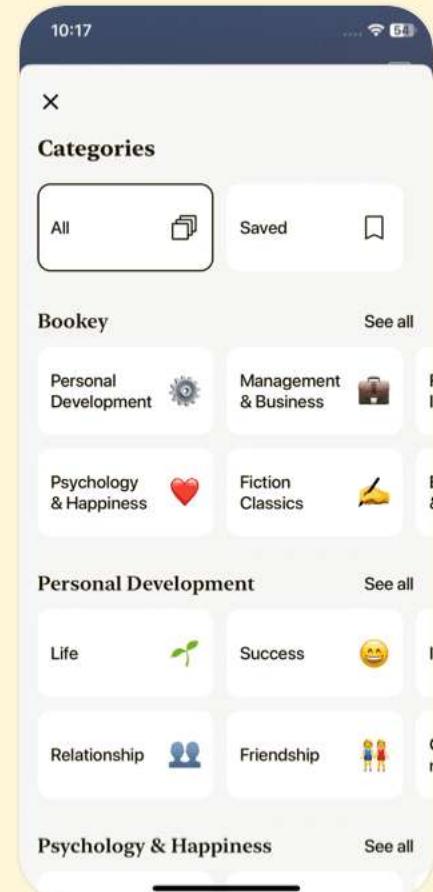
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Chapter 4 | Quotes From Pages 134-140

1. With a little planning, you can prepare a hefty amount of food that will span a good portion of the week.
2. Meal prepping is key for staying on track!
3. The plans are flexible, and feel free to make modifications if you prefer to eat leftovers more often (and cook less) or to cook more.
4. You must take into consideration your lifestyle (activity level, work load, etc.), lean muscle mass, health status, gender, and age when deciding whether you should add or reduce the amount of calories.

Chapter 5 | Quotes From Pages 143-161

1. Familiarize yourself with this section and its recipes as they will become the basis of many soups, condiments, snacks, and treats and will give you a foundation (and the confidence) to develop your own variations on a regular basis!
2. Over time, preparing basic ingredients at home instead of

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buying them at the store will help save money.

3. There's no reason you can't always have a bounty of this broth in your refrigerator or freezer.

4. This is a truly the easiest fix-and-forget style method to prepare chicken on a chilly day—the additional stock produced for usage in other recipes is just a bonus!

5. There are so many reasons to learn how to make your own dairy products: convenience, self-sustainability, conservation (using milk that could otherwise go bad), and health (avoiding stabilizers and other unnecessary ingredients in many store-bought products).

6. Making your own is so easy and satisfying and you can source your own cream.

Chapter 6 | Quotes From Pages 162-219

1. After a long, slow cook time (2 to 3 hours at 225°F), it turns tender—even more so if you rest it for at least 10 minutes after coming out of the oven and then slice it very thinly against the grain.

2. It doesn't get much simpler than this—just a meaty pot

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roast braised with bone broth and a few herbs.

3. This method—featuring an overnight dry salt brine in parchment, 6 hours in the oven wrapped in the same parchment—is a foolproof way to achieve a perfect, juicy brisket.

4. A long, slow braise in broth and nomato sauce breaks it down to a meltingly tender and succulent meat.

5. Salting the zucchini slices and letting them stand for a few minutes draws out some of the water, which helps them stay firm and maintain their structure during baking.

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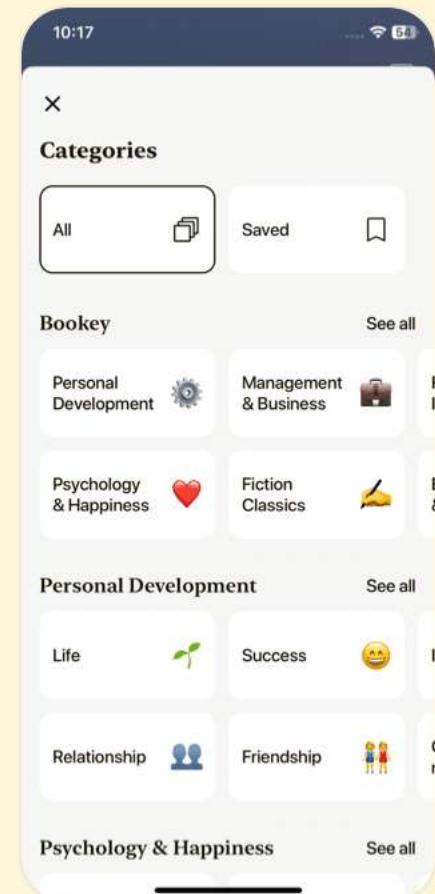
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Chapter 7 | Quotes From Pages 220-240

1. In a large bowl, combine the root vegetables, lemon, thyme, rosemary, and salt. Drizzle with the butter and toss to coat.
2. You can always have some sweet-yet-savory breakfast sausage at the ready if you make a double batch of the seasoned meat mixture.
3. Duck is a delicious, rich-tasting bird with dark juicy meat and a thick layer of fatty skin that gets brown and crispy when seared in a hot pan.
4. This makes a big batch of roasted turkey—because it's never a bad thing to have turkey leftovers.
5. The duck is paired with delicata squash, pear, and orange, all of which complement the naturally sweet and hearty flavors of the meat.
6. Carnitas means 'little meats' in Spanish and traditionally refers to braising or simmering pork in fat—preferably lard—until it is meltingly tender.

Chapter 8 | Quotes From Pages 241-249

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1. To that end, make sure your scallops have been completely patted dry before adding them to the hot pan.
2. For the best-tasting oysters, buy them alive, shells closed, and make sure they have a sweet, briny aroma—these oysters will have the most liquor (the liquid inside of the oyster) and will taste of the sea.
3. You don't have to kiss this Southern favorite goodbye on an animal-based diet—just make the creamy 'grits' from the celeriac (also called celery root).
4. This tasty fish dish takes all of 15 minutes to make, start to finish—perfect for nights when time is particularly short.

Chapter 9 | Quotes From Pages 250-264

1. 'This chapter proves why sauces and sides can take any dish from ordinary to extraordinarily delicious.'
2. 'Rillettes is a French method of preservation—similar to confit—in which meat is seasoned and very slowly cooked submerged in fat.'

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3. ‘Pâté used to be considered high-end party food—now we know it’s for everyday eating, especially because liver is jam-packed with micronutrients and high in protein.’
4. ‘A rich spread, jam-packed with nutrients, can be enjoyed by the spoonful or spread on jerky chips or a slice of Carnivore Bread.’
5. ‘Commercially bottled teriyaki sauce contains soy, sugar, and preservatives. This easy homemade version doesn’t have any of that.’
6. ‘Both of these gravies can be used in a number of ways—as a topping for a Meat Flatbread, on a toasted slice of Carnivore Bread or Plantain Bread.’
7. ‘This yogurt-based sauce is the classic topping for Greek-inspired gyros.’

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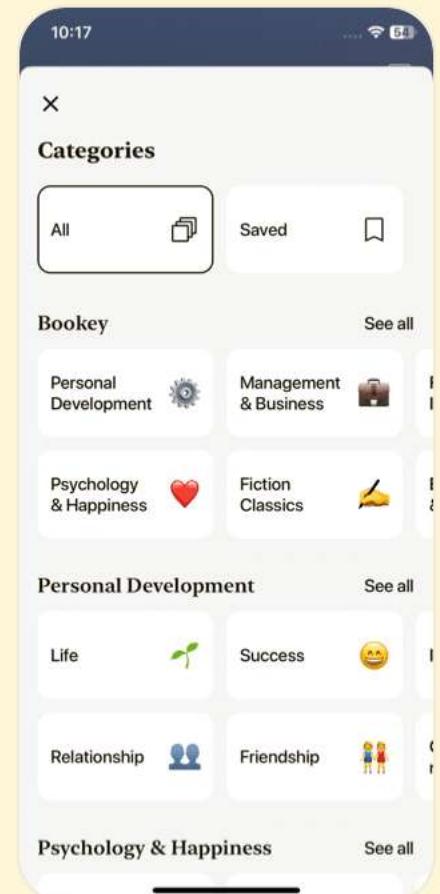
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Chapter 10 | Quotes From Pages 265-290

1. A carnivore dish for every craving!
2. Use a thin metal spatula to spread the batter in the prepared pan, forming a rectangle.
3. Cook the bacon in the hot skillet until lightly crisped.
4. This pork rind-based bread mimics the spongy texture of grain-based bread without a single grain.
5. Transform beef cheek from a tough and intimidating cut to light and tender shredded meat.
6. Store any leftovers tightly covered in the refrigerator for up to 4 days.
7. Top them with either one of our gravies or a fruit compote.
8. Don't have to give up pizza. Not so.

Chapter 11 | Quotes From Pages 291-319

1. The recipes in this chapter are the most adventurous and undeniably nutritious in this entire book.
2. If you are eating nose-to-tail, beef heart is a great organ to start with since it has a mild taste similar to a lean steak.

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- 3.These nutrient-rich offal burgers are a blank canvas.
- 4.Because of the high amount of bone and cartilage in oxtail, it is packed with collagen.
- 5.Aromatic, piney rosemary is a classic flavoring for lamb chops and lamb roast—and it works the same magic on lamb heart.
- 6.This dish is amazing as leftovers. Lightly fry the slices in some butter for a few minutes to reheat.
- 7.Enjoy it hot. In the summer, let it sit overnight in the refrigerator to firm up and enjoy a cold slice on a hot day.
- 8.Slices are also sold at butcher shops or from food carts on the street—grilled or pan-seared to crisp the edges and warm through.

Chapter 12 | Quotes From Pages 320-341

- 1.Even dessert can provide a great amount of protein and collagen.
- 2.Most frostings found at the store are packed full of vegetable oils and preservatives.
- 3.While you could use moose fat in this recipe, tallow works

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just as well and packs just as much nutritional benefit.

4. When paired with raw honey and fresh blackberries, there's nothing quite like it.
5. Unctuous honey-sweetened bone marrow filling 'dough' hits the spot.
6. Once in a while you might find yourself craving a bite of something light and airy and, yes, sweet.
7. This nicely spiced, honey-sweetened pie can be made with all raw ingredients.
8. You can enjoy it two ways: Chill it for a creamy, fluffy filling or freeze it for a frozen-custard pie.

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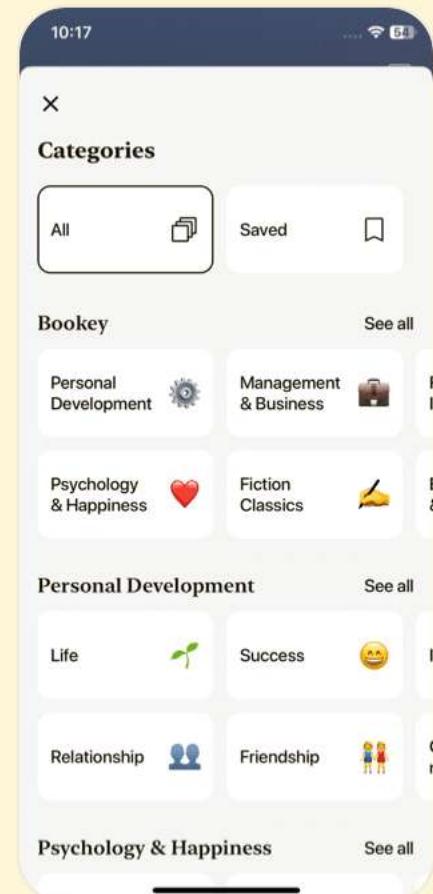
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The Carnivore Code Cookbook Questions

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Chapter 1 | The Science Behind the Carnivore Code| Q&A

1. Question

What is the main thesis of 'The Carnivore Code'?

Answer: The main thesis is that an animal-based diet, focusing on meat and organs, is the most nutritious and evolutionarily consistent way for humans to eat, contrary to common beliefs about the health risks associated with meat.

2. Question

How did our ancestors' diet influence human evolution?

Answer: Our ancestors' shift towards a predominantly animal-based diet around 2 million years ago provided essential nutrients that supported the rapid growth of the brain while reducing the size of the gut, exemplified by the 'expensive tissue hypothesis.' This dietary change was pivotal

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for the cognitive development and problem-solving abilities that define modern humans.

3.Question

What lessons can be learned from modern hunter-gatherer groups like the Hadza?

Answer: Modern hunter-gatherer groups like the Hadza demonstrate that a diet rich in animal products is associated with health and vitality, free from the chronic diseases prevalent in Western society. They emphasize the importance of animal organs and meat in their diet as vital sources of nourishment.

4.Question

What role do plant foods play in our diet, according to 'The Carnivore Code'?

Answer: While some plant foods can be included in a diet, they generally serve as 'fallback' options and can be toxic due to natural defense mechanisms developed by plants to deter herbivory. The book suggests prioritizing animal products due to their nutrient density.

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5.Question

How does the modern dietary narrative differ from historical eating patterns?

Answer: Modern dietary advice often vilifies red meat and promotes plant-based diets as healthier, despite historical evidence showing that meat has been central to human nutrition for millions of years. This divergence has led to increased rates of chronic disease, contradicting evidence from interventional studies that show benefits to meat consumption.

6.Question

What are the principles underlying the Carnivore Code?

Answer: The principles include: 1) Animal organs and meat are the most nutrient-rich foods; 2) All life forms, including plants, have evolved defense mechanisms; 3) Ultra-processed foods, including vegetable oils and refined carbohydrates, are not suitable in a human diet.

7.Question

What impact has the consumption of processed foods and seed oils had on health?

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Answer: The dramatic increase in processed sugars and seed oils over the past century has been implicated in the rise of chronic diseases, as these substances disrupt metabolic function and contribute to conditions like obesity, diabetes, and heart disease.

8. Question

Why is it essential to eat from 'nose to tail' when consuming animal products?

Answer: Eating from 'nose to tail' ensures that individuals receive a comprehensive array of nutrients found in different parts of the animal, which has been crucial for human health and development throughout evolution.

9. Question

How can one reclaim their health according to 'The Carnivore Code'?

Answer: To reclaim health, one should prioritize consuming animal-based foods, limit or avoid highly processed omega-6 rich seed oils, and consider the least harmful plant foods in moderation, based on individual tolerances.

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10.Question

What evidence is presented in support of an animal-based diet?

Answer: Interventional studies show that diets high in animal protein lead to improved health outcomes like lower inflammation and better metabolic function, supporting the argument that traditional diets rich in animal foods are more beneficial than contemporary dietary guidelines suggest.

Chapter 2 | The Good Stuff: What You'll Eat and Why| Q&A

1.Question

What are the main components of a carnivore diet according to Paul Saladino?

Answer: The main components include meats, organ meats, and other animal products like seafood and dairy. The diet emphasizes sourcing high-quality, well-raised animal foods to ensure maximum nutritional benefits.

2.Question

Why is sourcing important in an animal-based diet?

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Answer:Sourcing is crucial because the nutritional quality of animal products greatly depends on how the animals were raised. Choosing grass-fed, pasture-raised, or regeneratively farmed meats can help avoid harmful fats and toxins that come from factory-farmed animals.

3.Question

What are the benefits of eating organ meats?

Answer:Organ meats are nutritional powerhouses, rich in essential vitamins, minerals, growth factors, and peptides that support overall health. For example, liver is particularly high in vitamins A, B12, iron, and choline, all vital for cognitive and physical health.

4.Question

What advice does Paul Saladino give regarding seafood consumption?

Answer:Consumers should be cautious of seafood due to pollution and heavy metal contamination. It's best to choose lower-mercury fish like wild salmon and limit seafood consumption to avoid excessive exposure to toxins.

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5.Question

How does a carnivore diet relate to modern health issues?

Answer: A carnivore diet can serve as an effective elimination diet, potentially reversing autoimmune conditions and promoting better metabolic health. By focusing on nutrient-dense animal foods and avoiding highly processed and toxic plant foods, individuals may see significant health improvements.

6.Question

What role does carbohydrate cycling play in an animal-based diet?

Answer: Carbohydrate cycling allows individuals to mimic ancestral eating patterns by varying carbohydrate intake based on seasonal availability. This means incorporating fruits and honey during warmer months and focusing on nutrient-dense root vegetables during cooler periods.

7.Question

Why should grains be avoided, according to the text?

Answer: Grains are avoided because they are seeds that contain many defensive chemicals, including lectins and

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phytates, which can interfere with digestion and nutrient absorption. They also often carry mycotoxins that pose health risks.

8.Question

What unique nutrient benefits do specific organ meats provide?

Answer: For example, the spleen is the richest source of heme iron among organs, and contains immune-supporting peptides. The heart is high in riboflavin, iron, and CoQ10, contributing to energy metabolism. Each organ meat has unique health benefits that can enhance well-being.

9.Question

How can individuals transition from a strict carnivore diet to an animal-based diet?

Answer: The transition involves slowly reintroducing low-toxicity plant foods one at a time, monitoring for any reactions, and aiming to expand dietary variety while still prioritizing animal sources.

10.Question

What is the environmental argument made by Paul

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Saladino regarding carnivore diets?

Answer:Saladino argues that properly managed animal agriculture, such as regenerative farming, can enhance soil health, carbon sequestration, and biodiversity, challenging the narrative that reducing animal consumption is better for the planet.

Chapter 3 | The Carnivore Kitchen| Q&A

1. Question

What essentials should I stock in my kitchen for preparing carnivore recipes?

Answer:Your kitchen should include a variety of equipment such as a Dutch oven, cast-iron pan, stainless steel pots and pans, a knife set, and measuring spoons. Additionally, stock your pantry with spices, organic salts, vinegars, honey, and collagen powder, among other items. Your fridge and freezer should hold compliant animal products like grass-fed meats, pastured poultry, raw dairy, and organs.

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2.Question

Why should one focus on animal products in a carnivore diet?

Answer: Animal products provide higher nutrient availability, bioavailability, and generally low toxicity compared to plant foods, making them a crucial component of this diet.

3.Question

Is it necessary to avoid all plant products in a carnivore diet?

Answer: No, while the focus is on animal products, some low-toxicity plants can be included, especially if you do not suffer from inflammatory conditions.

4.Question

What is the benefit of tempering meat before cooking?

Answer: Tempering meat allows it to reach room temperature, which leads to even cooking and better absorption of flavors from seasonings.

5.Question

What is the process and purpose of brining meat?

Answer: Brining involves soaking meat in a saltwater

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solution to preserve its moisture and enhance flavor. The general rule is to brine for about one hour per pound of meat.

6.Question

How does the cooking method of braising work?

Answer: Braising combines low-heat cooking for extended periods, breaking down tougher cuts of meat through slow cooking in a covered pot with a bit of liquid.

7.Question

Why is it important to prepare organ meats correctly?

Answer: Organ meats are nutrient-dense but often have distinct flavors and textures; proper preparation can minimize strong flavors and enhance their culinary appeal.

8.Question

What are the key guiding principles for the recipes in this book?

Answer: The recipes focus on being animal-based, preserving nutrients, ensuring ease of digestion, balancing macronutrients, and minimizing spice usage for simplicity.

9.Question

What should I consider when choosing fats for cooking?

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Answer:Optimal fats include suet, tallow, and raw dairy fats like butter and ghee, all of which align with the carnivore philosophy of maintaining high nutrient levels.

10. Question

What to do if you lack time for meal prep on certain days?

Answer:Understanding the fundamental foods of an animal-based diet enables you to quickly assemble meals from your stocked pantry, making it easier to maintain the diet even on busy days.

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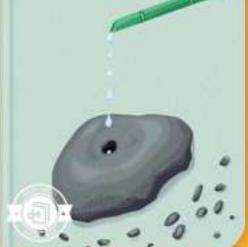
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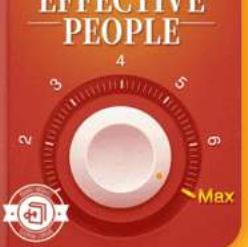
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Chapter 4 | The Carnivore Meal Plans| Q&A

1.Question

Why are the meal plans designed based on a 2,000 calorie requirement?

Answer: The meal plans are designed for a semi-active person who requires roughly 2,000 calories a day to maintain their weight. This baseline helps individuals customize their intake based on their personal activity levels, body composition, and health goals.

2.Question

How can leftovers be utilized in meal planning?

Answer: The meal plans encourage using leftovers strategically to minimize cooking time and reduce waste. Each recipe indicates how long the meals will last in the fridge, allowing for an efficient use of prepared food throughout the week.

3.Question

What considerations should I take into account when tailoring the meal plans to my needs?

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Answer: You should consider your lifestyle factors such as activity level, workload, lean muscle mass, health status, gender, and age to adjust calorie intake for maintaining, losing, or gaining weight.

4. Question

What tips are provided for effective meal prep?

Answer: 1. Make double batches of recipes to save and freeze for later use.

2. Prepare meals for the first part of the week ahead of time, so that you can focus on the latter part mid-week.

3. Utilize slow cookers for meals that require longer cooking times, ensuring you have a ready meal by evening.

5. Question

What role do macronutrient adjustments play in the meal plans?

Answer: Custom macronutrients can be tailored using the Nutrition Code app, allowing individuals to adapt their intake of fats, carbs, and proteins according to their specific health and fitness goals.

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6.Question

How is flexibility incorporated into the meal plans?

Answer: The meal plans are designed to be flexible, encouraging individuals to modify them according to their preferences, such as cooking more often or using leftovers frequently.

7.Question

What is the significance of incorporating variety in the carnivore meal plans?

Answer: The meal plans demonstrate that with planning, there is a great variety in meals that can be prepared, showcasing the potential enjoyment and diversity of carnivore and animal-based diets.

8.Question

Why is meal prepping emphasized as key to staying on track?

Answer: Meal prepping helps ensure that healthy options are readily available, reducing the temptation to stray from the planned diet and making it easier to achieve one's dietary goals.

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9.Question

How do individual activity levels affect dietary requirements in these meal plans?

Answer: Active individuals might need more carbohydrates for energy and can adjust fat intake accordingly, while less active individuals can adhere to a low-carb approach for fat utilization.

10.Question

What can you do if you prefer more carbs in your diet while following these plans?

Answer: You can reduce the amount of added fats such as suet or bone marrow, and instead incorporate more low-toxic carbs as necessary to meet your health and fitness goals.

Chapter 5 | Basics| Q&A

1.Question

What are the benefits of preparing basic ingredients at home as described in this chapter?

Answer: Preparing basic ingredients at home, such as broths and sauces, offers numerous benefits including saving money, gaining the confidence to

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customize recipes, ensuring the use of high-quality ingredients, and making complex recipes easier to prepare by having foundational elements readily available. Over time, you also cultivate skills in kitchen practices and increase your self-sufficiency in food preparation.

2.Question

How can making Chicken Bone Broth contribute to a nutrient-dense diet?

Answer:Chicken Bone Broth is packed with collagen, which is essential for maintaining healthy muscles, skin, bones, and ligaments. Incorporating it into your diet not only helps in gut healing but also provides a comforting, warm beverage that can easily be enjoyed on chilly days. Its high collagen content supports overall health and adds a rich flavor and nutrition to various dishes.

3.Question

What are some key tips for successful pickle-making as mentioned in the recipes?

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Answer: To successfully make pickles, ensure you use pickling cucumbers with a bumpy, unwaxed skin, which aids the pickling process. The recipe suggests using a salt ratio appropriate for flavor and allows for optimum fermentation time—preferably allowing the pickles to sit for at least a week for enhanced flavor development. Proper sanitation of jars is also critical to prevent spoilage.

4. Question

Why is collagen important for the human body based on the recipe explanations?

Answer: Collagen plays a crucial role in maintaining the structure and integrity of various tissues in the body, comprising about one-third of our protein content. It is foundational for healthy joints, skin elasticity, and maintaining strong muscles and bones. A diet rich in collagen, such as that provided through bone broths, ensures you are supporting these vital bodily functions.

5. Question

What is the advantage of fermenting milk to make Kefir, according to the chapter?

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Answer: Fermenting milk to create Kefir not only makes it a good source of calcium but also reduces its lactose level, making it suitable for those sensitive to lactose. The fermentation process introduces beneficial bacteria that enhance gut health and aid digestion. Additionally, Kefir can be flavored during a second fermentation, which makes it enjoyable and versatile for consumption.

6. Question

How does the chapter suggest making homemade butter relates to self-sustainability?

Answer: Making homemade butter exemplifies self-sustainability as it allows you to produce your own dairy fat from sourced cream, avoiding processed ingredients found in commercial products. It empowers individuals to take charge of their kitchen and use ingredients from reliable sources, promoting a more conscious and health-focused approach to cooking.

7. Question

What is a key element to consider when storing and using Tallow, based on the chapter details?

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Answer: A key element when storing Tallow is to ensure that impurities are thoroughly removed during the rendering process, as this affects its longevity. Properly rendered Tallow can be stored at room temperature or in the fridge for several months, or frozen for a year or more, which makes it a practical and enduring choice for cooking fat.

8. Question

What do the diverse recipes in this chapter signify about food preparation's role in lifestyle choices?

Answer: The diverse recipes underscore the importance of food preparation as a fundamental aspect of lifestyle choices, emphasizing health, nutrition, sustainability, and creativity in the kitchen. They invite readers to engage with their food on a deeper level by mastering foundational recipes that lead to a more health-conscious diet and reduced reliance on store-bought products.

Chapter 6 | Red Meat| Q&A

1. Question

What is the recommended cooking method for tenderizing a tough cut of beef like rump roast?

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Answer: The recommended method is to roast it slowly at a lower temperature (225°F) for 2 to 3 hours, which allows the meat to become tender when sliced thinly against the grain after resting.

2. Question

How does resting meat after cooking affect its tenderness and flavor?

Answer: Resting meat for at least 10 minutes after cooking allows the juices to redistribute, resulting in more tender and flavorful meat upon slicing.

3. Question

What is the significance of marinating skirt steak before grilling it for fajitas?

Answer: Marinating enhances the flavor and tenderness of the meat, particularly important since skirt steak can become tough if not cooked properly.

4. Question

What are the benefits of using bone marrow in recipes like the Teriyaki Bone-Marrow Burgers?

Answer: Bone marrow adds richness and flavor, while also

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providing healthy fats and nutrients that enhance the overall taste and nutritional profile of the burger.

5.Question

What technique is utilized in the Perfect Steak recipe and what are its benefits?

Answer: The reverse sear method is used, which involves cooking the steak slowly at low temperature followed by a high-heat sear. This promotes even cooking and activates enzymes that tenderize the meat.

6.Question

How does the addition of a brine contribute to the flavor of the Swedish roast beef?

Answer: Brining infuses the meat with flavor and moisture, resulting in a more savory and succulent roast that enhances the overall eating experience.

7.Question

Why is it important to let meat rest after cooking?

Answer: Resting meat allows the juices to redistribute throughout, preventing them from pouring out when sliced, which maintains moisture and improves flavor.

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8.Question

How can one modify a recipe to be more carnivore diet-friendly?

Answer: Replace non-carnivore ingredients such as plant-based sauces or vegetables with acceptable alternatives like tallow, bone broth, or animal fats, and ensure all components align with the carnivore diet.

9.Question

What role does texture play in enhancing the appeal of meat dishes, according to the cookbook?

Answer: Texture contrasts, such as the crispy exterior from searing or broiling, enrich the dining experience and make meat dishes more satisfying.

10.Question

What is an innovative substitution mentioned for traditional BBQ ribs to enhance flavor?

Answer: Using white sweet potatoes in place of standard potato sides adds a novel taste and nutrition while maintaining compatibility with a carnivore-based meal.

11.Question

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What flavor profile does the combination of maple, ginger, and soy sauce bring to flank steak?

Answer: This combination creates a balance of sweetness from the maple, spiciness from the ginger, and umami from the soy, making for a complex and flavorful dish.

12. Question

How does slow cooking benefit tougher cuts of meat like lamb shanks?

Answer: Slow cooking allows tough cuts to break down their connective tissues over time, converting them into tender, flavorful bites while enhancing richness.

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Chapter 7 | Pork and Poultry| Q&A

1.Question

What tips can I use to ensure my roasted chicken has a crispy skin and juicy meat?

Answer:To achieve a crispy skin and juicy chicken, brush melted butter flavored with rosemary under and over the skin before roasting. Make a roasting bed of root vegetables and herbs to infuse flavor and moisture during cooking, and roast at a high temperature initially for better skin browning.

2.Question

How can I make my breakfast sausage more nutritious while keeping it tasty?

Answer:Enhance the nutritional quality of your breakfast sausage by adding nose-to-tail ingredients. For instance, incorporate ground organ meats like pork or beef heart into the sausage mixture for added vitamins and minerals without sacrificing flavor.

3.Question

What's the benefit of braising meats like guinea fowl?

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Answer:Braising guinea fowl helps retain its moisture due to the slow-cooking process, resulting in tender, flavorful meat. Combine it with bacon and herbs in a moist cooking method to bring out the dish's richness.

4.Question

What makes the 'Sweet-and-Sour Duck Legs' dish stand out in flavor?

Answer:The 'Sweet-and-Sour Duck Legs' feature a marinade infused with fresh ginger and a blend of citrus juices, enhancing the rich and savory profile of the duck meat while creating a deliciously balanced dish.

5.Question

Why is it beneficial to cook pork tenderloin with a glaze method?

Answer:Cooking pork tenderloin with a glaze method prevents it from drying out, as the glaze keeps the surface moist while roasting. Searing before glazing locks in flavors and moisture, creating a juicy interior with a beautifully caramelized exterior.

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6.Question

What are some creative uses for leftover roasted turkey?

Answer: Leftover roasted turkey can be thinly sliced and layered with cheese in a Meat Flatbread or transformed into a savory turkey panini using roasting methods to enhance flavor. This ensures minimal waste and delicious meals.

7.Question

How can I create a low-carb version of classic chicken noodle soup?

Answer: You can craft a low-carb version of classic chicken noodle soup by using duck for a nutrient-rich broth and substituting traditional pasta with spiralized zucchini noodles, adding flavor with spices like cinnamon and ginger.

8.Question

What substitution can enhance the flavor of 'Lemon-Balsamic Roasted Chicken' for those who dislike tarragon?

Answer: If you're not fond of tarragon, you can substitute it with basil in the 'Lemon-Balsamic Roasted Chicken' recipe, as it complements the Italian seasoning while delivering a

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different yet delicious herbal note.

9.Question

How do you achieve a rich flavor profile in duck dishes?

Answer: To achieve a rich flavor profile in duck dishes, you can use marinades that include citrus and fresh ginger, cook the duck skin-on to render fat, and use nutrient-dense cooking liquids like poultry stock infused with herbs.

10.Question

What could I add to Slow-Cooker Apple-Sage Carnitas to make it a complete meal?

Answer: To make the Slow-Cooker Apple-Sage Carnitas a complete meal, consider adding sliced stone fruits or cut-up peeled squash during the last cooking stages to infuse more flavor and nutrition into the dish.

Chapter 8 | Seafood| Q&A

1.Question

What is the key to achieving a beautifully seared scallop?

Answer: To achieve a nicely browned crust on the scallops, make sure they are patted dry before cooking. This prevents steaming and allows the

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scallops to sear properly.

2.Question

Why should oysters be purchased alive and what should you look for when selecting them?

Answer: When purchasing oysters, look for ones that are alive with closed shells and a sweet, briny aroma. Avoid any that are gaping open, dry, or have an off smell. Freshness is key to the best flavor.

3.Question

What are the nutritional benefits of oysters?

Answer: Oysters are packed with nutrients, including zinc, copper, iron, and selenium, which are essential for various bodily functions and boosting overall health.

4.Question

How can celeriac be used in a carnivore diet to create a substitute for grits?

Answer: Celeriac can be peeled and cubed, then cooked and blended with broth and seasonings to create a creamy, grits-like consistency that aligns with an animal-based diet.

5.Question

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What is a quick alternative method for cooking salmon if you don't want a maple glaze?

Answer: If you're not interested in the maple glaze, you can simply use lemon zest and juice with melted tallow and salt for a quick and flavorful salmon dish.

6.Question

What is an easy way to enhance the flavor of the butter used for grilled oysters?

Answer: Adding a splash of fresh lime juice to the butter enhances its flavor, providing a bright, zesty contrast to the rich taste of the grilled oysters.

7.Question

What can be served with the creamy oyster dip?

Answer: The creamy oyster dip is perfect for dipping jerky chips or spreading on slices or spears of crisp cucumber, making it a versatile party dip.

8.Question

How do you avoid waste with leftover ingredients from seafood dishes?

Answer: To prevent waste, any uneaten oysters should be

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discarded if unopened after cooking, while leftover butter can be stored tightly covered in the refrigerator for up to a week.

9.Question

How does using bacon in shrimp and celeriac grits enhance the dish?

Answer: Using bacon adds a savory, rich flavor to the shrimp and celeriac grits, creating a delightful combination of textures and tastes while complementing the dish's creaminess.

10.Question

What is the importance of using high-quality, fresh ingredients in seafood recipes?

Answer: Using high-quality, fresh ingredients ensures the best flavor and texture in seafood dishes, enhancing the overall dining experience and nutritional value.

Chapter 9 | Sauces and Dips| Q&A

1.Question

How do sauces and dips enhance the overall dining experience according to Chapter 9?

Answer: The chapter emphasizes that sauces and

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dips transform ordinary dishes into extraordinary ones. They complement meats such as brisket and burgers by adding layers of flavor, zest, and richness, making meals more enjoyable and exciting.

2.Question

What is the significance of the rillettes preparation method mentioned in the chapter?

Answer: Rillettes is a French preservation technique that involves slowly cooking meat in fat, making it fork-tender. This method not only preserves the meat but also enhances its flavor and texture, providing a nutritious and delicious spread for various dishes.

3.Question

What nutritional benefits do liver pâtés provide, according to the recipes presented?

Answer: Liver pâtés are highlighted as rich in protein, iron, vitamin B12, and folate, showcasing liver's micronutrient density and making it a beneficial addition to a well-rounded diet.

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4.Question

How does the chapter suggest approaching the flavor of liver for those who dislike it?

Answer: The chapter recommends using specific ingredients like bacon, rosemary, and cinnamon in liver pâté to mask the strong taste of liver, making it more palatable for those who might not enjoy the flavor of liver in its natural state.

5.Question

Why is homemade BBQ sauce preferred over commercial options, as discussed in this chapter?

Answer: Homemade BBQ sauce allows for control over ingredients, avoiding the sugar and preservatives found in commercial sauces. This specific recipe utilizes natural sweeteners like pumpkin puree and honey, making it a healthier choice that can still enhance flavor.

6.Question

What is the suggested storage life for rillettes if prepared correctly?

Answer: If properly packed with a layer of rendered fat as a seal and stored in a sterilized jar, rillettes can be kept in the

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refrigerator for up to 6 months.

7.Question

What is the main ingredient of nomato sauce, and why is it significant?

Answer: Nomato sauce is made primarily from butternut squash and carrots, making it a nightshade-free alternative to tomato sauce which is important for individuals avoiding nightshades due to dietary restrictions or sensitivities.

8.Question

How does the chapter recommend serving tzatziki to maintain its quality?

Answer: The chapter advises squeezing out excess water from grated cucumber before adding it to the yogurt mixture to avoid a watery tzatziki. Proper preparation ensures a thick and flavorful sauce.

9.Question

What common kitchen ingredient is used to create a thick sauce in the teriyaki recipe, and what is its purpose?

Answer: Unflavored gelatin is used in the teriyaki sauce to add collagen and thicken the sauce, enhancing its texture and

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nutritional value.

10. Question

What health benefits does whipped bone marrow provide, as mentioned in the recipes?

Answer: Whipped bone marrow is described as a nutrient-dense spread, rich in healthy fats, and can be consumed on its own or with other foods like jerky chips, promoting wellness and enhancing meals.

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Chapter 10 | Bakes and Remakes| Q&A

1.Question

How can we modify our favorite classic dishes to fit a carnivore diet?

Answer: By reimagining favorite classics like pizza and bagels using animal products, we can indulge without compromising dietary choices. For instance, making a meat flatbread or pork rind waffles replaces traditional doughs, allowing for the same comforting textures and flavors.

2.Question

What are some key ingredients for making a meat flatbread, and how can it be served?

Answer: A meat flatbread consists of ground lamb, eggs, and unflavored gelatin, blended to create a batter. It can be served topped with ricotta and roasted grapes for sweetness or fig and Iberico bacon for a savory twist, turning it into a versatile side or base for various toppings.

3.Question

What substitutions can be made in the recipes to cater to

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different tastes?

Answer: In the flatbread or waffles, you can substitute lamb with beef or different bacon options. For toppings like the fig and Iberico bacon flatbread, goat cheese can be omitted based on preference.

4. Question

How does the use of unique ingredients like Iberico bacon enhance the dish?

Answer: Iberico bacon, made from native Spanish pigs, offers richer flavor due to its higher fat content, making dishes lean and hearty, thus elevating the overall taste experience.

5. Question

What does the introduction of plantain bread reveal about creativity in carnivore cooking?

Answer: Plantain bread provides a banana-like flavor and versatility, showcasing that even on a carnivore diet, one can enjoy variety in texture and taste by incorporating non-carnivore alternatives thoughtfully.

6. Question

Why are compotes suggested as toppings for waffles, and

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how do they enhance the meal?

Answer: Compotes like strawberry-balsamic or blueberry-lemon serve to add a sweet contrast to savory dishes, enriching the meal experience, making it delightful and enjoyable.

7.Question

How can making recipes in advance contribute to better meal management?

Answer: Dishes like the pumpkin and sage risotto or the beef cheek tacos can be prepared in advance and stored, providing meal efficiency, reducing prep time during the week, and maintaining a carnivore diet with ease.

8.Question

What makes a dish like the Meat-Lover's Pizza a viable option for carnivores?

Answer: The Meat-Lover's Pizza crust is made from chicken and pork rinds, allowing diners to enjoy a pizza-style experience without traditional grains, aligning with carnivore diet principles.

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9.Question

In what ways do creative cooking methods, like using a waffle iron for ground lamb, re-invent typical breakfast options?

Answer: Using a waffle iron for a ground lamb mixture deepens flavor and adds crispy edges, showcasing that traditional cooking techniques can be adapted to fit unique dietary needs while maintaining culinary enjoyment.

10.Question

Can you describe the concept of 'nose-to-tail' cooking, and how can these recipes encourage it?

Answer: Nose-to-tail cooking promotes using the entire animal, which can be seen in recipes that incorporate less commonly used cuts such as beef cheeks or sweetbreads, thereby reducing waste and maximizing food usage while enhancing diversity in meals.

Chapter 11 | Nose to Tail| Q&A

1.Question

What is the main focus of the recipes in this chapter?

Answer: The recipes in this chapter focus on

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nose-to-tail cooking, designed for those who want to increase their nutrient intake through adventurous and nutritious meals.

2.Question

How can cooking with offal, such as beef heart, benefit someone new to nose-to-tail eating?

Answer: Beef heart is a great starting point because it has a mild taste similar to lean steak, making it more approachable for those unfamiliar with offal.

3.Question

What is unique about the preparation of the Crispy Beef Tongue with Bone-Marrow Sabayon?

Answer: The dish features a savory sabayon made with egg yolks, marrow, and salt, paired with thinly sliced, crispy beef tongue, transforming a traditionally sweet sauce into a carnivore-friendly topping.

4.Question

Why is the Saladino Specialty dish frequently consumed by the author?

Answer: The Saladino Specialty combines various meats,

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including beef liver and stew meat, allowing for a diverse nutrient profile, and is quick to prepare while still delivering rich flavors.

5.Question

In what way does the Oxtail Cottage Pie stand out in terms of nutritional content?

Answer: The Oxtail Cottage Pie is rich in collagen due to the high bone and cartilage content of oxtail, providing health benefits not found in standard meat pies.

6.Question

How does the recipe for Tongue and Sweetbread Tacos demonstrate creativity?

Answer: The tacos reinvent a classic Mexican dish by pairing beef tongue and sweetbreads, adding a nutritious twist while retaining familiar flavors with chimichurri and root-based rice.

7.Question

What makes the Glazed Meatloaf recipe different from traditional meatloafs?

Answer: This meatloaf incorporates beef heart, increasing its

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nutrient density while still remaining a comforting favorite.

8.Question

How are the stuffed spleens prepared in the 'Splurrito' recipe significant in Moroccan cuisine?

Answer: Stuffed spleens are traditionally enjoyed during Eid al-Adha in Morocco, representing cultural significance while showcasing the utilization of offal.

9.Question

What are the potential substitutes suggested for various ingredients throughout the recipes?

Answer: Substitutions include using butter instead of tallow, glycine for honey, and replacing specific organ meats with other parts of the animal, maintaining the emphasis on nutrient density.

10.Question

What can be learned about the nutritional benefits of offal consumption from these recipes?

Answer: These recipes emphasize that offal is highly nutritious, containing essential vitamins and minerals, and they provide practical ways to incorporate it into everyday

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meals for enhanced health.

Chapter 12 | Desserts| Q&A

1. Question

How can you make dessert more nutritious and satisfying while still fulfilling a sweet craving?

Answer: Desserts like 'Tapioca' Pudding and Alaskan Ice Cream incorporate collagen and healthy fats, demonstrating that sweet treats can be rich in nutrients. For example, tapioca pudding is thickened with collagen from beef tendons instead of traditional starches, while Alaskan Ice Cream uses nutrient-dense tallow as a base. These alternatives not only satisfy your sweet tooth but also contribute to overall protein intake and health.

2. Question

What are some creative dessert ideas that fit a carnivorous diet?

Answer: Innovative options include Tahini Pudding, Carnivore Frosting, and Ice Cream Cookie Sandwiches. Each

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recipe uses ingredients like beef tendons, organ meats, or healthy fats, transforming them into recognizable desserts while maintaining their carnivore principles. This approach shows that even strict diets can allow for variance and creativity in meal planning.

3.Question

What is the significance of nutrient density in the dessert recipes presented?

Answer: The dessert recipes emphasize nutrient density by selecting ingredients that provide not just flavor but substantial health benefits. For instance, the incorporation of raw honey, heavy cream, and gelatin in recipes ensures that these desserts are not only indulgent but also supply calories from healthy sources, reinforcing the importance of nourishment even in treats.

4.Question

What are the cooking methods that enhance the texture and flavor in dessert recipes?

Answer: Techniques such as slow-cooking tendons for

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pudding, whipping egg whites for eggnog, or using a water bath for custards are highlighted. These methods contribute to consistent texture and rich flavors by properly utilizing the natural characteristics of the ingredients, ensuring that every dessert embodies both taste and quality.

5.Question

How can keeping desserts simple lead to greater enjoyment?

Answer: Using a few high-quality, natural ingredients allows the true flavors to shine, which is exemplified in recipes like Peaches and Cream Ice Cream and Honey and Blackberry Ice Cream, where the freshness of the fruit is central. Simplicity often leads to a more profound appreciation of the taste, proving that desserts can be both uncomplicated and gratifying.

6.Question

Why is it important to consider ingredient sourcing in dessert recipes?

Answer: Using high-quality, sustainably sourced ingredients,

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such as raw milk or pastured meats, enhances the nutritional profile of the desserts while supporting healthier food systems. For example, raw honey and fresh berries provide superior flavor and health benefits compared to their processed counterparts.

7.Question

What hidden benefits can traditional dessert ingredients provide when reimagined in a carnivorous context?

Answer: Ingredients such as bone marrow, gelatin, and beef tallow, often overlooked in desserts, can dramatically elevate the nutritional value. For instance, bone marrow contributes healthy fats and collagen, making desserts like 'Cookie Dough' not only indulgent but also beneficial in supporting joint health and skin elasticity.

8.Question

How does the balance of flavors play a role in the appeal of carnivore desserts?

Answer: Balancing sweet, savory, and creamy elements in desserts, such as combining honey with creamy bases or tart

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fruits, enhances their overall enjoyment. The interplay of flavors, like the tartness of lemon in Strawberry-Lemon Sherbet or the sweet richness of the Pumpkin Custard, draws in the palate, showcasing that even within dietary constraints, desserts can be diverse and multifaceted.

9. Question

What is the impact of portion control in enjoying carnivore desserts?

Answer: Carnivore desserts can be quite rich due to their healthy fat content, so mindful portioning allows for indulgence without overwhelming caloric intake. Recipes often suggest serving sizes that strike a balance between satisfaction and moderation, proving that you can enjoy treats responsibly.

10. Question

How can incorporating seasonal ingredients enhance the experience of dessert-making?

Answer: Using seasonal fruits, as seen in the Peaches and Cream Ice Cream, not only ensures peak flavor but also

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connects the eater to the time of year, enhancing the overall experience. Fresh, in-season ingredients improve taste, promote local sourcing, and encourage culinary creativity.

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The Carnivore Code Cookbook Quiz and Test

Check the Correct Answer on Bookey Website

Chapter 1 | The Science Behind the Carnivore Code| Quiz and Test

1. The Carnivore Code promotes a diet that prioritizes animal products over plant-based foods.
2. Consumption of processed foods has been linked to a decrease in chronic illnesses over the last century.
3. Saladino suggests that all plants are harmful and should be completely avoided in the diet.

Chapter 2 | The Good Stuff: What You'll Eat and Why| Quiz and Test

1. The Carnivore Code emphasizes the importance of consuming meat and organ products, which are considered the backbone of the diet.
2. All plant foods are encouraged in the carnivore diet, including grains and high-oxalate plants.

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3.Honey can be consumed on the carnivore diet for its potential health benefits, but should be consumed in moderation.

Chapter 3 | The Carnivore Kitchen| Quiz and Test

1. The Dutch oven is recommended kitchen equipment for a carnivore lifestyle.

2.Bone broth requires a short cooking time to retain more nutrients.

3.Raw butter should be avoided as it is not beneficial for nutrient retention.

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Four steps to build good habits and break bad ones
James Clear
🕒 36 min ⚡ 3 key insights ✅ Finished

Description

Why do so many of us fail to lose weight? Why can't we go to bed early and wake up early? Is it because of a lack of determination? Not at all. The thing is, we are doing it the wrong way. More specifically, it's because we haven't built an effective behavioral pattern. James Clear finds that it takes four steps to...

6 Listen 11 Read 1 Th...

10:16 X 1 of 5

Habit building requires four steps: cue, craving, response, and reward are the pillars of every habit.

False **True**

10:16 X 5 of 5

The Two-Minute Rule is a quick way to end procrastination, but it only works for two minutes and does little to build long-term habits.

False

Correct Answer

Once you've learned to care for the seed of every habit, the first two minutes are just the initiation of formal matters. Over time, you'll forget the two-minute time limit and get better at building the habit.

Continue

Chapter 4 | The Carnivore Meal Plans| Quiz and Test

1. The Carnivore Meal Plan is designed specifically for highly active individuals with a caloric need of about 2,000 calories daily.
2. The Nutrition Code app can be used to personalize macronutrients for those following the carnivore diet.
3. The Animal-Based Meal Plan allows for the inclusion of low- to moderately toxic foods suitable for individuals preferring ketosis.

Chapter 5 | Basics| Quiz and Test

1. Preparing basics like broths and tallow can help save money and maintain a nutrient-dense diet.
2. Homemade Butter takes 10 minutes of active time and a total time of 10 minutes to prepare.
3. Kefir, as mentioned in the chapter, serves 2 and requires 24 hours for first fermentation.

Chapter 6 | Red Meat| Quiz and Test

1. The chapter includes red meat recipes that are

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only suitable for special occasions.

2. The 'Simple Beef Rump Roast' serves 6 people and has a total time of 3 hours.
3. The 'Loaded Carnivore Code Smash Burgers' require 1 hour and 25 minutes of total preparation time.

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Chapter 7 | Pork and Poultry| Quiz and Test

1. The chapter includes a recipe for Maple-Sage Breakfast Sausage that can be made in advance and frozen for convenience.
2. The total time for the Roasted Turkey with Balsamic-Blueberry Sauce is 2 hours.
3. The recipe for Autumn Roasted Duck with Delicata and Pear Broth takes 13 hours to prepare.

Chapter 8 | Seafood| Quiz and Test

1. The chapter includes a recipe for Seared Scallops and Zoodles with Cilantro-Citrus Sauce.
2. Easy Grilled Oysters are served with a side of rice.
3. The Quick Maple-Glazed Salmon recipe takes a total of 15 minutes to prepare.

Chapter 9 | Sauces and Dips| Quiz and Test

1. The Rustique Chicken Liver Pâté has a total time of 2 hours and 30 minutes.
2. The Homemade BBQ Sauce is sweetened with ingredients like pumpkin, honey, and molasses.

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3. The Nomato Sauce is a nightshade-free sauce made from tomatoes.

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Chapter 10 | Bakes and Remakes| Quiz and Test

1. The Carnivore Code Cookbook includes a recipe for traditional plantain bread made from ripe plantains, which is allowed in the carnivore diet.
2. The book features a meat-lover's pizza with a crust made from chicken, pork rinds, and Parmesan.
3. Carnivore Bread in the cookbook is made using traditional ingredients like wheat flour and yeast.

Chapter 11 | Nose to Tail| Quiz and Test

1. The chapter includes recipes that utilize a variety of animal parts for those on a carnivore diet.
2. The recipe for Simple Braised Beef Heart includes vegetables as a key ingredient.
3. Powerhouse Burgers are made from ground beef, heart, and liver, and can be customized with toppings.

Chapter 12 | Desserts| Quiz and Test

1. The chapter on desserts in 'The Carnivore Code Cookbook' includes a variety of recipes designed to satisfy sweet cravings while following a

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carnivore diet.

2. All dessert recipes in the chapter contain high amounts of carbohydrates and sugar, making them unsuitable for a carnivore diet.
3. Tapioca pudding is included in the dessert recipes and has a total time of 16 hours for preparation.

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