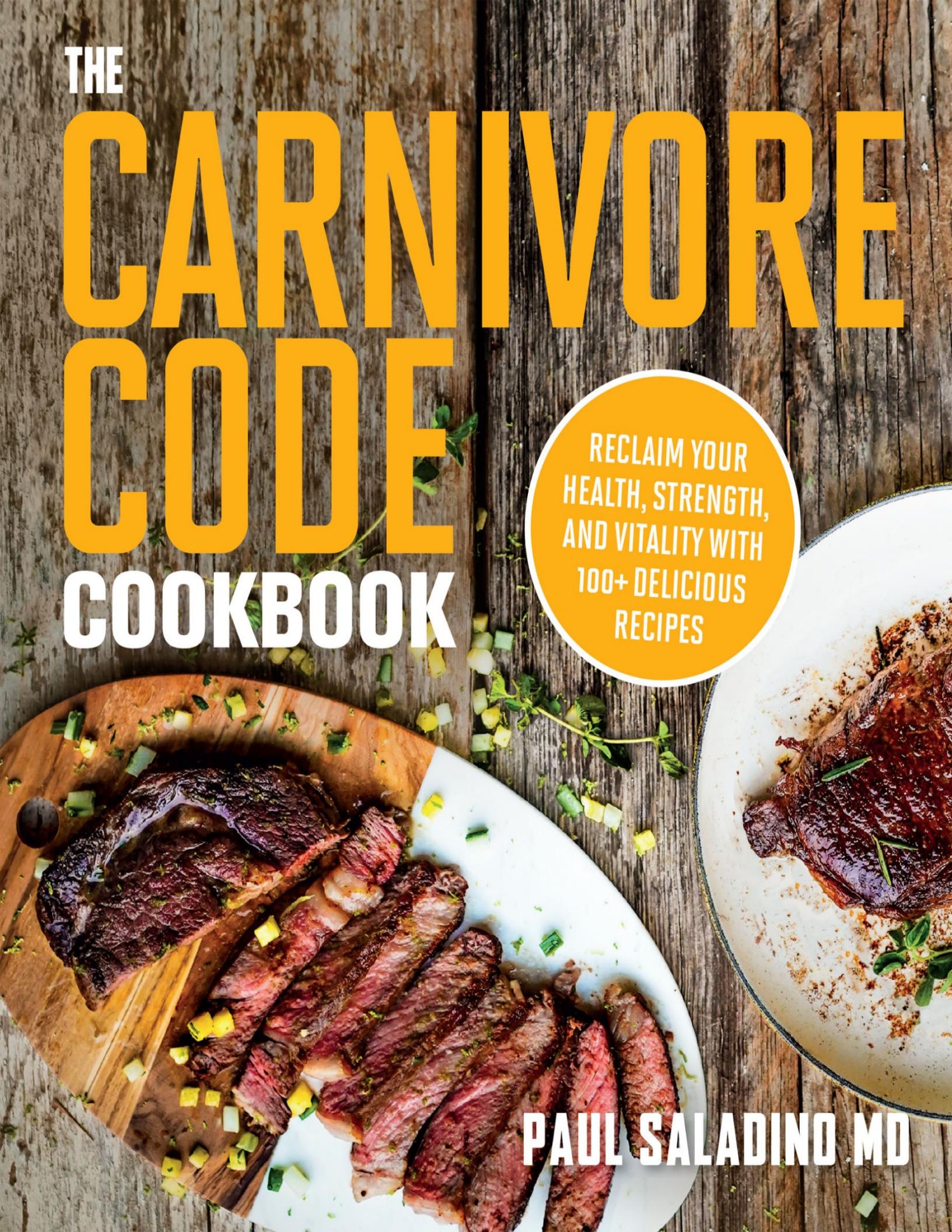


# THE CARNIVORE CODE COOKBOOK



RECLAIM YOUR  
HEALTH, STRENGTH,  
AND VITALITY WITH  
100+ DELICIOUS  
RECIPES

PAUL SALADINO, MD

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# INTRODUCTION

## // OUR TRUE ANCESTRAL DIET //

Hello intrepid explorer, we meet again! The adventures we shared in the *Carnivore Code* seem like they were just yesterday, and what an incredible journey that was. When I published the *Carnivore Code*—the book that details my personal, transformative experience with an animal-based diet and the science supporting this way of eating—I had no idea that it would resonate so deeply with readers. Since then, I've heard from many of you about how eating a carnivore diet has changed your life for the better.

Since publishing my first book, I've continued to learn, research, and refine my ideas, but many essential tenets continue to resonate with me deeply. Over the years I've learned that one of the keys to living a rich life is asking the best questions I can. No matter how much I learn, I realize there's always more to discover. I continue to be fascinated by the puzzle of how we can eat in order to live the most radical lives possible.

I was asked recently to describe my background on a podcast. I'm a traditionally trained, board-certified medical doctor, author of *The Carnivore Code*, and host of the *Fundamental Health* podcast. I've spent the past few years spreading the message of the healing power of an animal-based diet, a way of eating that has helped me and countless individuals achieve a profound new level of health.

But as I responded, I came to the realization that I was probably born 300 years too late. Adventure and exploration are written into my soul. I've never been content to simply learn the consensus views and stop there. Whether I am in the wilderness climbing a mountain peak in the summer, backcountry skiing in the winter, or exploring deserted coastlines in search of waves, I'm always curious to see what is around the next bend, over the next ridge, or beyond the current horizon. I think I would have been better suited

to a time when there were more geographic frontiers to explore, but I'm enjoying exploring scientific and intellectual frontiers today.

In addition to my love of exploration, I derive great satisfaction from sharing cool things I've discovered. Shared happiness is truly a special experience. From my days as a ski bum in Jackson Hole, Wyoming, I distinctly remember the effervescence I felt riding the chair lift on fresh snow days, sharing my favorite ski spots with strangers (soon to be friends) as we rode to the top of the mountain. Some of my best memories from that time in my life come from showing these newfound friends pristine powder runs and seeing the sheer joy displayed on their faces as we floated down the side of the mountain.

Though I'm not a ski bum any longer (at least not by trade), the experience of sharing something beautiful and amazing with others is no less meaningful for me. Hearing countless stories from people who have found improved health and vitality by shifting their lifestyle toward animal-based diets brings me profound joy.

This is why I do what I do.

I have been incredibly fortunate to have spent time in beautiful places and to have the pleasure of enjoying my travel and exploration thanks to a healthy body. It is my greatest hope that my work will help many more people reclaim their ancestral birthright to radical health so that they may live life to the fullest, free from the suffering of chronic diseases that limit their experience.

It's been a little while since our last sojourn together. Shall we set off on another adventure? I think it's time. Before we begin, I'd like to take a moment to share my overall perspective on human health and optimal wellness—starting with my personal experience of changing my diet for the better.

## MY STORY

I grew up in a medical family with a physician father and nurse practitioner mother, which meant that topics like atrial fibrillation, heart failure, anticoagulant medications, and atherosclerosis were common dinner table conversation topics. From a young age, I

would accompany my dad to the hospital. I was simultaneously disconcerted at the sickness that surrounded us in those corridors, but also intensely curious why and how these people had gotten so sick to wind up there. From childhood, I've been fascinated by the roots of chronic illness and interested in understanding how to correct and reverse these—for my own health and the health of my friends and family.

Despite having both parents in medicine and growing up steeped in such an environment, I too suffered from autoimmune issues beginning at a young age. I'll never forget the loving but firm cajoling from my father to not forget the albuterol inhaler I used for my asthma, which grew increasingly worse over the years despite that and other medications. My hands, elbows, and wrists were also often afflicted with eczema, a condition that would continue to plague me for decades.

During my college years at William & Mary, I studied molecular biology and was fascinated by the power of this field to peer into the abyss of our internal workings. The intersection of biology and chemistry held me enraptured for much of my college years. Though I originally planned to go to medical school immediately after graduation, the muse of adventure called to me, and I spent a number of years exploring mountain wilderness areas across the western United States and abroad in New Zealand. I thru-hiked the Pacific Crest Trail, learned to ski and mountain bike, and even got into distance running, eventually completing multiple 50-mile races in the mountains.

This was an incredibly rich and memorable time in my life, but through it all my asthma and eczema continued to limit me on more than one occasion. When I turned to my doctors for help, the only answers I received were more inhalers, creams, and oral steroids, which temporarily ameliorated symptoms but didn't fix the underlying problems. There was never any attention given to my diet or even the consideration that my dietary choices (which at this point in my life were less than ideal) could have possibly been driving these autoimmune issues.

As a child of the '80s in a health-conscious family, we thought we were doing the right thing by limiting our fat intake, and no one thought about food quality or potentially immune-triggering foods. This was a time when all of the ills of Western culture were blamed on the dreaded saturated fat, and monstrosities like margarine somehow gained widespread acceptance while time-honored animal fats became demonized.

In my early 20s when I was traveling after college, I didn't think much about my diet, and I certainly never considered the possibility that the foods I was eating could cause my asthma and eczema. It wasn't until I went to school to become a physician assistant (PA) years later that the connections between the food I ate and my own health became more apparent.

My first foray into the world of self-experimentation with my nutrition was a raw vegan diet. Needless to say, at this point in my life I was unaware of much of the medical literature suggesting that such diets don't provide adequate nutrients or protein. I learned this the hard way and lost 25 pounds of muscle mass while suffering from horrible gas and bloating and generally being an olfactory nightmare to be around. I feel sorry for the folks I shared an office with during this time. As if the loss of muscle and nearly debilitating gas weren't enough, a raw vegan diet only seemed to worsen my eczema and breathing issues.

As I continued to study nutrition and health and self-experiment with my diet, I eventually realized that meat and animal foods were a critical part of the human diet and quickly regained strength and muscle mass by returning them to my diet. Over the next decade, I ate a predominantly "paleo" diet (a diet inspired by ideas surrounding a traditional, ancestral human diet) consisting of meat and vegetables and avoided dairy, grains, and beans. This seemed to help with my issues a bit, but they certainly didn't resolve completely.

During this time, I became very interested in the roots of chronic illnesses like diabetes, heart disease, stroke, and autoimmunity. Working as a PA in cardiology, I constantly saw individuals with atherosclerosis (formation of plaque within the arteries) who didn't

get better despite the medications I prescribed. It quickly became clear that treating these issues with pharmaceuticals did little to affect the underlying process. The best-case scenario I could hope for with these interventions was to slightly slow the progression of disease, but these individuals inevitably seemed to worsen.

This wasn't an acceptable outcome to me, and despite the fact that I worked with intelligent, well-intentioned physicians, no one seemed to be thinking about the underlying etiology of these issues or how to correct this. It was at this point in my career that I decided to return to medical school so that I would be able to create a medical practice of my own focused on correcting the root cause of chronic illness. I suspected that diet and lifestyle were the true underlying driving factors for these ailments and wanted to understand more deeply how humans should eat and live in order to truly thrive.

Though I had the best intentions and believed in the profound power of dietary change, I still hadn't been able to correct my own issues. In medical school my eczema got so bad that it covered my wrists, elbows, and lower back, severely decreasing my overall quality of life and making it nearly impossible to work out. Because my skin issues seemed to come and go, it was difficult to pinpoint the foods that were triggering exacerbations. It wasn't until a severe eczema flare years later during my residency that the light bulb went on and I began to look at the foods I was eating in an entirely different manner.

I knew that humans had been eating meat throughout our evolution and that the increased consumption of meat and organs appears to have been one of the major catalysts for the rapid growth of our brains over the last 2 million years. I was also aware that some plant foods like grains and beans were evolutionarily inconsistent, only entering our diets during the last 10,000 years, since the dawn of agriculture with the Neolithic revolution. But as I researched more about the diets of hunter-gatherer groups like the Hadza, Maasai, Samburu, !Kung San, and Kawymeno in an effort to learn more about a true ancestral and natural diet, I realized that their diets are quite different from the traditional paleo diet.

These groups favor two major types of food above all others: animal organs and meat (eating “nose-to-tail”) and sweet foods like honey or seasonal fruit. Despite the modern notion that the leaves of plants are beneficial for us, you won’t find kale, spinach, or other leafy greens on the menu for any of these hunter-gatherer groups. Though the !Kung San gather the mongongo nut, seeds and nuts are generally avoided by hunter-gatherer groups when high-quality foods like meat, organs, fruit, and honey are available, and grains and legumes are rare to nonexistent in their diets.

The more I thought about this, the more a new diet based on eating animals started to make sense. In an effort to protect themselves, plants contain defense chemicals meant to deter would-be grazers—chemicals that were triggering my eczema. As I researched the nutrient content of meat and organs, I discovered that these foods were incredibly nutritious and contained all of the nutrients humans need to thrive. I didn’t need to be eating huge salads to get the vitamins and minerals I needed; I just needed to eat organs and meat and could add the least toxic plant foods when I wanted, but these weren’t necessary.

I was originally apprehensive about eating a carnivore diet composed entirely of animal organs and meat, but my eczema wasn’t getting better, so I decided to give it a try. The results were astounding. Within a few weeks the chronic eczema on my arms, waist, and lower back completely cleared up and never recurred. My breathing also improved, and wheezing became a thing of the past –without any inhalers or medications. These improvements amazed me, but I was most surprised by the improvements in my mental clarity and overall mood that occurred with the shift to an animal-based diet. Prior to this dietary change, I didn’t think that I suffered from anxiety or depression, but eliminating plants from my diet and focusing on animal organs and meat led me to feel much calmer and less stressed. I’ve often joked about this shift by saying that my “likeliness to honk at someone in traffic meter” went way down.

Eating a carnivore diet challenges many of the conventionally held notions of what a “healthy diet” should be, but I felt so good eating this way that I didn’t want to stop. Thus began my fascination with

and dedication to an animal-based style of eating. In the months and years that followed, I immersed myself in the clinical and nutritional literature and discovered that so much of what I've been told about healthy eating is flat-out wrong. I also began to believe more strongly that if we as humans can understand what is truly a "species-appropriate" diet for humans, we will have found an incredibly powerful tool for reversing the epidemic of chronic illness that we suffer from today.

My journey is not unique. There are now tens of thousands of people who have benefitted from animal-based diets. My greatest hope is that this cookbook will help millions more understand and incorporate these concepts into their own lives so that they may also attain optimal health and the highest quality of life possible.

## OUR CURRENT STATE OF HEALTH

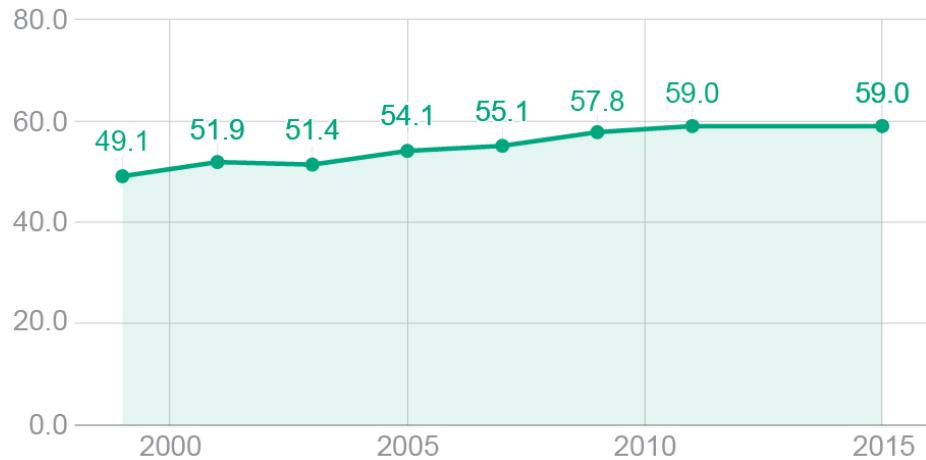
Let's face it, the mainstream nutritional advice foisted upon us for the last 100 years isn't helping us lead better lives. Despite the fact that a greater proportion of the population adheres to mainstream nutritional guidelines and eats a "healthy diet," rates of chronic illness including diabetes, heart disease, stroke, cancer, and autoimmunity continue to rise at alarming rates.

Conventional advice is to limit saturated fat from animal foods, replacing it with seed oils like canola, sunflower, safflower, or soybean, and to make the majority of our diet carbohydrates, largely grain-based. This has led us to be sicker, fatter, and unhappier than ever before. We are profoundly ill, and the culprit is a diet that is anything but species-appropriate for humans.

We need to collectively reconsider what humans are meant to eat, and this is where an animal-based diet comes in. It's the diet our ancestors have eaten for millions of years. The diet that sparked the expansion of our brains and our evolution to *Homo sapiens*, and the diet eaten by hunter-gatherer groups around the globe that provides them with vibrant health and freedom from the chronic illnesses like obesity and heart disease that plague Western society.

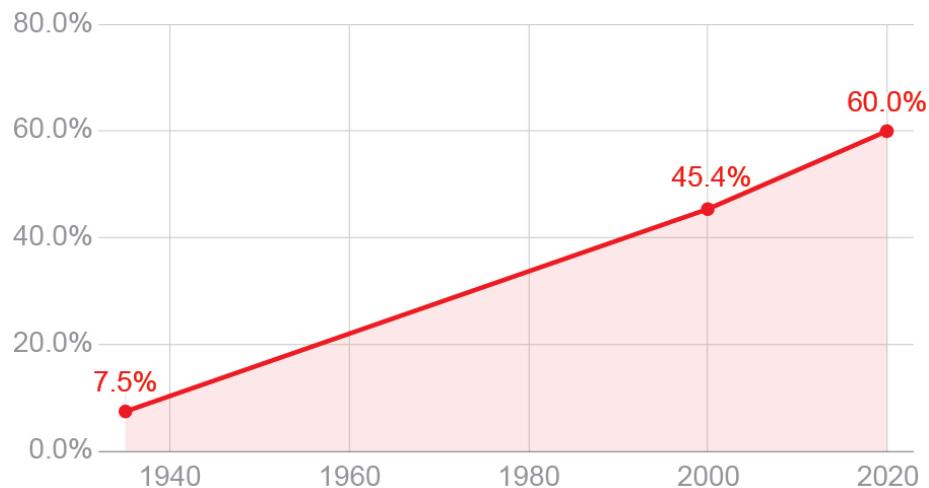
## Americans Are Adhering to “Healthier Eating”

● healthy eating index score



## Chronic Disease Prevalence in America

● % of population with chronic disease



# KEY PRINCIPLES OF CARNIVORE AND ANIMAL-BASED DIETS

My goal is not to convince everyone in the world to never eat anything but meat again. My hope is that I can help you understand three key principles that I believe will profoundly improve the quality of your life and the lives of your family and friends. These are the

beginning of what I think of as a “remembering.” We need to remember our evolutionary history as humans in order to rediscover how we are meant to eat if we hope to achieve optimal health, and to really have as much fun in life as possible.

**1. ANIMAL ORGANS AND MEAT ARE THE MOST NUTRIENT-RICH FOODS ON THE PLANET.** They have always been a part of the human diet. But when our ancestors were able to increase consumption of these foods through enhanced hunting techniques 2 million years ago, this meat- and organ-rich diet provided us with unique nutrients that allowed our brains to grow, essentially allowing us to become “human.” Sadly, animal foods, especially red meat, have been unjustly vilified over the last 70 years due to poorly done science, with overstated importance and incorrectly interpreted findings. If we hope to attain optimal health as humans, animal organs and meat should be an absolutely integral part of our diets and should not be feared because they are high in saturated fat or cholesterol. They have always been healthy for us and remain so today. New understandings of saturated fat and cholesterol suggest that the traditional paradigm surrounding these compounds is flawed and incomplete. As it turns out, these things aren’t bad for us at all. Instead, they are an essential part of human nutrition and necessary for optimal health.

**2. ALL LIFE FORMS HAVE EVOLVED DEFENSE MECHANISMS TO PROTECT THEMSELVES FROM PREDATION, AND PLANTS ARE NO EXCEPTION TO THIS RULE.** During their 450 million years of coevolution with insects, animals, and fungi, plants have developed myriad defense chemicals to protect them from predators. Due to these toxins, plants exist on a toxicity spectrum (see Section) and should not be considered universally benign. There is no question that plants contain compounds used for protection; the real question is how well each of us can detoxify these molecules. Eliminating the most toxic plant foods (or all plant foods) can be a huge step in the right direction if you

continue to struggle with health issues despite incorporating nutrient-rich animal organs and meat into your diet.

### **3. ULTRA-PROCESSED FOODS, INCLUDING VEGETABLE OILS AND REFINED CARBOHYDRATES, HAVE NO PLACE IN A SPECIES-APPROPRIATE HUMAN DIET.**

In fact, these processed foods are at the root of our current chronic disease epidemic. Completely eliminating these oils and sugars and striving to eat as many animal foods as possible from good sources (those that raise animals on species-appropriate diets) will be a critical step on the road to optimal health.

In Part 1, I explain why these three key principles simply make sense from both a scientific and evolutionary perspective. I strongly believe that if we understand and incorporate these ideas into our lives, we will thrive. I've seen it happen countless times with my friends and family and in the larger animal-based community.

It's also important to note that this cookbook is not meant to be taken as medical advice or to substitute for the recommendations of your physician. Though I've used the principles discussed above and the dietary structure described in this cookbook in hundreds of individuals safely and with incredible results, I would recommend discussing your interest in animal-based eating with your doctor and allowing your healthcare team to support you during these efforts toward dietary and lifestyle change. Many physicians are realizing the benefits of eating this way and seeing for themselves the benefits of mirroring the diet of our ancestors. My hope is that this cookbook and *The Carnivore Code* contribute to a broad sea change in the way chronic illness is treated in this country.

## **A PLAN THAT'S BOTH DELICIOUS AND HEALTHY**

The idea of eating an animal-based diet boldly challenges so many of the widely revered paradigms within nutrition and medicine: the benefits of fiber and the need for it in a human diet; the dangers of

red meat, saturated fat, LDL (in the context of metabolic health), and the magical qualities of plant foods and the “phytonutrients” they contain. I knew when writing *The Carnivore Code* that in order to confront these incorrect ideas, I had to write a technical book that included detailed explanations regarding why eating this way would be better for humans than the mainstream nutritional dogma.

Writing a book about “the why” doesn’t leave much room for “the how,” which is probably even more important. And since the day I published *The Carnivore Code*, you’ve all been asking for a cookbook that explains how to eat an animal-based diet in detail.

I loved writing my first book, but am even more excited to be writing this cookbook, because it will help so many more people actually incorporate these ideas into their lives and experience the profound benefits of eating an ancestrally consistent animal-based diet.

In order to create the most unique and delicious recipes based on the principles I discussed in *The Carnivore Code*, I enlisted the help of two culinarily creative friends who have their own stories of incredible health improvements with animal-based eating, Ashley and Sarah Armstrong. Both Ashley and Sarah suffered from lupus-type autoimmune illnesses throughout high school and college, with symptoms of brain fog, fatigue, rashes, joint pain, and mood fluctuations. Though they each tried many different dietary strategies, it wasn’t until they began eating an animal-based diet that their symptoms completely resolved and lab markers normalized. These two believe in high-quality animal foods and regenerative agriculture so deeply that they’ve started their own farm in Michigan called Angel Acres. How cool is that?

I couldn’t be more excited and proud of the recipes in this cookbook. I know you are going to love them and that this book will serve as a perfect complement to *The Carnivore Code* on how to eat an animal-based diet.



## A NEW WAY FORWARD

I have multiple goals with this book.

First, I want to explain *why* an animal-based diet is the healthiest and most natural diet on earth. Much of what you'll read in the pages of this book goes against conventional medical thought and practice. I ask you to read with an open mind. If you look at our current state of health—on both a national and global scale—it's clear that what we're doing isn't working. This book provides a new way forward, one rooted in our past and designed to help us achieve a new, healthier future.



My other goal is to make it delicious, effortless, and natural for you to eat an animal-based diet based on the principles I discussed in *The Carnivore Code*. Your body has literally evolved to eat this way. Rather than seeing this as a diet of deprivation, I'll challenge you to think about the incredible bounty of rich, abundant, and nourishing foods that you can eat within an animal-based diet framework. The recipes in this book—from easy breakfasts like [French Toast Sticks with Poached Eggs](#) and [Carnivore Waffles with fruit compote](#), to filling mains like [Skirt Steak Fajitas](#), [Loaded Carnivore Code Smash Burgers](#), and [Grilled Mediterranean Lamb Chops with Herbed Roasted Squash](#), and even decadent desserts like [Yogurt Cheesecake with Blueberry-Lemon Compote](#) and [Peaches and Cream Ice Cream](#)—will help you usher in good health, one delicious bite at a time. I hope they will become your new weeknight favorites and holiday traditions, recipes you will turn to again and again.

My ultimate wish is that the recipes in this book will delight your taste buds even as they provide you with the nutrients you need to heal from disease and achieve all of your health goals. Thank you for joining me on another adventure—and here's to your health!



## PART 1: THE CARNIVORE CODE



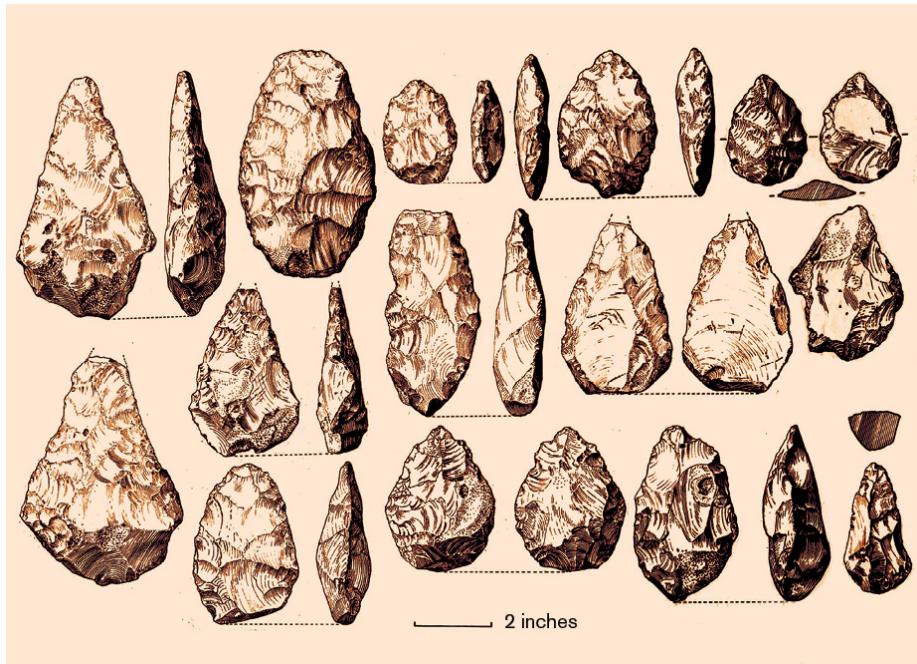
# THE SCIENCE BEHIND THE CARNIVORE CODE

Welcome! I'm so glad that you're joining me on this journey to better health, and I'm excited for you to experience the benefits of an animal-based way of life firsthand. 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. 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.

Because most of us have been taught that red meat, or any meat, is bad for us, it may come as a surprise to hear that it's actually the healthiest thing you can eat. So before I get to the fun part—the recipes—I'd like to take some time to explain the science behind the Carnivore Code and why an animal-based diet is the most nutritious and evolutionarily consistent way for you to eat.

## WHERE WE HAVE COME FROM

In *The Carnivore Code*, we journeyed through many lands, beginning with explorations of how our ancestors have lived for the last 4 million years and what this reveals about a truly species-appropriate diet for humans. We learned about the rapid increase in the size of our predecessors' brains that began around 2 million years ago, coincident with a shift in our diets toward a heavily "animal-based" style of eating as we became skilled hunters. In the archaeological record, bifacial Acheulean tools made of stone used for butchering animals showed up around this time, as did fossilized remains of animals we had hunted and killed en masse that display cut marks on bones and damage from hunting weapons.<sup>1</sup>



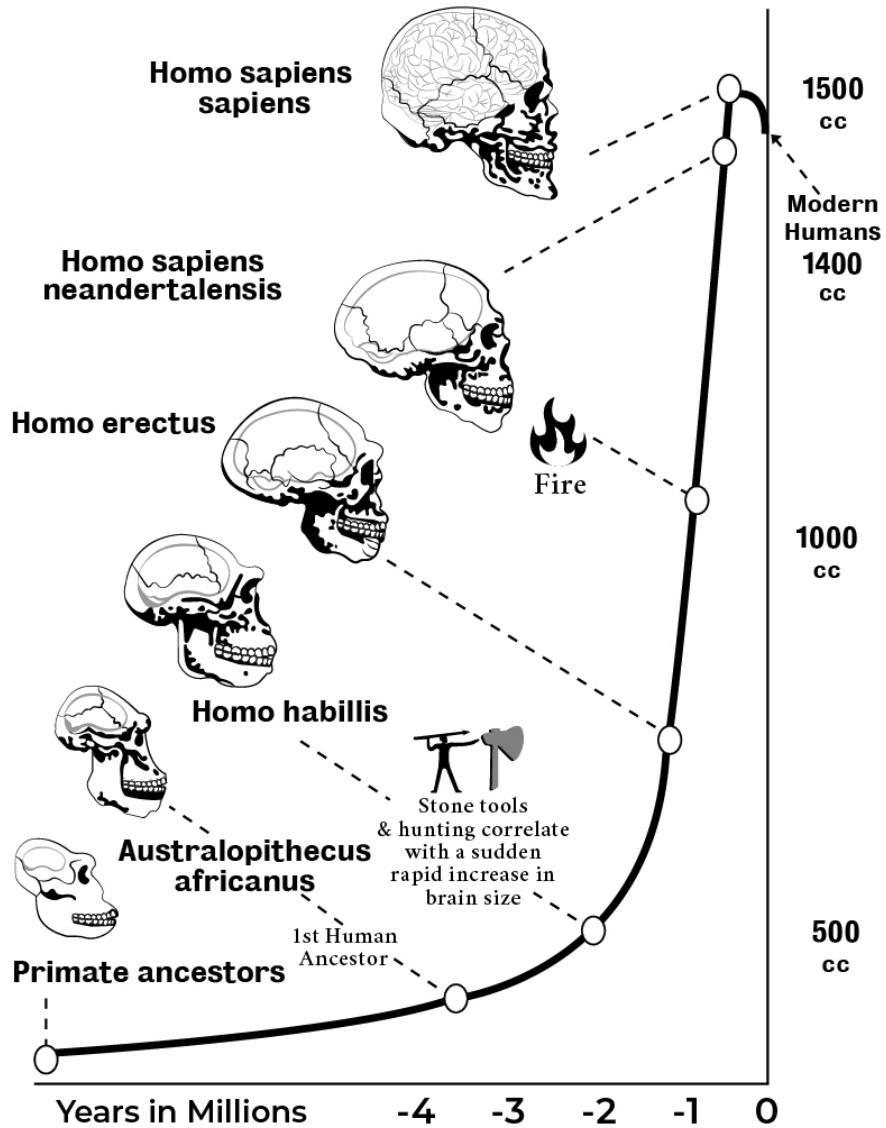
Acheulean tools, circa 2 million years ago.

Credit: Science History Images / Alamy Stock Photo

A shift toward more animal-based diets, rich in meat and organs, provided us with unique nutrients not readily available from plants, including vitamins B<sub>12</sub>, K<sub>2</sub>, riboflavin, creatine, taurine, anserine, carnitine, carnosine, biotin, niacin, pyridoxine, essential fatty acids EPA and DHA, as well as much more bioavailable forms of minerals like zinc, iron, selenium, copper, manganese, and calcium. Together, these nutrients allowed our brains to quadruple in size over the following 2 million years with progressive development of the neocortex and increasing problem-solving skills.<sup>2, 3, 4, 5</sup>

As our brains grew, our colons shrunk. The longer bowels that our primate ancestors had used to ferment copious amounts of plant matter into short-chain fatty acids for energy were no longer needed as we shifted to a more energy- and nutrient-dense animal-based diet. The energetic trade-off between our shrinking gut and our growing brains, known as the expensive tissue hypothesis, is also seen in other species, like the carnivorous Peters' elephant nose fish, which possesses both the largest brain and smallest large bowel of any fish relative to its body size.<sup>6, 7</sup>

# HUMAN EVOLUTION INCREASE IN BRAIN SIZE



Shrinking colons led to changes in the shape of our abdominal cavities and lessening of the angles of our ribs. In addition to our bigger brains, we can also thank animal meat and organs for the six-pack abs we can attain with proper diet and exercise; they stand

in stark contrast to the protuberant bellies of our distant chimpanzee and bonobo relatives.

Studies examining stable isotopes from 2- to 3-million-year-old fossilized remains corroborate these notions, showing us that our distant Australopithecine relatives likely split into multiple lineages, including *Homo habilis* and a now extinct branch of hominid evolution known as *Paranthropus robustus*. These two disparate species appear to have chosen different dietary patterns, with the isotopic analysis of the teeth of *Homo habilis* suggesting that they obtained the vast majority of their food from animal sources, while *Paranthropus robustus* (apparently not that robust!) opted for a more plant-based diet.<sup>8</sup> We already know the rest of the story: While *Homo habilis* continued to thrive and eventually evolved into *Homo erectus* and our *Homo sapiens* ancestors, *Paranthropus*'s time on this earth was limited, eventually ending in extinction, likely due to an inability to obtain adequate sustenance without significant animal foods in the diet.

More recent studies of bones from *Homo neanderthalensis* (Neanderthals) and coexisting *Homo sapiens* living in northern Europe dated to around 40,000 years ago lend further support to the notion that our ancestors have favored meat and organs and made animal foods the center of their diets for a very long time. Comparisons of stable isotopes in these fossilized remains suggest levels of consumption of animal foods on par with other carnivorous species, like hyena.<sup>9, 10</sup>

Looking at data like these in concert with dietary patterns of hunter-gatherer groups like the Hadza tribe, hunter-gatherers in Tanzania, !Kung San of Botswana and South Africa, ancestral Maasai people of Kenya and Tanzania and isolated groups of the Amazonian Kawymeno Waorani, points to the notion that animal foods have always been, and continue to be, the most prized foods we can obtain, and that when these foods are available, they will be eaten in their entirety, from nose to tail. Furthermore, a pattern of preference for animal-sourced foods emerges with a reliance on plant foods as “fallback” foods in times of animal food scarcity.<sup>11, 12</sup>

In February 2021 I had the great privilege of living with the Hadza tribe in Tanzania; I wanted to learn more about their culture and lifestyle as hunter-gatherers. I can tell you firsthand from my experiences with them that the Hadza do not suffer from any of the chronic illnesses that plague Western society and retain strength and vitality into old age and that animal organs and meat are at the center of their lives. They hunt on a nearly daily basis and think about hunting when they are in camp. They spend their idle time (which is substantial) making arrows for their bows, telling stories about hunting, and planning future hunts. They even told me they dream about hunting and they measure the quality of their days by how successful their hunts are. When asked what the best day of their life would entail, they emphatically replied that it would be successfully hunting the largest animal they could (often an eland—a very large antelope) and bringing this back to share with the tribe. Animal organs and meat are treasured above all other foods, and the amount of these eaten is directly proportional to the success of their hunts. The Hadza also relish honey when they can find it in the bush and eat the fruit of the baobab tree along with some tubers, with the latter clearly being their least-preferred food source.

I believe that based on all of this evidence, animal meat and organs have always been the best source of human nourishment, with plants serving as “survival food” when these preferred foods were not available. It’s also interesting to note that within hunter-gatherer and Indigenous groups, when plant foods are eaten, these peoples often go to great lengths to detoxify them using special methods, such as fermentation, dehulling, and extensive cooking, which decrease antinutrient content and render many of the foods more digestible.<sup>13</sup> For instance, though the cassava root is eaten widely throughout South America and Africa today, it is frankly toxic in its freshly harvested state, containing large amounts of cyanide precursors. In order to be rendered edible, cassava roots must be ground up and left to dry in the sun for days to allow volatile hydrocyanic acid to evaporate.<sup>14, 15</sup> Cassava also contains isothiocyanate compounds that negatively affect iodine utilization and lead to thyroid issues, like goiter.



## WHY HAVE WE GONE OFF TRACK?

The story of our evolution hasn't always been one of perpetual improvements in our health and growth of our brains. Over the last 20,000 to 70,000 years, the average size of the human brain has

shrunk from an apex of 1500cc to an average of 1350cc today. No one knows exactly what is at the root of this trend, but there is good evidence that a shift away from hunting and toward more agrarian lifestyles coincides with this decline. These pastoral ideals gradually spread across the globe beginning around 11,000 years ago, and archaeological sites like the Dickson Mounds in Ohio<sup>16</sup> provide strong evidence illustrating the sharp decline in human health that can occur as populations of hunter-gatherers put down their spears in favor of the hoe and move toward farming centric lifestyles.

Jared Diamond, the author of *Guns, Germs, and Steel* and *Collapse*, has famously called such transitions occurring across the globe over the last 11,000 years the “worst mistake in human history.”<sup>17</sup> Research shows significantly increased rates of infections and malnutrition coupled with decreases in height in populations seduced by “the cult of the seed.” The work of George Armelagos and Alan Goodman at the Dickson Mounds uses archaeological remains to study the effects of the shift from hunting-gathering to farming practices in this area between 950 and 1200 CE. Their research reveals increased rates of tuberculosis bone lesions, poorly healed fractures, spongiform changes in trabecular bone known as porotic hyperostosis (connected with deficiencies of predominantly animal-based nutrients like iron, zinc, B<sub>12</sub>, folate, and riboflavin<sup>18</sup>), and significantly shortened femur and humerus lengths within a few generations of this dietary and lifestyle shift.

Similarly, in a study of elderly individuals living in the UK, lower blood levels of vitamin B<sub>12</sub> have been correlated with smaller brain size,<sup>19</sup> and low levels of this nutrient have consistently been correlated with cognitive impairment.<sup>20</sup>

Contemporary vegans and vegetarians are also known to have lower levels of many nutrients found in meat and organs like iron, zinc, selenium, manganese, riboflavin, creatine, carnitine, choline, carnosine, and vitamin K<sub>2</sub>,<sup>21, 22, 23, 24, 25</sup> and studies show that when those who shun animal foods in their diet are supplemented with creatine, they become smarter, demonstrating improved scores on tasks of verbal memory, recall, and mathematical tasks.<sup>26</sup>

Looking at our evolutionary past in the context of our current understanding of nutritional biochemistry, it becomes abundantly clear that our increased consumption of animals 2 million years ago —particularly nutrient-rich organs and meat—played a critical role in our development as humans. When this shift happened, our ancestors weren't selectively eating certain cuts of meat the way we typically do today; they wasted nothing, and neither do currently living hunter-gatherer groups, like the Hadza. I believe that eating animals from nose to tail, consuming all of the organs, connective tissue, and muscle meat, *made us human*. These foods are programmed into our biology as irreplaceable sources of the unique nutrients we need to live optimally. To forsake this wisdom of our ancestors is to forget where we have come from, a path that will inevitably leave us and our families unable to fully enjoy our lives.

If this comes as a surprise to you, you're not alone. Despite the ample evidence in support of an animal-based diet, we've been taught the opposite by health professionals, and it's not what we hear in the mainstream media today. Instead, we are bombarded with the notion that red meat is harmful for us, that a plant-based diet is the healthiest way to eat, and that eating less meat and more plants is better for our planet.

## HOW WE'VE BEEN SO BADLY MISLED

Simply put, we have lost our way. We have forgotten where we have come from and have been misled by *observational* studies conducted over the last 70 years in Western cultures that show *correlations* between consumption of red meat and adverse health outcomes. The key word here is correlation, not causation. Often when scientific findings like this are reported by the media, I see headlines like “Consumption of red meat is associated with condition xyz,” and seemingly everything from heart disease, to diabetes, cancer, erectile dysfunction, and even male pattern balding is blamed on the very foods that have been at the center of our human diet for millions of years! How can this possibly be the case?

*Observational* epidemiology studies are based on surveys of what participants are eating currently or have eaten over the previous years. Researchers use this data to draw correlations between dietary patterns and health outcomes. This may sound reasonable at first, but upon closer examination the limitations of this type of research become clear.

Consider how many phenomena with no causal connections can be highly correlated. Take, for instance, the number of movies Nicolas Cage has appeared in during a given year and the number of people who have died by drowning in a pool. Even the most fervent critic of Mr. Cage's cinematic prowess would not dare suggest that his lackluster performances would somehow cause more lives to end tragically beneath the chlorine-filled waters of backyard swimming pools. But between 1999 and 2009, these two events were highly correlated, with years in which Nick appeared on the screen more showing a clear increase in deaths by drowning and those in which he spent more time lounging by the pool himself taking a break from movies demonstrating lower rates of death by submersion in blue backyard waters. What about the highly correlated rate of divorce in Maine and the per capita consumption of margarine? Though we all know that the mutant oils in margarine are no friend of our heart arteries, would anyone go so far as to suggest that eating more of this synthetic spread would be causing married people in Maine to call it quits?

You get the idea here, and it's widely known within scientific circles that we cannot draw causative inference from epidemiology studies. Instead we can only make hypotheses about possible causal relationships between correlated variables, which must then be tested by *interventional* studies in which true experiments are done. When this sort of *interventional* trial has been done with red meat, the results have clearly shown that this ancestrally prized food isn't bad for us at all, and in many studies markers of inflammation go down when carbohydrates are replaced with red meat. Imagine that!

In one striking study, Aborigines from Australia who had developed diabetes by eating a standard Australian diet full of seed oils and

refined carbohydrates were able to reverse their metabolic dysfunction rapidly by returning to a more ancestral diet that consisted of animal foods with occasional fruit and tubers—an animal-based diet!<sup>27</sup> In another investigation, replacing around 200 grams of grain-based carbohydrates diet per day with 8 ounces of red meat for 8 weeks led to improvements in markers of oxidative stress and decreased inflammation.<sup>28</sup> Yet another interventional study found that over 6 weeks, a diet high in animal protein could reduce liver fat and markers of inflammation in diabetic individuals.<sup>29</sup> Compared to a diet based on the American Diabetes Association (ADA) guidelines containing significant amounts of legumes and grain-based carbohydrates, an ancestral-type diet rich in red meat that excluded grains/legumes also led to superior blood sugar control in diabetics in only 14 days.<sup>30</sup>

The discordance between epidemiology and interventional studies in Western populations arises from two types of biases, known as *unhealthy user bias* and *healthy user bias*. To understand *unhealthy user bias*, think about the narrative that we have been told in the West for the last 70 years: Red meat and saturated fats from animals are bad for us. With this in mind, who do you think has eaten more red meat since then? Those people who don't listen to health advice of any kind, or those who are health conscious in many aspects of their lives? Clearly it's the first group. This group of James Dean-type rebels is also more likely to eat processed food, smoke, drink alcohol, exercise less, not be in the sun, and not get regular health screenings. Is it any wonder, then, that as these rebellious folks are eating more red meat with their French fries and soda, smoking as they drive to the fast-food restaurant, they have worse health outcomes? Okay, maybe that's not how everyone who eats red meat does it, but you get the idea.



If the James Deans of the world epitomize *unhealthy user bias*, the other side of the coin is embodied by those who take all mainstream health advice to heart and try to be healthy in many aspects of their life. There are the stereotypical Beaver Cleavers who often shun red meat because they've been told it's bad for them, avoid excess

alcohol, never smoke, frequently exercise outside in the sun with friends, and carefully keep track of their health. You won't find this type of health-conscious soul drag racing on the strip on a Friday night or shotgunning beers with their friends in the desert while they shoot guns. They're much more likely to be in bed by 9 p.m. and up early for a morning jog or weightlifting session before work. These health-conscious individuals are also much more likely to lean to vegetarianism or even completely plant-based diets because this is what we've been told is good for us for so many years. In epidemiology studies in the West, this cohort of people often has better health outcomes and *correlations* can be drawn between lifestyles that shun red meat and less heart attacks, or increased longevity. But beware, there's *healthy user bias* at play here confounding the results.

This might all be a frustrating conundrum if we didn't have studies to help clarify what's really going on. Thankfully, many studies that do elucidate the true relationships between meat, healthy behaviors, and health outcomes do exist. Comparing health outcomes of the general population to those of vegetarians, researchers in the UK found that vegetarians fared better overall, but when vegetarians were compared to "health conscious" omnivores who consumed meat, their outcomes were essentially equivalent.<sup>31</sup> These findings illustrate that it is these healthy behaviors driving lower rates of overall mortality rather than avoidance of meat in these individuals. Results like this have been replicated multiple times<sup>32, 33</sup> and consistently show that it is not the avoidance of meat but the healthy behaviors that the Beaver Cleavers of the world engage in that result in better health outcomes and longer lives.

In Eastern cultures, consumption of red meat is associated with affluence due to the higher cost of meat. Not surprisingly, epidemiology studies looking at associations between red meat consumption and health outcomes in these countries tell a very different tale. Numerous studies done across multiple Asian countries encompassing more than 300,000 men and women correlate consumption of red meat with lower rates of

cardiovascular disease in men and decreased rates of breast cancer in women.<sup>34, 35</sup>

When I consider the breadth of *interventional* research, there's a veritable panoply of studies demonstrating poor outcomes with the consumption of processed foods like seed oils and sugar but not a single one showing harm with unprocessed meat of any kind. Conversely, as I mentioned earlier, there are many *interventional* studies showing improved outcomes with the inclusion of red meat in the diet.

Simply put, animal organs and meat have always been at the center of the human diet. Eating these foods provided us with unique nutrients that shaped our development in fundamental ways, allowing our brains to grow as our guts shrank, and we began to walk more upright and become better and better hunters of animals —the most nourishing food on the planet. Animal meat and organs have always been good for us. 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. The equation for optimal human health is clear: Eat like your ancestors not your doctor (unless your doctor is radical and understands these concepts)!

## THE THREE PRINCIPLES OF THE CARNIVORE CODE

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1. Animal organs and meat are the most nutrient-rich foods on the planet.
2. All life forms—including plants—have evolved defense mechanisms to protect themselves from predation.
3. Ultra-processed foods, including vegetable oils and refined carbohydrates, have no place in the human diet.

# THE TRUTH ABOUT PLANTS

Incorporating more organs and meat from well-raised animals will result in massive improvements in health for many people, but that's often just part of the equation. It's also important to consider that plants aren't the totally benign—or healthy—foods we've been led to believe they are. Due to their co-evolution with animals that want to eat them for breakfast, plants have developed a broad array of defense chemicals. In other words, they are toxic—some more so than others. For many people with autoimmune, GI, inflammatory, chronic pain, and psychiatric issues, eliminating the most toxic plant foods can have profoundly positive effects on their health.

In *The Carnivore Code*, I shared testimonials from many individuals who experienced incredible improvements in their health when they transitioned to an animal-based diet. I now have thousands of examples like this from individuals who have recovered from a vast array of medical conditions ranging from eczema and psoriasis, to fibromyalgia, depression, migraines, irritable bowel syndrome, Crohns/ulcerative colitis, thyroid problems, polycystic ovarian syndrome (PCOS), infertility, and metabolic syndrome/diabetes—and this is only a partial list! Most of these individuals had also been told by their well-meaning physicians that their conditions were untreatable.

When you think about it, plant toxicity makes sense. Because plants are rooted in the ground, they can't run away from anything that tries to eat them. So they've come up with other means of protection. Their aboveground stems and leaves are particularly vulnerable and are often full of toxins to dissuade overconsumption. Seeds are key to plant reproduction, and a whole lot of energy goes into making these “plant babies.” Yet they are incredibly fragile and vulnerable to damage by animal consumption. If the seed is eaten or damaged by an animal bite, it can't grow into a new plant. In contrast, if the plant's leaves or stem is eaten, it's not as catastrophic to the life cycle of the plant.

In other words, some parts of the plant are more important to protect than others. This is why there's a clear hierarchy of toxicity in different plant parts, based on how vulnerable any part is to predation. Seeds are the most highly defended, followed by stems and leaves and many roots. It's also important to note that we encounter many foods on a daily basis that are really plant seeds, but we don't think of them in that way. Technically, nuts, grains, and legumes are also plant seeds and are all similarly endowed with many defense chemicals and digestive enzyme inhibitors for protection.

From a plant's perspective, it's not a great thing for Bambi to go munching on its leaves or stems, but a little bit of such an affront can be tolerated without dying. Let animals, insects, or fungi go to town on your green leafies and the outcome might be catastrophic, however. Thus, it's not surprising that plant leaves and stems often contain moderate or even high amounts of toxins meant to dissuade unabated consumption. Such defense chemicals include isothiocyanates like the beloved sulforaphane found in kale and formed from its innate precursor glucoraphanin when plants in this family are chewed (but remember that kale doesn't love you back), as well as resveratrol found in the skin of grapes, peanuts, and blueberries produced in response to fungal infections. While these compounds may be praised for their benefits such as an "antioxidant" effect, they come with some harmful side effects too. Sulforaphane and other members of the isothiocyanate family of molecules are known to negatively affect iodine utilization by the thyroid,<sup>36</sup> and despite all of the hype surrounding resveratrol, this compound has repeatedly failed to show benefit in human trials.<sup>37, 38</sup> (In *The Carnivore Code*, I described how there are many other healthier ways to get these same purported benefits, including cycling of carbohydrates with a ketogenic diet, fasting, exercise, sun exposure, sauna, and cold plunging.)

## SAFE SOURCES OF PLANT-BASED CARBOHYDRATES

There's one part of a plant that's an exception to these ideas of self-defense: the fruit. Plants have devised an ingenious way to spread their seeds widely by coating them with the sweet and colorful flesh. They "want" their fruit to be eaten by animals who will then move the seeds throughout the landscape and deposit them back onto the earth within a fresh batch of poop fertilizer. If you've ever been hiking during berry season, you know how attention grabbing the bright colors of fruit are to the human eye. They are undeniably delicious, too. I believe our ancestors would have consumed fruit when it was available seasonally, and modern hunter-gatherers like the Hadza<sup>39</sup> certainly do, as I observed while living with them near Lake Eyasi in Tanzania.

For those who are metabolically healthy (more on this below), it's totally okay to include moderate quantities of both sweet and unsweet fruit in your diet as a form of unrefined carbohydrates. This includes things we traditionally think of as fruit, like berries, apples, oranges, cherries, peaches, plums, apricots, and pineapple; but it also includes foods like olives, squash, and avocado, which are technically fruit and are less likely to contain large amounts of plant defense chemicals.

Another source of ancestrally consistent carbohydrates is honey, a seasonally available food prized by the Hadza and !Kung San of Africa. The best honey I've ever eaten was shared with members of the Hadza tribe after we found hidden hives of stingless bees within the baobab tree outside of their camp. They call this type of honey *kanoa* and enjoy it immensely.



## THE TRUTH ABOUT CARBS AND BLOOD SUGAR

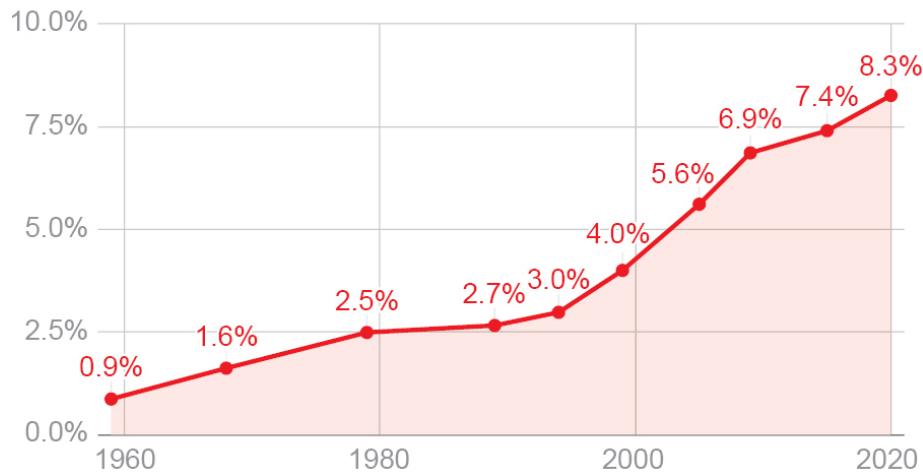
You might be wondering if fruit and honey are bad for your blood sugar levels. The simple answer is no. In metabolically healthy individuals (those without pre-existing conditions like diabetes or prediabetes), it's fine to include moderate amounts of honey, fruit,

and other lower-toxicity carbohydrates in your diet. I've seen this illustrated by studies of cardiovascular disease and insulin levels in Indigenous people like the Kitavans of Papua New Guinea,<sup>40, 41</sup> Tukisenta of New Guinea,<sup>42</sup> Hadza,<sup>43</sup> Yanomami of the Amazon, San people of southern Africa,<sup>44</sup> and Kawymeno Waorani of Amazonian Ecuador,<sup>45</sup> all of which demonstrate exemplary health and insulin sensitivity despite the inclusion of unprocessed carbohydrates in their diets. The Mbuti of the Congo rely on honey as their main source of calories during the rainy season and do not demonstrate obesity or insulin resistance.<sup>46</sup>

That said, if you have any pre-existing metabolic dysfunction, such as diabetes or prediabetes, you likely have some form of carbohydrate intolerance. Once we become metabolically "broken," the hormone insulin (which controls how much glucose enters our cells) isn't able to communicate effectively to the insulin receptors in our body, so eating a carbohydrate-heavy meal can lead to elevated blood sugar levels, a condition known as insulin resistance. If this is the case, you may benefit from eliminating or avoiding carbohydrates and following a lower-carbohydrate or even a ketogenic diet, a popular way of eating that is very low in carbs and high in fats that puts your body in a fat-burning state called *ketosis*, during which your body creates ketones to use for fuel. But beware, long-term ketosis can often lead to electrolyte issues and other problems in humans, and I believe that if you choose to go very low-carb, it should be in a cycling fashion.

## Diabetes Prevalence in America

- % of population with diagnosed diabetes



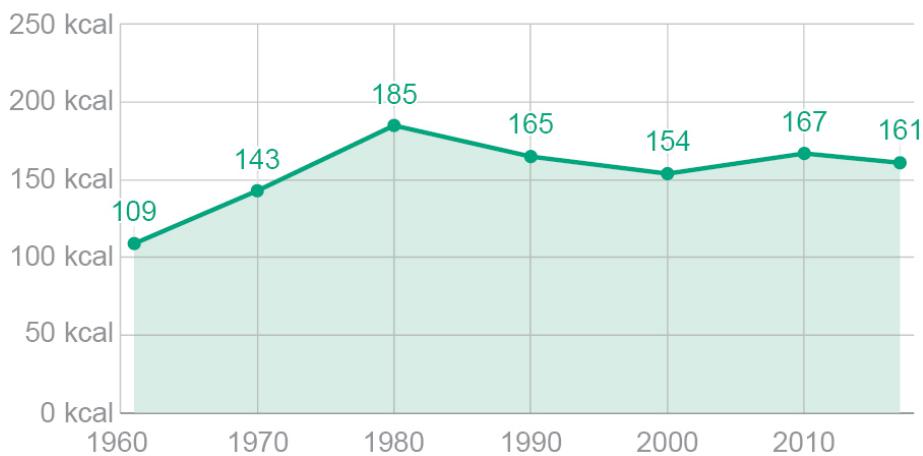
## WHAT *REALLY* CAUSES US TO GET SICK?

Is there any question more important than this one?

The statistics are undeniable. In the last century, rates of chronic disease, obesity, diabetes, and autoimmune illness skyrocketed.<sup>47, 48</sup> Graphics depicting the increasing incidence of these ailments look like skateboard ramps for the likes of daredevils like Tony Hawk.

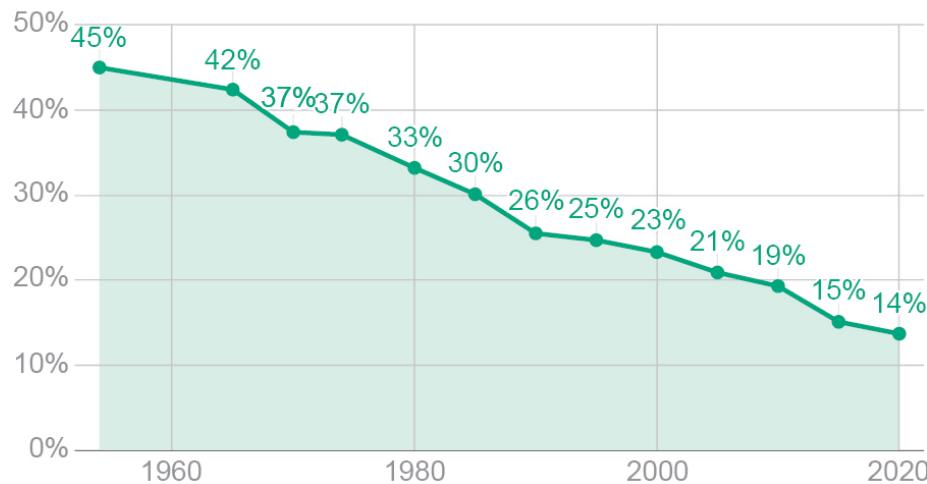
## Alcohol Consumption in America

- calories from alcohol per person per day



## Americans Are Smoking Less

● % of adults who smoke



Clearly, we've gone far off track over the last 100 years and our health has suffered greatly. What is to blame for this nosedive in our health and vitality? Many point their fingers at carbohydrates, but unprocessed sources of carbs (like those from fruit, avocado, and winter squash) are not the major driver of this decline in health.

In 1960, 63 percent of the calories in the Japanese diet were from white rice (a food that's notably high in carbohydrates), yet rates of diabetes were very low (around 1.5 percent). During the ensuing 60 years, rates of carbohydrate consumption dropped, while rates of diabetes and metabolic dysfunction climbed at an alarming rate. Similar trends have also been observed during this time in the U.S., western Europe, and China.<sup>49</sup>

If ancestrally consistent unprocessed carbohydrates aren't the underlying cause of diabetes and the metabolic dysfunction that underlies so many chronic diseases, what else could be making us sick?

Is it smoking? Maybe alcohol or even our sedentary lifestyles? Nope. Trends show that smoking has decreased substantially, alcohol use is relatively flat, and Americans are eating more "healthfully" (at least according to mainstream dietary advice) and exercising more than they did decades ago.

Yet rates of diabetes and other chronic diseases continue to climb substantially. Maybe we are eating more and this is leading to obesity? Though it's true that we are eating more calories per day than we did 70 years ago, the increase is small, and we are exercising more, so this seems an unlikely driver of the massive amount of chronic illness we suffer from today.

If these aren't the causes, what is?

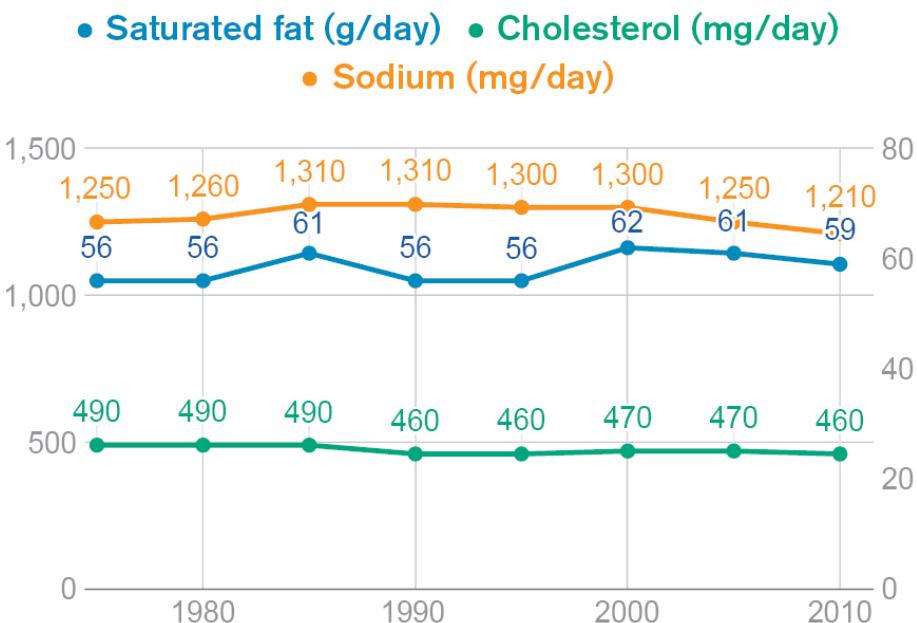
I strongly believe that the cause lies in a change in our diet that has subtly occurred over the last 100 years, right under our noses. Because this change has been championed by mainstream health authorities, most of us haven't even considered that it might not be good for us. After following the mainstream dietary advice foisted upon us for the last 70 years, the sobering reality is that we are much less healthy than we were 100 years ago.

The biggest clue is that we now understand metabolic dysfunction—an issue in carbohydrate tolerance with its roots in insulin resistance—is a key factor in the majority of the chronic diseases that plague us today, including autoimmunity, diabetes, obesity, and cardiovascular disease. But what's causing metabolic dysfunction and making us so sick? I believe the guilty culprits are two things: our evolutionarily inconsistent consumption of processed sugars and seed oils like corn, canola, safflower, sunflower, soybean, peanut, and cottonseed with their high content of polyunsaturated fatty acids (PUFAs).

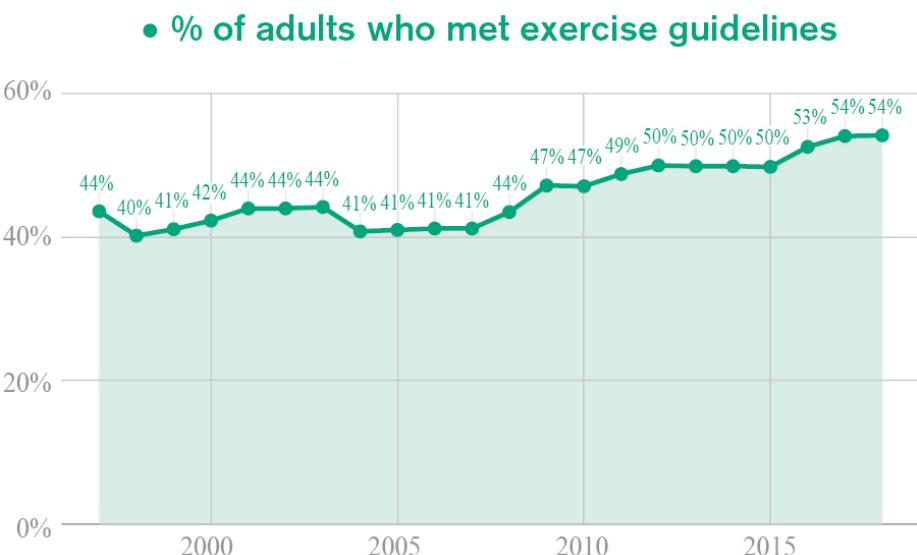
We've seen a massive increase in seed oil intake in the U.S. over the last century: from nearly none in 1909 to between 15 and 20 million metric tons a year by 2019. Similar trends are also observed in other countries throughout the world. Since the introduction of Crisco (hydrogenated cottonseed oil) in 1911, seed oils have steadily increased within our diets as the mainstream medical establishment has unjustly vilified saturated animal fats while championing polyunsaturated fats (PUFAs) and recommending them in place of tallow, lard, and butter. The great irony here is that prior to the early 1900s, rates of heart disease, diabetes, obesity, and chronic disease were a fraction of what they are today while people were consuming exclusively animal fats, as their ancestors had for

thousands of years and as humans have been doing for millions of years.<sup>50</sup>

### Americans Are Eating Less Saturated Fat, Cholesterol, Sodium



### Americans Are Exercising More



There's no question we are consuming significantly more polyunsaturated fatty acids through seed oils in the last 100 years<sup>51</sup>,

<sup>52</sup> and that this correlates very strongly to the striking increase in heart disease, obesity, diabetes, and autoimmune illness. Though I can't draw causative inference here, the large amount of evidence suggesting mechanisms by which such evolutionarily inconsistent consumption of seed oils (and specifically the linoleic acid they contain) could be causing harm makes these fatty acids look highly culpable.

Excess linoleic acid (an omega-6 polyunsaturated fatty acid) damages our cells by creating increased amounts of oxidative stress both at the level of the cell membrane and within the mitochondrial (the cellular power-plant) membrane.<sup>53, 54</sup> Greater consumption of this polyunsaturated fat led to increased levels of linoleic acid in our fatty tissue and lipoproteins like LDL (a carrier of cholesterol and triglycerides produced by the liver). LDL enriched in linoleic acid has been shown to be more prone to oxidation, and oxidized LDL has been strongly linked to the progression of heart disease.<sup>55</sup> Experiments decreasing the amount of saturated fat in the diet in favor of polyunsaturated fats show increased levels of oxidized LDL and lipoproteins like Lp(a) that are involved in the body's protective response against oxidized fatty acids and phospholipids.<sup>56</sup>

I know this is getting a bit technical, but bear with me here; this stuff is important and fascinating!

When we consume excess linoleic acid in seed oils, our mitochondria—cellular components that play a key role in energy production—are more prone to oxidation and eventual damage within their membranes.<sup>57</sup> At a cellular level, this mitochondrial damage appears to drive the metabolic dysfunction that lies at the root of our current epidemics of obesity, diabetes, heart disease, and autoimmune illness.

Studies show that consuming large amounts of PUFA like linoleic acid leads to obesity in animal models and production of compounds like 2-AG (an endogenous cannabinoid) that interrupt normal satiety responses.<sup>58</sup> In contrast, saturated fats like stearic acid found in beef tallow (kidney fat) appear to protect against these negative effects of linoleic acid and have been shown to promote fat

burning and leanness in animal models,<sup>59</sup>, <sup>60</sup> as well as in human experiments.<sup>61</sup>

Within hunter-gatherer communities across the globe like the Hadza, San, Samburu, Maasai, and Waorani, levels of linoleic acid consumption are around 2 to 3 percent of total calories.<sup>62</sup> In 2020, as Americans, we averaged over 15 percent of our calories from this polyunsaturated fat from a variety of sources including seed oils, increased intake of nuts and seeds, and fat from animals like pork, chicken, duck, and other fowl fed corn and soy.<sup>63</sup>, <sup>64</sup>

If all of this is unfamiliar and a bit overwhelming for you, here's the take-home: We're not meant to consume so much linoleic acid and other polyunsaturated fats, and their increase in our diet has had profoundly negative consequences for our health.

The other major driver of metabolic dysfunction is the processed sugars that have made their way into so much of our food supply today with everything from soda, to candy, to even bread containing high-fructose corn syrup and sucrose (table sugar). Most people know that cutting these out is a key step toward improved health, but care must be taken not to conflate processed sugars with those naturally occurring in sweet foods like fruit and honey, eaten widely by hunter-gatherer tribes and by our ancestors. As I'll discuss in more detail later in this cookbook, these do not have the same physiological effects in our bodies as processed sources of sugar.<sup>65</sup>



The good news is that this is easily avoidable and reversible. The key is to eat *like your ancestors and not like your doctor*, and this cookbook is meant to help you do exactly that.

## WHAT IS THE CARNIVORE CODE?

So now you know the big picture concepts: Our ancestors thrived on an animal-based diet favoring animal organs and meat when they could obtain these. They also consumed unrefined carbohydrates in the form of seasonal fruit and honey, and they weren't eating seed oils or large amounts of polyunsaturated fat or processed sugars.

You can probably see where I'm going with this. The keys to reclaiming your ancestral birthright to health and vitality are to eat more animals, enjoy the least-toxic plants, and avoid excess polyunsaturated fatty acids from seed oils. Limiting your consumption of linoleic acid is another reason to avoid nuts and seeds, which also contain significantly larger amounts of this fatty acid, as well as fat from animals like chickens and pigs fed corn and soy. These grains are not species-appropriate and studies clearly show that feeding these animals in this way leads to increased amounts of linoleic acid in their fatty tissues.<sup>66, 67</sup> In place of these polyunsaturated fats, you should favor saturated fats from animals in the form of tallow or butter and ghee (if you tolerate dairy).

Just like our ancestors and modern-day hunter-gatherers like the Hadza, Maasai, San, and Kawymeno, the focus of our diet should be meat and organs from well-raised animals. As I discussed in *The Carnivore Code*, there are no nutrients found in the more highly defended parts of plants (such as the stems, leaves, seeds, and roots) that cannot be found in animal foods, usually in greater amounts and more bioavailable forms.

If you're worried about getting plant compounds like polyphenols in your diet, remember that these probably aren't as magical as they are cracked up to be (I also discussed this in detail in *The Carnivore Code*). Many of these chemicals also actually end up in the meat and organs from well-raised animals, mitigating the risk of deficiency even if we do attribute some benefits to them.<sup>68</sup>

Eating animals from nose to tail *made us human*, allowing our brains to grow by providing unique nutrients not found in plant foods like B<sub>12</sub>, K<sub>2</sub>, choline, carnitine, carnosine, creatine, and the essential fatty acids EPA/DHA. If we want to thrive, we should make

well-raised animal foods the center of our diets and understand the value of eating nose-to-tail—consuming organs, fat, and connective tissue. This is how our ancestors ate and how we are meant to eat.

## TWO WAYS TO EAT AN ANIMAL-BASED DIET

In *The Carnivore Code*, I presented a tiered approach to eating an ancestral diet with five different levels of animal-based eating. For this cookbook, I wanted to make things even simpler for you so it is all easier to follow. From the most basic perspective, you can think about two different ways of eating: *carnivore*, which consists of exclusively animal foods including organs, meat, and fat; and *animal-based*, which includes these foods as the focus of the diet, as well as the least-toxic plant foods. Both of these approaches can work depending on your goals and individual reactions to specific foods.

In *The Carnivore Code*, I detailed the incredible nutritional value of animal foods and made the case for a diet based entirely on them, known as a carnivore diet. This way of eating is great for a temporary “reset” or as a powerful elimination diet if you have significant autoimmune issues and suspect that plant foods could be triggering them. For most, the idea of eating only animal products long-term is a bit limiting, and the least-toxic plant foods can often be reincorporated eventually within an animal-based diet without negative consequences.

# PALEO OR CARNIVORE: WHAT'S THE DIFFERENCE?

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Though at first glance an animal-based diet might look similar to a paleo diet, there are some key differences. Both diet philosophies seek to learn from our ancestors and eat in a more authentic, traditional way. But the paleo diet doesn't have the same emphasis on nose-to-tail eating and also allows a more varied selection of plant foods, many of which may be problematic for many individuals or difficult to digest. Studies examining stable isotopes from fossilized remains of our ancestors from 1 million years ago,<sup>\*</sup> as well as 50,000 years ago,<sup>\*\*</sup> point to consumption of meat and organs as the majority of our ancestral diet—a pattern that makes absolute sense from both a calorie and micronutrient availability standpoint. The focus on animal and these nutrient-dense organ meats and more careful attention to the spectrum of plant toxicity sets animal-based diets apart. Give those highly defended leafy greens like spinach, kale, and collard greens a pass!

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\* Balter, V., Braga, J., Télouk, P., & Thackeray, J. F. (2012). Evidence for dietary change but not landscape use in South African early hominins. *Nature*, 489(7417), 558–560. <https://doi.org/10.1038/nature11349>

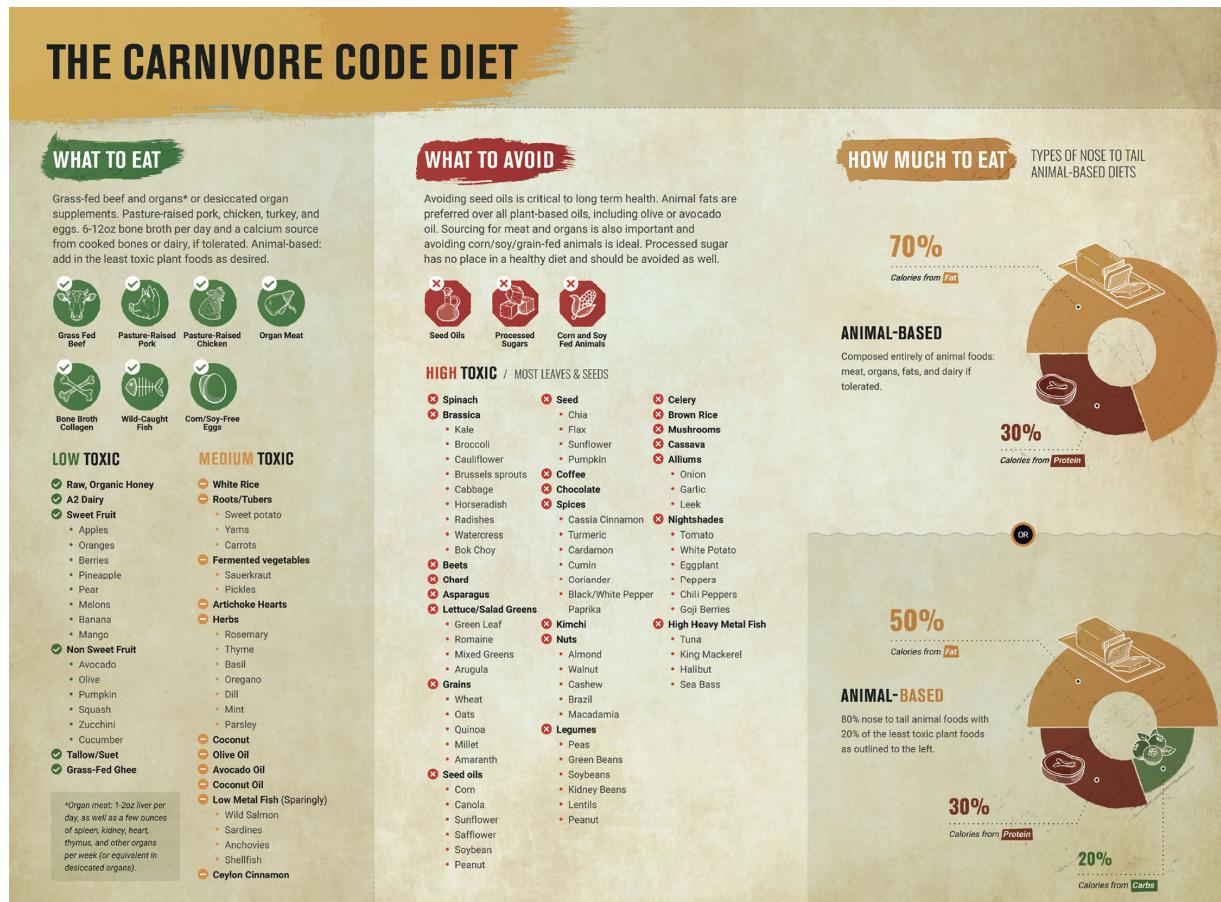
\*\* Jaouen, K., Richards, M. P., Le Cabec, A., Welker, F., Rendu, W., Hublin, J., Soressi, M., & Talamo, S. (2019). Exceptionally high  $\delta^{15}\text{N}$  values in collagen single amino acids confirm Neandertals as high-trophic level carnivores. *Proceedings of the National Academy of Sciences*, 116(11), 4928–4933. <https://doi.org/10.1073/pnas.1814087116>

As you'll see on the Carnivore Code Diet infographic at left, the animal-based diet framework allows for the inclusion of the least-toxic plant foods with possible inclusion of some plant foods within the moderate toxicity range, depending on your personal tolerance. In the infographic, you'll also find recommendations regarding macronutrient ratios for both carnivore and animal-based diets.

This cookbook is designed to meet you wherever you are on your animal-based journey and wherever you choose to go. I've included a chapter with nose-to-tail recipes that will help you reap the benefits of eating some of the most nutritious parts of the animal, and many of the recipes feature foods like apples and squash and

other plants that are low in toxicity and ideal for those who would like a bit more variety.

I've included sample meal plans for both carnivore and animal-based diets, utilizing the recipes in this cookbook. You can modify the diet to your comfort level and mix-and-match recipes accordingly. In the next chapter, I'll take a closer look at the various ingredients used throughout these recipes and what makes them so essential for good health.





## THE GOOD STUFF: WHAT YOU'LL EAT AND WHY

Now that you know why an animal-based diet is so incredibly nourishing, it's time for the good stuff! This chapter walks you through all of the wonderful foods and ingredients that make up a carnivore and animal-based diet and what makes these foods such nutritional powerhouses.

## ANIMALS: THE MAINSTAY OF THE CARNIVORE CODE

Meat, organ, and other animal products form the true backbone of the Carnivore Code. Here's an overview of the various animal foods you'll find in this book.

### MEAT

The recipes in this cookbook are designed to help you incorporate more nose-to-tail animal foods into your diet. They feature meats including beef, lamb, chicken, turkey, duck, pork, and seafood. It's important to source well-raised meat. What do I mean by that?

Avoid meat and fish that come from factory farms, and seek out butchers and other meat vendors who raise their animals with sustainability and health in mind (more on sourcing [here](#)). In my experience, it's easiest to source well-raised red meat (beef, lamb, bison, elk, venison) fed a species-appropriate diet consisting of both *grass-feeding* and *grass-finishing*. The recipes also include fowl (like chicken, duck, guinea, and turkey), but it can be harder to find fowl from truly "pasture-raised" sources that do not feed the animals corn and soy. Too much soy and corn leads to an animal with excessive amounts of linoleic acid in their fat, which isn't as healthy, nor are these foods species-appropriate for these animals.

Finding well-raised pork that eat a species-appropriate diet is also challenging but not impossible. When pigs consume excess linoleic acid, this polyunsaturated fat is stored in their fatty tissues, resulting in a composition significantly different from what is seen in wild animals. Human physiology is similar in this respect, and we too accumulate excess linoleic acid by storing it in our adipose tissue long-term. In the appendix ([see section](#)), I list sources I prefer for regeneratively raised beef, lamb, and bison, as well as sources for chicken and pork from producers who don't feed their animals corn and soy.

Sourcing seafood can also be difficult due to the current pollution levels within the oceans and bioaccumulation of heavy metals. I would strongly recommend avoiding any high-mercury fish like tuna, halibut, shark, swordfish, mahi mahi, and king mackerel and wouldn't make seafood the majority of your diet, regardless of the type of fish or shellfish you are eating. In this cookbook, you'll find recipes for wild salmon, which is a lower-mercury fish, as well as a few types of nutrient-rich shellfish. Though the latter are typically lower in mercury, they tend to have higher levels of other heavy metals, like cadmium, so care must be taken to avoid overconsumption of these foods, as well.

The tragic reality is that as a result of increasing industrialization across the globe over the last 200 years, our rivers, lakes, and oceans have become increasingly polluted, making seafood a less desirable food source from a health perspective. No corner of our planet has escaped the negative effects of this pollution, but land animals raised on species-appropriate diets represent the "cleanest" sources of food left today. Occasional seafood may provide variety in terms of flavor and texture; just be cautious not to overdo it. If you choose to include a large amount of these foods in your diet, consider checking your levels of heavy metals every 6 months.

# ANIMAL FOODS ARE THE REAL SUPERFOODS



PER 100g	Blueberries	Kale	Rib Eye	Beef Liver	Fish Roe	Egg Yolk
Vitamin A (Retinol)	0	0	5mcg	4968mcg	90mcg	191mcg
Thiamin (B <sub>1</sub> )	trace	0.1mg	0.1mg	0.2mg	0.3mg	0.2mg
Riboflavin (B <sub>2</sub> )	trace	0.3mg	0.2mg	2.8mg	0.7mg	0.5mg
Niacin (B <sub>3</sub> )	0.4mg	1.2mg	3.6mg	13.2mcg	1.8mg	0.02mg
Vitamin B <sub>6</sub>	0.05mg	0.1mg	0.4mg	1.1mg	0.2mg	0.4mg
Biotin (B <sub>7</sub> )	0.5mg	0	trace	42mcg	100mcg	55mcg
Folate (B <sub>9</sub> )	6mcg	62mcg	3mcg	290mcg	80mcg	146mcg
Cobalamin (B <sub>12</sub> )	0mcg	0mcg	3mcg	59.3mcg	10mcg	2mcg
Vitamin C*	9.7mg	93mg	3.5mg	25mg	16mg	0
Vitamin D	0	0	4IU	49IU	484IU	218IU
Vitamin E (mg)	0.6mg	0.7mg	0.1mg	0.4mg	7mg	2.6mg
Vitamin K <sub>2</sub>	0	0	15mcg	263mcg	1mcg	34mcg
Calcium	6mg	254mg	6mg	5mg	22mg	129mg
Choline	6mg	0.4mg	57mg	333mg	335mg	820mg
Copper	0.05mg	0.15mg	0.1mg	9.8mg	0.1mg	0.1mg
Iron	0.3mg	1.6mg	2.6mg	4.9mg	0.6mg	2.7mg
Magnesium	6mg	33mg	24mg	18mg	20mg	5mg
Phosphorus	12mg	55mg	210mg	387mg	402mg	390mg
Potassium	77mg	348mg	357mg	313mg	221mg	109mg
Selenium	0.1mcg	0.9mcg	24mcg	40mcg	40mcg	56mcg
Zinc	0.2mg	0.4mg	7.8mg	4mg	1mg	2.3mg

## ORGANS

In addition to meats, I've included many recipes to help you eat nose-to-tail by incorporating more organs and connective tissues in your diet. Though meat is incredibly nutritious, the nutrient composition of organs like heart, liver, spleen, kidney, and sweetbreads (pancreas and thymus) is unmatched. Throughout this cookbook, you'll find multiple recipes with options for nose-to-tail additions, as well as a dedicated chapter featuring organ meats for the adventurous and creative.

Without a doubt, including these foods in your diet will improve your overall health and provide you with a more complete complement of vitamins, minerals, growth factors, and peptides. If fresh organs aren't your thing, consider obtaining organs in the

desiccated form in capsules. I've provided resources for both fresh and desiccated organs in the [appendix](#).

There are many types of organs included in this cookbook, some of which may be more or less familiar to you. They all have unique benefits, but I thought it might be useful to highlight some of them here.

**LIVER:** Pâté lovers are in luck: Liver is one of the most important organs, if not *the* most important.

From a more scientific perspective, the nutrient content of liver, as displayed in the graphic above, clarifies why this organ has been so highly regarded. Liver is a fantastic source of many difficult-to-find nutrients like riboflavin, choline, folate, zinc, copper, selenium, biotin, K<sub>2</sub>, niacin, B<sub>12</sub>, and retinoic acid (the bioavailable form of vitamin A).

There is also evidence that liver and other organs contain unique, not-yet-characterized growth factors and peptides that may play important roles in health and healing. As Jeffery Bland, PhD notes:

It is now known that liver contains a factor that facilitates regeneration . . . raw liver or liver desiccated at cold temperatures when administered to rats induced considerable increases in physical performance and resistance against disease. This oral-administered liver preparation provided something beyond just minerals and vitamins, a control diet that was rich in minerals and vitamins did not lead to the same enhancement in activity in the test animal population.<sup>69</sup>

However you choose to include liver in your diet, it will certainly improve your overall health and performance. As a physician, I must mention that eating any food in an uncooked state will increase the risk of food poisoning, so do not do so if you're pregnant, and be sure that you're eating meat from quality sources that you trust.

**HEART:** Within the San society, when an animal is killed, the heart is often given to the hunter whose weapon struck the decisive blow as a sign of honor. The San believe the soul and power of an animal

reside within the heart and by eating this organ, a hunter pays respect to the animal that nourishes him or her while assuming some of its power.<sup>70</sup> Heart is one of the more mild-tasting organs to start with, but it's also very nutritious and contains riboflavin, iron, CoQ10, and many unique peptides and growth factors. I highly recommend including this one in your diet.



**KIDNEY:** Kidney is considered a more adventurous organ to eat. Though arctic explorer Vilhjalmur Stefansson observed that Inuit children ate kidney like “candy,”<sup>71</sup> we don’t eat much of it today. But including fresh or desiccated kidney products in your diet can be greatly beneficial for your health.

Kidney is a rich source of riboflavin, retinoic acid, selenium, B<sub>12</sub>, folate, pantothenic acid (B<sub>5</sub>), and thiamine, as well as diamine oxidase (DAO), an enzyme involved in the breakdown of ingested histamines. Undigested histamines can cause diarrhea, anxiety, hives, and many other unpleasant symptoms. Kidney is also a rich source of copper, important in treating histamine intolerance as DAO is a copper-dependent enzyme and deficiency of this mineral could lead to impaired functioning.

**TONGUE:** When cooked properly, tongue can be a delicious addition to the diet. Because this meat becomes so tender when slow cooked, it was often saved for the elderly or for children in traditional cultures like the Inuit. It's higher in collagen than most muscle meat and also contains riboflavin, niacin, and vitamins B<sub>6</sub> and B<sub>12</sub>. I like to save the broth from cooking this organ and drink it warm on a cold morning.

**SPLEEN:** Spleen is also rarely eaten today, which is a shame because it's incredibly nutritious. Spleen is the richest source of heme-iron of all of the organs and is particularly great for anyone with iron deficiency anemia. This organ is also rich in vitamins C, B<sub>12</sub>, B<sub>6</sub>, and selenium, as well as the peptides splenin, tuftsin, and splenopentin, which play roles in the immune response.

**SWEETBREADS (THYMUS/PANCREAS):** These two organs are a veritable powerhouse of nutrients and immune peptides. Thymosin alpha-1 is found in the thymus and plays a key role in the immune response to viruses and bacteria. This peptide has also been used as a treatment in severe viral infections, like COVID-19, with promising results and improved outcomes.<sup>72</sup> Many peptides involved in blood sugar regulation are found in the pancreas, and both of these organs are nutrient-rich, containing vitamins B<sub>12</sub>, vitamin C, thiamine, riboflavin, zinc, iron, selenium, and manganese.

**BONE MARROW:** Archaeological evidence suggests that our ancestors were preserving bone marrow 420,000 years ago in the Qesem cave in Israel,<sup>73</sup> and many evolutionary biologists and anthropologists believe that bone marrow was one of the first animal foods we consumed along our journey from primates to humans. The fat within bones contains the stem cells that make our immune cells and red blood cells and has been prized throughout human history. There's no question this is a food that our ancestors valued and that can provide profound benefits for us today. Believe me when I say that your life will be changed for the better the first time you try warm bone marrow over your steak!

## **DAIRY**

The Maasai people of Kenya and many Northern European cultures enjoy dairy throughout their lifespan and celebrate the first milk of cows and goats, known as colostrum, for its unique nutrient value. Not all individuals tolerate dairy, however. Dairy foods can trigger immunologic reactions in many people, even when obtained from the best sources. In my clinical practice, I have observed that while some folks can tolerate dairy, for others dairy can trigger rashes, flaky skin, dandruff, acne, eczema, joint pain, and other issues.

Raw dairy is another interesting option for those interested in including dairy in their diet. As with any food eaten raw, there is always a risk of foodborne illness. But if you are able to source raw dairy from a reputable source, many people find this to be more enjoyable than heat pasteurized versions.

## DAIRY CONSIDERATIONS: A1 VS A2

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It's important to understand the difference between A1 and A2 milk. These designations refer to two different isoforms of the milk protein casein and its breakdown products. The majority of milk and milk products from cattle of European ancestry is A1, while milk from sheep, goats, bison, and some breeds of cattle (Jersey and Guernsey) is A2. Beta-casomorphin 7 from A1 dairy has been associated with increased incidence of autoimmune conditions like type 1 diabetes and cardiovascular disease in animal models, as well as neurological disorders including schizophrenia and autism.<sup>\*, \*\*</sup> I have included dairy in this cookbook for those who can tolerate it and would recommend that it be A2 rather than A1 when it is used, if possible.

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\* Elliott, R. B., Harris, D. P., Hill, J. P., Bibby, N. J., & Wasmuth, H. E. (1999). Type I (insulin-dependent) diabetes mellitus and cow milk: Casein variant consumption. *Diabetologia*, 42(3), 292–296. <https://doi.org/10.1007/s001250051153>

\*\* Cade, R., Privette, M., Fregly, M., Rowland, N., Sun, Z., Zele, V., Wagemaker, H., & Edelstein, C. (2000). Autism and schizophrenia: Intestinal disorders. *Nutritional Neuroscience*, 3(1):57–72. <https://doi.org/10.1080/1028415X.2000.11747303>

Fermentation—the process of allowing dairy to ferment with healthy bacteria to create foods like yogurt and kefir—will also remove much of the lactose for those who are sensitive to this sugar. In the recipes, you will find kefir, yogurt, and cheese recipes that are lower in lactose than milk.

## HONEY

Another source of ancestrally consistent carbohydrates is honey, a seasonally available food prized by the Hadza and San of Africa, as well as many other equatorial tribes throughout the globe. Where honey is available, it is invariably eaten and prized by hunter-gatherer groups.

Discussions of fruit and honey inevitably lead to concerns about simple sugars and fructose. As I mentioned earlier, metabolically healthy individuals don't need to be concerned about eating small

to moderate amounts of fruit and honey. Our ancestors have been consuming fructose and simple sugars from foods like honey for millions of years. If you make animal meat and organs the centerpieces of your diet, it is fine to include moderate amounts of honey, as well sweet and unsweet fruit. The key is to avoid eating so many of these foods that you consume them at the exclusion of more nutrient-dense animal foods.

Within some nutritional circles, fruit and honey are often derided as sources of fructose and simple sugars, but there's quite a bit of research suggesting that processed, refined sugars act very differently within your body than those present in whole food form. In animal models, though fructose and sucrose (a combination of glucose and fructose) have been found to lead to inflammation and fatty liver, honey does the opposite, improving these markers.<sup>74</sup> In human studies, honey has been found to raise testosterone,<sup>75</sup> fight oral infections,<sup>76</sup> and to improve nitric oxide levels and endothelial function (the cells that line your blood vessels).<sup>77</sup> High-fructose corn syrup and table sugar can't claim any of these benefits.

## **PLANTS: EAT SELECTIVELY, AND CHOOSE THE LEAST-TOXIC OPTIONS**

The good news is that there are some plant foods and specific parts of plants that are less toxic and that can be a healthy part of an animal-based diet. These are the types of plant foods that our ancestors would have eaten and preferred for millions of years. Use this as a general guide, but also realize that sensitivities to these foods may vary from person to person.

Leaves, stems, and seeds of all kinds (seeds, nuts, grains, legumes) are excluded from this cookbook because they fall on the more toxic side of the plant-toxicity spectrum. I hear from people every day that removing these “healthy” foods results in profound improvements in gastrointestinal symptoms, eczema, psoriasis, fibromyalgia, and other autoimmune conditions, as well as better sleep, mood, energy, weight loss, and libido. Within my practice, I

worked with twin boys who suffered from head-to-toe eczema that improved 95 percent within the first month of a transition to an animal-based diet.

Nightshades, also known as the Solanaceae family—which include tomato, eggplant, white potatoes, chili peppers, bell peppers, and goji berries—are particularly toxic and immune-triggering and should be avoided completely. Plants from this family contain many dangerous alkaloids like solanine, chaconine, atropine, hyoscyamine, capsaicin, ergine, and nicotine as defense chemicals.<sup>78, 79</sup>, There's a reason this family of plants has been termed “deadly nightshades.” They are best entirely avoided by those seeking to optimize health and performance or who suffer with autoimmune illness. You won't find any of these in this cookbook.

Oxalate is another damaging substance found in many plant foods; it has been implicated in many conditions including fibromyalgia and chronic pain syndromes, joint pain, damage to the kidneys (nephropathy) and thyroid, kidney stones (the majority of which are formed from calcium oxalate), and even breast cancer in animal models.<sup>80, 81, 82</sup> Oxalate crystals are known to form microscopic needles called raphides in our tissues—definitely not something you want a lot of in your body! I've excluded those plants that are high in oxalates from the recipes. If you are particularly sensitive to oxalates or feel you have a problem with them, you'll want to opt for the lower-oxalate plant foods on the low-toxicity end of the spectrum such as most fruit, squash, and avocados (note that some fruit, such as kiwis and dates, contain moderate amounts of oxalates).

## FRUIT AND SQUASH

Plants package their highly defended “babies” within sweet and colorful packages in hopes that animals and humans will eat the fruit but not the seeds (hopefully spread in poop fertilizer later), which makes fruit a notably safe option. Eating excess amounts of fruit probably isn't a good thing for a variety of reasons, but

moderate amounts of seasonal fruit were certainly consumed by our ancestors. I've included both sweet and unsweet fruit in the recipes with this in mind. They add some color and variety of taste to many of the recipes.

Foods like squash, avocado, and olives are fruit, though we often don't think of them in this way. Unsweet fruit like these are featured throughout the recipes and make for enjoyable side dishes when paired with meat and organs, especially in the cooler winter months.



## TUBERS

Tubers and their toxicity vary from species to species. Many plant roots, such as cassava, contain powerful defense chemicals meant to dissuade consumption by animals or humans.<sup>83</sup> In the Hadza community, when animal foods are available, women will stop

digging for tubers in favor of the more nutrient-rich bounty provided by meat and organs.<sup>84</sup> The tubers consumed by the Hadza are also very fibrous, which means most of the indigestible fibers are flushed out of the body. During my time with this tribe, I also observed that the majority of the fibers from a variety of tubers aren't even edible and are spit out after being chewed. Don't believe anyone who tells you the Hadza eat 150 grams of fiber per day. This is blatantly incorrect and their diet actually contains low to moderate amounts of fiber, which probably benefits them. There is a significant amount of literature that demonstrates decreased nutrient availability with increasing fiber consumption.<sup>85</sup> (I go into greater detail about fiber and the ways we've been misled about its benefits in *The Carnivore Code*.)

In this cookbook, I've included a few roots and tubers, such as sweet potato and carrots, that I consider to be in the moderate range on the plant-toxicity spectrum. As with many of the plants listed on the spectrum, your individual sensitivity to roots and tubers may vary from others. See what works for you. Pressure cooking these foods may help for those who are sensitive, but be aware that many do not react well to large amounts of fiber found in these foods.

## CYCLING OF CARBOHYDRATES

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If we decide to include carbohydrates in our diet, how might we do this in a way that's ancestrally consistent and mirrors what our predecessors would have done? I believe the best way to mimic these evolutionary patterns is to have some variation in our carbohydrate consumption on a daily, weekly, and seasonal basis.

While it's not unusual for most of us to eat breakfast early, followed by lunch, snacks, then a later dinner, this isn't necessarily the way we evolved to eat. Our ancestors didn't have electricity and couldn't make a late-night snack while watching TV. Their eating hours were naturally limited to daylight hours. Personally, I practice time-restricted feeding, opting to consume all of my meals within a 6- to 8-hour time period beginning with breakfast and ending with a late lunch in the midafternoon. This allows for a 16- to 18-hour fasting window on a daily basis. Even after days during which I've consumed around 100 grams of carbohydrates, I will awaken in mild ketosis with levels of beta-hydroxy butyrate (the ketone measured by most ketone meters) around 0.5 mmol prior to my first meal of the day.

Seasonal cycling of carbohydrates might also be a reasonable approach if you choose to include low-toxicity plants and honey in your diet. This means eating naturally occurring fruit and honey in the summer months and shifting to squash and root vegetables in the winter months. We could imagine that if our ancestors encountered a patch of wild huckleberries or raspberries while strolling through the forest, they would almost certainly stop and sample these for a bit.

## OTHER

### BONE BROTH

One of the key components of eating nose-to-tail is getting collagen-rich connective tissues like tendons and bones into our diet, and broths are a delicious and nourishing way to do so. These foods are rich in key amino acids like glycine, proline, and hydroxyproline, which play key roles in the formation and repair of our connective tissues (fascia, ligaments, tendons, skin, hair, nails), as well as the management of oxidative stress that can lead to cellular damage. I make a point of consuming bone broth on a daily basis and have included multiple types of collagen-rich stocks and

bone broths in the Basics chapter. These pair well with any meal and are especially enjoyable during the cooler months, though I drink them year-round.

## MUSHROOMS AND MYCOTOXINS

I'm often asked about fungi. Technically, these guys aren't plants, but they are still stuck in one spot in the ground and because of this have developed many chemical protections, known as mycotoxins, to defend themselves against overpredation. The vast majority of mushrooms are highly toxic and could be a swift path to GI distress or worse if consumed without consideration. Though there are a few edible mushrooms—like those you'd find on most dinner tables—even they possess chemicals like agaritine (found in white button, portobello, and crimini varieties), which are associated with negative effects in humans including damaging DNA,<sup>86</sup> and have also been connected with cancers in animal models.<sup>87</sup>

Many species of mushrooms also contain large amounts of oxalates.<sup>88</sup> On a personal note, some of my worst eczema flares happened when I was eating large amounts of mushrooms prior to a carnivore diet.

Though there is some literature suggesting possible benefits of mushrooms like lion's mane and shiitake, there are too many unknowns about these species of fungi for me to include them in this cookbook or within an animal-based diet. Just like plant foods, I don't believe there are any benefits to eating mushrooms that we cannot obtain from eating well-raised animal organs and meat and by living a radical life like I discussed in *The Carnivore Code*, which includes sauna, cold plunging, exercise, intermittent fasting, and sunlight. The takeaway here is to eat as much on the low-toxicity side of the spectrum as you can, avoiding nuts, grains, seeds, and dried fruit while opting for food that is as fresh as possible.

## WHAT ABOUT GRAINS?

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You'll notice I don't spend a lot of time talking about grains, but suffice it to say that they aren't a healthy part of an animal-based diet for a variety of reasons. Remember that grains are seeds, and they contain many of the defense chemicals and digestive enzyme inhibitors, and lectins common within these. Grains are also often stored for long amounts of time prior to consumption, which can lead to the development of mold and accompanying mycotoxins like aflatoxins, ochratoxins, and fumonisins.<sup>8</sup> Not only should you avoid grains in your diet, also consider avoiding animals fed a diet of grains, corn, and soy, as many mycotoxins can bioaccumulate within the food chain.

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<sup>8</sup>. Bennett, J. W., & Klich, M. (2003). Mycotoxins. *Clinical Microbiology Reviews*, 16(3), 497–516; DOI: 10.1128/CMR.16.3.497-516.2003

## BEVERAGES: COFFEE, ALCOHOL, SPRING WATER

Get your box of tissues, because discussions of coffee and alcohol are always heartbreakers. Sadly, both of these foods are often highly contaminated with mycotoxins like aflatoxin and ochratoxin A. In the case of coffee, there are some brands that do go to great lengths to ensure low mycotoxin levels. Still, I'm generally not a fan of the black stuff for a number of other reasons, including acrylamide (potential carcinogen and neurotoxin formed when coffee beans are roasted<sup>89</sup>), pesticides sprayed on coffee, and the nervous system-disrupting effects of caffeine.

Of the alcohols, wine, beer, and ciders appear to be the most heavily contaminated with mycotoxins, while distilled alcohols like vodka, tequila, gin, and whiskey contain much lower levels, making these a better choice if you do choose to drink.<sup>90</sup> The main issue here is the damaging effects of acetaldehyde formed in the metabolism of alcohol within the liver, which will occur regardless of the drink you choose.<sup>91</sup>

What can you drink in place of coffee or alcohol? My preferred beverages are spring water, carbonated mineral water, and bone broth. If you need a bit of flavor, consider making so-called spa water by soaking a small amount of strawberry, blueberry, cucumber, or other fruits in a jug of water for a few hours to give it a subtle hint of flavor. If you can't get water from a spring near you (or a service that will deliver it in glass), I recommend a Berkey Water Filter with the arsenic/fluoride post filters or Mountain Valley Spring water. Some sources of spring water and carbonated mineral water are much cleaner than others, and it's important to know what you are consuming!

## COOKING OILS

It will probably come as no surprise that I strongly recommend avoiding all seed oils, including corn, canola, safflower, sunflower, soybean, peanut, and cottonseed oils, as well as any foods that contain them. If you are not savvy about reading labels, you'll be surprised by how ubiquitous these oils are in our food supply—you've probably been eating a lot of these without even realizing it.

My preferred cooking oil is animal fat, ideally tallow sourced from grass-fed, grass-finished cows. Ghee and butter from well-raised animals are also good choices if you are not sensitive to dairy proteins. As noted earlier, be careful with lard, as most pigs are fed a diet of corn and soy, and this leads to higher than normal levels of linoleic acid in their fatty tissue (>15 percent vs ~5 percent for wild pigs).<sup>92</sup> Fowl (chickens, turkey, and duck) fed on diets of corn and soy have fatty tissues that are similarly loaded with excess linoleic acid,<sup>93</sup> so consuming lots of fat from these animals isn't a good idea, either.

Coconut oil, olive oil, and avocado oil are considered "moderate" on the toxicity spectrum. These three are not as bad as seed oils, but they also aren't as nutrient-rich as animal fats, which contain more fat-soluble vitamins that are critical for optimal health. If you are going to include olive oil or avocado oil in your diet, I would not make them a large proportion of your dietary fat due to their higher

linoleic acid content, and you should be careful to select a high-quality brand as the majority of these oils are tainted with seed oils.<sup>94, 95</sup>

Though we don't fully understand why it happens, including monounsaturated oils in the diet appears to lower LDL, as do polyunsaturated fatty acids. Increasing amounts of the latter results in worse outcomes in multiple interventional trials,<sup>96, 97, 98, 99</sup> as well as increased Lp(a) and oxidized LDL,<sup>100</sup> both of which are bad prognostic indicators for future cardiovascular disease. The take-home message here is that animal fats are king and should be used whenever possible.

## SPICES

Traditionally, the category of spices has been divided into herbs and spices, the latter being derived from plant seeds, while the former are plant leaves. I've omitted all of the spices derived from plant seeds in this cookbook. This includes things like black and white pepper, cumin, coriander, chili peppers, and paprika (from the nightshade family), mustard, nutmeg, and fennel. To illustrate my concerns with such spices, consider black pepper: Despite its pervasiveness, it's known to contain the compound piperine, which inhibits key phase II enzymes (including UDP glucuronosyl transferase) in the liver that participate in the process of detoxification of foreign compounds.<sup>101</sup> Trust me when I say that you don't want to impair your liver's detox systems with this or other spices.

When it comes to cinnamon, the Ceylon variety of this bark-based spice contains many fewer problematic chemicals (including coumarin, which inhibits vitamin K synthesis within the body and is harmful to the liver and kidneys<sup>102</sup>) than the cassia variety. If you choose to use cinnamon, opt for Ceylon. Root spices, like ginger, have been used sparingly, but note that turmeric is quite high in oxalates and contains active compounds, like curcumin, that appear to have many negative effects in humans.<sup>103</sup> Yes, that's right. If you do your research, you'll discover that turmeric has a dark side that's

often overlooked. Though my Italian heritage may suggest otherwise, I am also not a fan of garlic or other allium spices like onion powder and have observed these to cause significant reactions in many individuals.



Salt is included in the recipes, and it's really the only spice I use on a daily basis. One of the incredible things about well-raised animal organs and meat, as well as the least-toxic plant foods from good farms, is that they are deeply flavorful on their own and often don't need much to truly shine on the palate. When selecting a salt, avoid those with high levels of contaminants, anticaking agents, or highly refined varieties.

I've included herbs in this cookbook for those looking to flavor foods in different ways, but they certainly are not required. When used in small amounts, these plant leaves are unlikely to cause issues for most, but some may still be sensitive. It's best to introduce new foods or herbs one at a time and to pay attention to any symptoms that arise.

## HOW TO TRANSITION FROM CARNIVORE TO ANIMAL-BASED

A carnivore diet consisting of only animal organs, meat, and fat can be an incredibly powerful tool as an elimination diet or to reset in the area of autoimmunity or diabetes/prediabetes. Eventually, most people will want to reintroduce some plant foods for variety, and eating the widest array of foods that nourish your health and vitality is always the goal.

When transitioning from a carnivore diet to an animal-based diet (the latter including the least-toxic plant foods as described previously and in the [infographic](#)), the best strategy is to slowly introduce foods or herbs on the low end of the plant-toxicity spectrum, one at a time, trying each new food for a few days before adding anything else. My goal is for you to be able to include as many foods in your diet as possible, but also to provide a roadmap for understanding which foods may be triggering negative reactions.

In *The Carnivore Code*, I introduced the concept of a Clean Carnivore Reset, a period of 30 to 90 days of nose-to-tail carnivore eating without alcohol, junk food, seed oils, or plant foods. During this period, you eat only animal meat, organs, bone broth, and salt

as nourishment while drinking plenty of clean water. 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. After this reset, you can slowly incorporate the less-toxic plant foods into your diet.

## HOW DR. PAUL EATS

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I'll answer this question, since I know many will ask it. But I offer the preemptive caveat that what works for me might not be ideal for you.

I designed the plant-toxicity spectrum to give you a sense of the relative toxicities of plant foods. Over the last few years, my diet has consistently included organs, but it's evolved a bit on the carbohydrate front. Most days I eat about 2 pounds of grass-fed, grass-finished beef; bone broth with tendons; suet; and 3 to 6 ounces of organs including liver, heart, spleen, pancreas, thymus, and sometimes kidney. When I am traveling or can't get as many fresh organs, I rely on desiccated organ capsules to bolster my intake of these nutrient-rich foods. Most days of the week, I will include around 100 grams of low-toxicity carbohydrates in my diet. This is usually a combination of honey and fruit, including berries, dates, bananas, and avocado. I generally eat twice per day and aim for an eating window of 6 to 8 hours with my last meal of the day before 4 p.m. and a daily fasting period of around 16 hours. I prefer to eat breakfast and an early dinner, and I've found that leaving more time between my last meal of the day and bedtime improves my sleep.

Though I believe that ketogenic diets, like a carnivore diet, can be very beneficial, I'm also not convinced that complete exclusion of carbohydrates is ideal for everyone or must be the rule 100 percent of the time. For many, long-term ketogenic diets eventually result in difficult issues including electrolyte imbalances that manifest as muscle cramps or heart palpitations. Including moderate amounts (around 100 grams per day) of ancestrally consistent carbohydrates improves these problems enormously and still allows for ketosis during daily fasting windows if you are practicing time-restricted eating. I value results over dogma and encourage everyone to look beyond any notions of chasing ketones or feeling the need to be in ketosis at all times despite less-than-optimal results.

If you prefer to do this with an animal-based diet, I would recommend a 30-day reset known as an Animal-Based 30. We do

these on a quarterly basis through Heart and Soil (my company that makes desiccated organ supplements). You can find information about this at [AnimalBased30.com](http://AnimalBased30.com).

## VITAMIN C

Many people ask me how you can possibly get enough vitamin C on an animal-based diet. Though the mainstream perception is that meat and organs do not contain vitamin C, this is incorrect. Fresh meat and organs are widely known to prevent scurvy,<sup>104, 105</sup> the most common manifestation of vitamin C deficiency. And while we often hear about increasing our vitamin C to prevent illnesses, the science doesn't support eating high levels of this vitamin.<sup>106</sup>

Vitamin C doses as low as 10 milligrams per day (an amount found in about ½ pound of red meat or 1 ounce of liver) prevent and reverse clinical signs and symptoms of scurvy,<sup>107</sup> and eating an animal-based diet that includes organs like liver and spleen along with least-toxic plant foods will easily meet the RDA for vitamin C on a daily basis. The benefits of eating vitamin C in amounts higher than the current RDA (about 90 milligrams daily) are much less clear. Studies of many indigenous groups worldwide, like the Inuit, reveal exemplary vascular, cardiac, and cognitive health despite wide variation in daily intakes of vitamin C,<sup>108</sup> and interventional studies with large doses of vitamin C (500 milligrams daily) have repeatedly failed to show benefit in terms of cardiovascular disease, hypertension, vascular health, overall mortality, or prevention of the common cold.<sup>109, 110, 111</sup> Multiple lines of evidence support the premise that eating animal foods from nose to tail provides us with all of the vitamin C we need, and by including organs in the diet, it's fairly easy to meet the RDA for vitamin C with animal foods alone. Liver, spleen, thymus, and kidney all contain significant amounts of this nutrient.

Because I've included many plant foods that I consider to be lower toxicity in this cookbook and in an animal-based diet, it won't be hard to meet vitamin C requirements with a bit of summer fruit like

berries in your diet, but they aren't required to get enough of this nutrient if you are eating nose-to-tail.

## ON THE ETHICS OF EATING ANIMALS

It's important to talk about the potential environmental impact of eating an animal-based diet. With this cookbook, I am proud to support regenerative farms like White Oak Pastures in Georgia, where all of the lifestyle and food photography was done. They are leading the way in demonstrating how animals can be raised in the most sustainable and healthy manner.

For millions of years, bison, elk, deer, and pronghorn grazed on grasslands across the American West. In balance with their natural environment, the grazing of these ruminant animals created nutrient-enriched soils that were constantly replenished by animal urine and feces as part of a health ecosystem in which both plants and animals coexisted on the land. Regenerative agriculture seeks to re-create these grazing patterns by feeding cows, sheep, and other animals on grass throughout their life cycle and rotating their grazing territories every few days.



At White Oak Pastures and other regenerative farms, animals partially eat the grass within a field and then move to another grazing pasture with fresh grass while the original field is given time to regrow. Throughout the entire process, animal waste returns key

nutrients to the soil in a cycle that allows for continued fertility and the regrowth of healthy plants. This is in stark contrast to the mono-crop agriculture systems that grow most of our plant foods with a unidirectional flow of nutrients into plants and then off the land, never to be naturally replenished by animals.

The simple fact of the matter is that animals and plants must exist together within an ecosystem for life to continue, and placing animals on the land in a way that mimics their natural feeding patterns is the best way to protect the health of the soil or rehabilitate areas depleted by generations of mono-crop plant agriculture. 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. When examined critically, plant-based rhetoric calling for the removal of animals from farms is incorrect and dangerous, and the messaging of plant-based food companies claiming that a future of exclusively plant agriculture (the majority of which will be mono-crops) will be better for the environment is severely misleading. Besides their poor nutrient quality, plant-based processed foods and their production do nothing but decrease the long-term health of the soil and ecosystems.

From a carbon standpoint, regenerative farming practices are a win for the environment, and cattle raised in this fashion have been shown to be carbon-negative upon lifecycle analysis,<sup>112</sup> enriching the soil microbiome and sequestering more carbon back into the earth than they produce. Plant-based "meats" and mono-crop agriculture definitely cannot make this claim and are certainly a "carbon-positive" system.

From historical, ecosystem, soil, and carbon perspectives, a regenerative system of raising animals that involves grass-feeding, grass-finishing, and rotational grazing is clearly the best option for our health, the health of the animals that nourish us, and the long-term health of the planet. In the appendix (see section) you'll find a list of farms like White Oak Pastures that are raising animals in a regenerative fashion and offering the most nutrient-rich meat and organs available.

# SOURCING

Where you source your food is incredibly important to maximize nutrients while minimizing toxins and our environmental impact. When you can, try to source your food from local farms that carry organic produce and grass-fed, pasture-raised meat. However, keep in mind that many small farms cannot afford to obtain organic certification but still may farm according to organic practices. The best thing you can do is get to know your farmer and ask him or her about his or her practices.

To find a local farmer, check out the following websites:

- [eatwild.com](http://eatwild.com)
- [farmshake.com](http://farmshake.com)
- [localharvest.com](http://localharvest.com)
- [westonaprice.org](http://westonaprice.org)

If you do not have a local farmer, I recommend sourcing your meat and other farm products from a regenerative farm like White Oak Pastures.

For raw milk, visit [realmilk.com](http://realmilk.com) to find farms who provide grass-fed cow, goat, or sheep milk.

For fresh produce, raw honey, pure maple syrup, etc., visit your local farmers' market, local food cooperative, CSA (community supported agriculture) group, or find a local farmer on the websites mentioned above.

## **QUESTIONS FOR YOUR PRODUCE FARMER**

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### **ARE YOU CERTIFIED ORGANIC? WHAT DO YOU SPRAY YOUR FIELDS WITH? DO YOU USE GLYPHOSATE?**

Ideally, you can find a local produce farmer who minimizes his or her use of synthetic fertilizers, herbicides, pesticides, fungicides, etc. Most farmers use fertilizer and ideally you find one that uses organic.

Why go through all this trouble in the first place when we could all just go to the grocery store to get our food? The reality is, many of us will still rely heavily on the grocery store or local cooperative for essential items, even after finding a local farm. But our apathy has resulted in a stark disconnect between our food and where it was raised/grown. This disconnect has not only played into our global health crisis, but many of the environmental issues we're facing today are due to complete mismanagement of land (via supporting conventional agricultural practices).

# QUESTIONS TO ASK YOUR BEEF, PORK, OR POULTRY FARMER

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Once you find a local farmer, below are a few questions to ask in order to develop a better understanding of whom you're buying your food from.

Please keep in mind, the “ideal” answers to these questions depend on your priorities and preferences. These answers will also vary with geographical location. So the first question should be “Can I visit the farm?”—whether that’s via text or email from the farm’s website.

## **Q: HOW LONG HAVE YOU BEEN FARMING?**

Get the conversation started! After introducing yourself, ask a bit about the farmer and his or her story.

## **Q: ARE YOUR CATTLE RAISED ON GRASS PASTURE?**

Ideally, the answer will be yes.

## **Q: ARE YOUR CATTLE FED ANYTHING OTHER THAN GRASS AND HAY?**

If fully grass fed is important to you, this is an important question, and the answer should ideally be no. If yes, see if the feed is GMO-free and organic (ideally it is) and how it’s grown/where it’s sourced. Cows and lambs are ruminant animals, so they can (and should) be 100 percent grass fed.

## **Q: DO YOU EVER USE GROWTH HORMONES, ANTIBIOTICS, OR STEROIDS?**

Treating sick animals with antibiotics is reasonable, but ideally the animal should be removed from the herd if so. However, using antibiotics or hormones routinely is not acceptable and should be avoided.

## **Q: ARE YOUR CATTLE FREE TO ROAM, OR ARE THEY CONFINED?**

Ruminant animals should always have continuous access to pasture—they are meant to roam.

## **Q: WHAT IS YOUR WATER SOURCE FOR THE ANIMALS?**

Are they using a well for water? A creek? A contaminated sewage pond? Be sure the water source is of quality.

## **Q: WHAT DO YOU FEED YOUR CHICKENS AND/OR PIGS?**

Keep in mind: Chicken and pork are monogastric animals (possessing a single stomach, in contrast to ruminant animals, like cows) and technically require feed in order to be produced for consumption. That is, to become the kind of chicken or pork we are used to. However, there are specific questions you can ask to understand the quality and composition of the feed.

Ideally the farmer should have an understanding of what's in the feed. Most commercial feeds contain corn, soy, and random fillers. If corn- and soy-free is important to you, be sure to specifically ask whether the feed contains either of these. If yes, potentially pass on the chicken and pork and go for the grass-fed beef. Note: It is challenging to find farmers who use corn- and soy-free feeds as they are more expensive than standard, run-of-the-mill feeds, and many farmers cannot afford the extra expense. This does not make the farm "bad"—again, it all comes back to your priorities and health needs. More often than not, the farm is worth supporting regardless. On the flip side, chickens should not be marketed as "vegetarian fed," since they are not vegetarians; they are omnivores. Many eggs are promoted as "vegetarian fed," but chickens should be feeding on grass that has bugs. Most "vegetarian-fed" chickens will therefore be in a confinement system (which is not what you want).

## **Q: WHAT ARE THE CHICKENS' AND PIGS' LIVING CONDITIONS?**

Both species should have regular access to pasture to make sure they are not packed into confinement. "Pasture raised" is the best option for both. Another great option for pork is "forest raised." For both, the animals are able to consume insects to complement their feed and are also able to help repair the land.

## **Q: DO YOU ROTATE YOUR ANIMALS FROM FIELD TO FIELD? HOW OFTEN?**

This is an important question to understand whether the farmer practices regenerative agriculture. If a farmer does not regularly rotate his or her animals, it will result in overgrazed pastures that do not help sequester carbon and are not considered responsible grazing. Ideally, the farmer will rotate his or her herd a few times a week, if not every day (this depends on a number of factors, such as herd size, pasture size, weather, etc.).

## **Q: WHAT BREED OF CATTLE DO YOU RAISE? WHY?**

Unless you have a preference, this question isn't important for any environmental or nutritional information; it could just be an interesting fact to know about the farm.

## **Q: ARE THERE ANY DISCOUNTS FOR BUYING IN BULK?**

Some farmers offer  $\frac{1}{8}$ ,  $\frac{1}{4}$ ,  $\frac{1}{2}$ , and full cows. Purchasing a large portion of the cow at once can greatly reduce the price of the total product. Besides cost, purchasing a portion of a cow will encourage you to experiment with other cuts you might not be able to readily find at the grocery store (such as beef tongue and soup bones), almost all of which are used in a recipe or two in this book. Tip for purchasing meat in bulk: Have enough freezer space! You will need to save some freezer space for this investment, but it is worth it.

## **Q: ARE YOU ABLE TO SELL ANY OFFAL, SUCH AS HEART, LIVER, BONES, OR TONGUE?**

These cuts are typically much cheaper than purchasing a bunch of premium steaks, since they are normally considered by-products. Plus, they're packed full of nutrients. By purchasing more offal cuts, you're getting more nutrients at a lower cost.

If you go to a local butcher to purchase your meat, you can ask questions that are similar to those you'd ask your local farmer. Most butchers will know their meat sources and can provide insight on how the animals are treated and raised, how the farmer works, and whether they're full grass fed or supplemented with feed. If you're visiting the butcher counter for offal parts but don't see any, ask. It's possible they are available but not on display.

Of course it would be unrealistic and impractical to only source your food from local farmers, but we can all do our part by supporting local farms and, as a result, supporting regenerative agriculture and our planet's health.

## **SOURCING HONEY**

Not all honey is created equal, and I suggest buying raw honey since it is processed differently than regular honey. Raw honey is only strained before it's bottled, which means it retains most of the beneficial nutrients that it naturally contains. Raw honey is the form that exists in the beehives and is made by extracting honey from the honeycombs and straining it of impurities like beeswax and dead bees. Once strained, raw honey is bottled and ready to be enjoyed.

On the other hand, producing conventional honey involves several more processing steps before it is bottled, such as pasteurization, which heats honey to high temperatures (that destroy beneficial enzymes), and filtration to remove impurities.<sup>113</sup>, <sup>114</sup>, <sup>115</sup> Worse, some

manufacturers mix honey with manufactured sugars like high-fructose corn syrup and brown rice syrup to reduce costs.<sup>116</sup>, <sup>117</sup>

For all of these reasons, raw honey is more nutritious than regular honey. It contains 22 amino acids, 31 different minerals, and a wide range of vitamins and enzymes. Raw honey was found to contain up to 4.3 times more antioxidants than processed honey. Raw honey contains beneficial enzymes like glucose oxidase, which helps give honey its antimicrobial and antibacterial properties.<sup>118</sup>

## THE QUALITY OF LIFE EQUATION

Throughout our lives, each of us has a choice in every moment to define our highest quality of life. 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 and choose the foods that help us achieve this.

If you think about this as a place of empowerment and intention instead of restriction, the idea of following a carnivore or animal-based diet takes on a different meaning. If you follow an animal-based diet, you eat the most historically prized, nutrient-rich foods on the planet all of the time—foods that have been celebrated by our ancestors for generations and foods that serve as deep nourishment for our bodies and minds. There's nothing restrictive about that!

It's fine to use food as entertainment, and let's be honest, few things are as delicious as a properly cooked steak. But if we take this ideal too far, it will often get in the way of our goals of optimal health. It's simply a matter of what we choose to make our highest quality of life at any point in time. A carnivore or animal-based diet is meant to be a lifestyle and a part of something bigger, a way of living in accordance with what millions of years of evolution have programmed into our genetic "book of life." These ideas aren't meant to be a prison; they are tools to unlock the secrets to optimal health by returning to our ancestral diet and a reminder to return to an ancestral way of life.

## **FINAL THOUGHTS: THE REMEMBERING**

Carnivore and animal-based diets provide us with the most nutrient-rich and historically treasured foods on the planet. At the same time, we can enjoy low-toxicity plants and carbohydrates just as our ancestors have done for millions of years. I am grateful to Ashley and Sarah Armstrong for their work in collaborating to develop the recipes in this cookbook. My greatest hope is that they will provide you and your family with many shared meals that are both deeply nourishing, memorable, and incredibly delicious.

It is also my hope that eating in this manner will become a stepping-stone for you and your own tribe to continue remembering aspects of our human history that are increasingly forgotten today: the importance of meaningful work, play, wild spaces, and sharing moments with people we care about in community. Welcome to The Remembering. How you eat is the first step, and how you live follows thereafter. I hope to cross paths with you along our shared journeys in the future as we all continue this process of reclaiming our ancestral birthrights to radical health, strength, and vitality.

Stay Radical!



# **THE CARNIVORE KITCHEN**

**Not that we've answered the *why* and *how* of embracing the carnivore lifestyle, it's time for the fun part: taking it to the kitchen!**

Don't stress: This chapter will tell you everything you need to know for success. First, we'll go over how to stock your pantry, fridge, and freezer. We'll also go over everything you need to know to cook from the recipes, including essential tips for cooking with some of the more adventurous (and nutritious) carnivore ingredients that are featured in the Nose to Tail chapter. Let's get started!

## **STOCKING YOUR KITCHEN, PANTRY, FRIDGE, AND FREEZER**

Here is a complete list for what you'll want in your kitchen cabinets, pantry, and fridge and freezer to make the recipes.

### **KITCHEN EQUIPMENT**

Although optional, the kitchen equipment listed below will be useful to have in your kitchen when preparing the recipes in this book.

- Dutch oven
- Cast-iron pan
- Stainless steel pots and pans
- Grill or grill pan
- Sheet pan
- Knife set
- Slotted spoon
- Spatula
- Tongs
- Grater
- Fine-mesh strainer
- Measuring cups and spoons

- Glass food-storage containers
- Mason jars
- Parchment paper
- Aluminum foil
- Muslin cloth
- Instant-read meat thermometer
- Slow cooker
- Instant cooker
- Dehydrator
- Food processor
- Stand mixer
- Ice cream maker-
- Meat slicer-
- Meat grinder-
- Spiralizer-

## PANTRY

- Spices, organic
- Salt, sea, kosher salt
- Vanilla extract, pure
- Vinegar, apple cider
- Vinegar, white
- Vinegar, balsamic
- Coconut aminos
- Honey, raw
- Honeycomb, raw
- Maple syrup, pure
- Collagen powder
- Gelatin powder
- Pork rinds (purchase corn- and soy-free pig skin and make your own, such as the Pork Rinds recipe at [cookingchanneltv.com/recipes/pork-rinds-chicharron-2268911](http://cookingchanneltv.com/recipes/pork-rinds-chicharron-2268911), or buy Epic pink Himalayan and sea salt baked pork rinds)
- Pumpkin, organic canned

- Desiccated organ supplements—\*
  - Glycine powder—\*\*
- 

\*A Cuisinart or KitchenAid stand mixer has attachments for these functions.

\*\*In addition to using organ supplements to increase your nutrient intake, you can open them and use the desiccated organs as a seasoning and for an additional nutritional boost.

\*\*Glycine powder is listed as an alternative option for sweeteners in a few recipes in the book and can be used as an alternative sweetener option if you choose to be low carb and do not want to use honey.

## FRIDGE AND FREEZER

The following items are all compliant with an animal-based diet. Please refer to the plant-toxicity spectrum ([see section](#)) when deciding which items to incorporate into your own version of this diet. 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—and to minimize any plant products.

If you choose to include plants in your diet, prioritize the plants that are lower in toxicity (as featured in most of the recipes) and add some moderately toxic plants. The reality is, in a healthy body, these “low” and “medium” toxic foods will not pose a problem, so do not steer away from them if you don’t suffer from an inflammatory condition.

That said, we choose not to include a list of items to avoid, because there’s a lot more to an animal-based diet than focusing on what you “can’t” eat.

You’ll notice that many of the items listed are not included in any of our recipes. We wanted to provide this list to demonstrate that there is a ton of variety to explore within the guidelines of an animal-based diet. We recognize that some days you won’t have time to make an extensive meal or complex recipe. While meal prepping can help save time, if you understand the fundamental foods that form the basis of an animal-based diet, you can keep a pantry that

empowers you for success and easily assembling quick meals. We'll discuss meal prepping and forming balanced meals more in the Meal Plans section.

When stocking your larder, try to source the best ingredients possible. We discuss this more in detail in the [Sourcing section](#); and see the [appendix](#) for our list of recommended farms and sources.

## **PROTEINS**

- 100 percent grass-fed ruminants, muscle meat, organs, and bones
  - Beef
  - Lamb
  - Buffalo
  - Bison
  - Elk
  - Venison
- Pastured poultry and pork, muscle meat, organs, and bones
- Bone broth
- Meat stock
- Seafood, wild-caught
- Shellfish, fresh
- Eggs, pastured
- Milk (raw optional)
- Cheese (raw optional)
- Kefir (raw optional)
- Colostrum (raw optional)



## FATS

- Suet (from all ruminants), raw
- Tallow (from all ruminants)
- Iberico pork fat, pastured lard
- Duck fat
- Butter, raw
- Cream, raw
- Ghee

## CARBS

- Squash (all)
- Fruit (all)
- Marine plants (seaweed, algae)
- Roots
- Carrots
- Sweet potatoes
- Yams
- Celeriac
- Artichoke hearts
- Cucumbers
- Coconut

- Lettuce

## **SEASONINGS AND EXTRAS**

- Fresh herbs
- Kefir grains
- Cultures

## **NOTES ON SPECIFIC INGREDIENTS**

### **SUET**

Beef suet, the fat around the kidney that is a great source of saturated fat, was frequently consumed by our ancestors. 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. Let the frozen bag sit out at room temperature to soften. Then break off bits from the large chunk and keep in a glass jar in the fridge for consumption or to use in a recipe. Suet keeps in the fridge for 5 days. Otherwise, store in the freezer.

### **BONE MARROW**

Bone marrow is the fat that comes from marrow bones, and it's loaded with nutrients! When purchasing marrow bones, ask for canoe-cut bones, which are long, halved bones in the shape of a canoe. Use a small spoon, bone marrow spoon, or a butter knife to spoon or scrape out the marrow from the bones. This is easiest when the marrow is at room temperature for raw marrow or post roasting for roasted marrow.

### **BUTTER**

Butter is a great source of fat-soluble vitamins, healthy cholesterol, fatty acids, and antioxidants. Raw butter will have more of the health-promoting nutrients since it is made from the unpasteurized milk of grass-fed cows, while regular butter is pasteurized, a process that involves heating it above a certain temperature to kill

harmful microorganisms. The pasteurization process alters or destroys a number of important nutrients—including enzymes, probiotics, proteins, vitamins, and calcium—that are heat sensitive. It is always important to source the raw milk from a farmer you trust with safe farming practices. You can also make homemade butter using pasteurized cream; it will just have slightly less nutrients than raw cream!

## BONE BROTH AND MEAT STOCK

Several of the recipes in this cookbook call for the use of bone broth or meat stock. In these recipes, bone broth and meat stock can be used interchangeably, however, they are not exactly the same.

Meat stock has a shorter cooking time, which results in a milder flavor and a different profile of nutrients (less collagen, glycine, and proline). Since bone broth is cooked for a longer period of time, the collagen in the connective tissues on the bones has time to break down into gelatin. Typically, the meat and produce used in making stock are eaten as a meal, whereas the bones and other ingredients for broth are discarded. Regardless, both bone broth and meat stock are seen as super foods for their gut-nurturing and digestion-improving abilities.

If you're in a pinch and need to pick up a broth or stock from the store, try to find one that has few additional ingredients. Avoid garlic and other bulbs, if possible, and make sure there is no dextrose, maltodextrin, or other common fillers such as tapioca starch.

You can also prepare broth and stock in bulk and freeze for long-term use. Broth and stock will keep in the fridge for about 7 days and in the freezer for up to 1 year. A convenient way to freeze broth and stock is to pour the contents into an ice cube tray and allow the liquid to fully solidify in the freezer before popping the cubes into a freezable container or bag. Be sure to use a freezer-safe container, such as tempered glass (most canning jars) or glass specifically labeled for freezing. If pouring the broth directly into the container instead of the cubes, only fill about three-fourths of the container to allow room for the liquid to expand without breaking the glass.

Label the container with the date frozen so you're aware of when to use the broth or stock by. When ready to use, either thaw in the fridge or reheat on the stove.

## GUIDING PRINCIPLES FOR THE RECIPES

You're already aware of the basics of the Carnivore Code plan. But here we offer the guiding principles that were used while developing the recipes to make sure they are as delicious and nutritious as possible!

### ANIMAL-BASED

All recipes will contain some animal product. Given the nutrient availability, bioavailability, and low toxicity of animal foods, I believe all meals should be centered around an animal product, and any produce should be used only to enhance the dish from a taste or energy standpoint.



### PRESERVATION OF NUTRIENTS

In the [Sourcing section](#), I recommend sourcing several ingredients in their “raw” form, such as raw dairy, and in several recipes you will

see the use of raw egg yolks. This is because leaving items such as dairy and honey in their pure, raw state ensures that all the nutrients remain intact. Most cookbooks steer clear of raw foods, but there can be health benefits to eating raw, enzyme-rich foods. When eating raw foods, it's important to source them from high-quality farms and vendors.

## **EASE OF DIGESTION**

The majority of the recipes are prepared in a way that aids in digestion and enhances absorption of nutrients, such as by utilizing broths for slow cooking and acids for flavor. All of the cooking methods for starches (such as squash and sweet potato) are designed to minimize antinutrients and toxicity. When it comes to cooking meat, adjust recipes in a way that results in an end product you tolerate and enjoy best—whether that's rare or cooked through.



## BALANCED MACRONUTRIENTS

Most recipes in this book contain a healthy fat, carb, and protein source, or I will suggest side dishes in order to make the meal more “complete.” However, if your preference is to follow a low- or zero-carb diet, this can easily be accomplished by removing side dishes

or choosing the recipes that are included in the Carnivore and Animal-Based Meal Plans.

## **SIMPLE SPICING**

We've kept spices to a minimum in the recipes, primarily focusing on the "safer" spices referenced [here](#). If you're sensitive to spices, try using just salt to season your food; most of the recipes will turn out just fine!

## **COOKING METHODS**

The recipes call for a number of different cooking methods. For your convenience, we've paired with Chef Sarah Knight, a culinary expert who is well-versed in animal-based nutrition, to provide a description of each method to ensure the recipes are prepared as intended. Sarah describes the best cuts for each method, as well as each cooking method.

## **TEMPERING**

Tempering meat before starting the cooking processes is a very important step that aids in even cooking and proper seasoning. To temper meat means to bring the temperature of the meat up from the previously refrigerated temperature. This allows the muscle to relax, resulting in a more even cooking and allows more of the flavors to be absorbed from the seasonings applied. It is important to temper within a certain time frame and not let the meat sit for too long at a temperature that provides the opportunity for foodborne bacteria to grow.

To temper meat, pull the meat out of the refrigerator to rest at room temperature before cooking. Rest the meat until the surface of the meat itself reaches close to room temperature, which can be felt as no longer refrigerator cold but still relatively cool. This method especially benefits larger cuts of meat—such as whole turkey, chicken, lamb legs, and roasts—as it helps ensure the meat is cooked to the desired temperature closer to the specified amount of

time without the outer portions becoming overcooked and the inside underdone.

When planning to prepare a recipe, allot time to temper the meat beforehand, which can be anywhere from 30 minutes to a few hours for larger cuts.

## **BRINING**

Brining is a tried-and-true method that involves treating food with salt and other seasonings to preserve it, add or retain moisture, or flavor it. To accomplish this, meat is soaked in a saltwater solution, much like a marinade.

Brining works best with lighter-colored, lower-fat proteins such as chicken, turkey, water fowl, fish, and some leaner cuts of pork or beef. Brining adds moisture to leaner cuts of meat by rehydrating the muscle tissue cells while the salt solution seasons the meat.

Flavor profiles of a brine can vary widely; for this book we suggest a salt-based brine only. We recommend a solution ratio of  $\frac{1}{2}$  cup salt to 1 quart water (4 ounces salt to 32 ounces water). The length of the brine depends on the weight of the protein. As such, we recommend a base frame of an hour per pound of meat. If the weight of the protein dictates longer than 8 hours, double the amount of salt and cut the brine time in half. When finished, simply remove the protein from the solution and give the meat time to drain and come to room temperature, then pat it dry.

## **SALTING**

Salting meat prior to cooking is an often overlooked step in the cooking process that can enhance the final product, resulting in a superior taste and texture once the meat has been cooked. Salting meat after it has been cooked still adds seasoning, but only to the surface of the food, and doesn't do much for the texture at all. All recipes in this book are written to accommodate seasoning the meat with salt before it is cooked. As such, unless otherwise noted, sprinkle salt over the meat before cooking as the individual recipe indicates. That said, most all recipes accommodate for "seasoning

“to taste” post-cooking as well, which is meant to be a personal choice depending on one’s salt preferences.

When it comes to the type of salt to season meat pre- versus post-cooking, while there are many useful types of salt for cooking and seasoning, not all are interchangeable.

**KOSHER SALT** is the most commonly used in professional kitchens.

There is no added iodine in kosher salt, which results in a purer taste that does not distract from the actual flavor of what is being seasoned like some table salts can do. Although kosher salt is a larger granular salt, it is not dense, which makes it perfect for seasoning food prior to cooking and throughout. However, it is not an ideal finishing or table salt.

**STANDARD SEA SALT** is typically made from dehydrating sea water to form light salt crystals. Sea salt is great for finishing dishes as it can add a nice texture and flavor burst in the proper amount, but it does come with a slight flavor of its own.



**HIMALAYAN SALT** is the purest of salts and contains higher amounts of nutrients and minerals comparatively. Himalayan salt is great for both seasoning meat before and after cooking. Opt

for coarse ground salt for pre-cook seasoning and fine ground salt for finishing. Himalayan salt does have a stronger flavor compared to kosher and standard sea salt, so use it lightly to avoid overseasoning.

## **TRUSSING**

Trussing is a very simple and effective tool to help meat cook evenly, typically used to prepare whole chicken or other poultry. Trussing requires butcher's twine, scissors (or a sharp knife), and a cutting board. To truss a chicken, use a 3-foot-long piece of 100 percent cotton kitchen string. Place the chicken on the string, breast-side up and with legs facing you, placing the tailbone directly above the center of the string, with the ends extending to the sides. Bring the string ends up and wrap them around the legs, crisscrossing in the middle, and then pull the string tight so that the chicken legs move toward each other. With the legs together, pull the ends of the string toward the other side of the bird, wrapping them over the wings, and crisscrossing them once again on the breast side of the bird. With the string still pulled tight, flip the chicken upside-down so the neck is facing you, and tie a knot in the string to secure the bird together. Trim excess string.

## **BRAISING**

Braising is a cooking method that involves low and slow cooking—low-temperature cooking for a longer period of time. That said, braising is typically reserved for proteins high in connective tissue that need to be broken down, which is accomplished after several hours of cooking.

The best beef cuts to braise include large roasts such as the chuck, brisket, shank, and beef short ribs. The two main pork cuts great for braising are the shoulder and butt. When it comes to poultry, game birds (such as guinea fowl and wild turkey) and waterfowl (such as geese and duck) are great for braising because they are a bit tougher than pasture-raised meat birds. While you can

braise the dark meat of a typical pasture-raised chicken, the time needed is very short in comparison to the game birds.

For seafood, octopus is perfect for braising as it's all muscle that becomes tender once broken down.

Braising is a simple method that, once understood, is very easy to implement into your cooking regimen. The only cooking equipment required for braising is a heat source and a cooking vessel with a lid. Once your meat is ready for heat (cleaned, seasoned, portioned, and/or patted dry, depending on your dish), braising involves searing the meat in fat in the cooking vessel to achieve a nice browned color on the entire outer surface of the product. Once browned, a braising liquid is added.

The recipes in this book call for a homemade stock or bone broth as the braising liquid. Cover the meat halfway with the stock or broth and then deglaze the pan the meat was seared in with an acidic component, such as vinegar or citric acid to scrape up any flavorful bits that have stuck to the pan. Once the chosen flavor enhancers are added to the braising liquid, cover the pot and put it into the oven at anywhere from 170° to 300°F, or keep it on low on a stove burner. The cooking from this point requires minimal maintenance. Depending on the recipe or the desired result, the meat cooks for a few hours, requiring rotation halfway through. A good indication the meat is done is when it pulls apart from the bone easily using a fork. Once done, allow the meat to cool in the braising liquid at room temperature for about half an hour, as a lot of the fat and collagen in the liquid will reabsorb into the meat, providing a juicy end product.

We've included several "simple" braising recipes in this book to help prepare some of the tougher cuts, such as chuck roast and beef heart. We recommend braising in a Dutch oven.

## **WATER BATH**

A water bath allows for even cooking throughout a dish while retaining moisture and a creamy consistency. Preparing a water bath requires two dishes: a larger baking pan and a smaller insert

pan to hold the dish being baked. Use a glass, porcelain, or a ceramic baking dish for the small pan for more even cooking. The smaller pan sits inside the larger, surrounded by water, usually filled halfway up the side of the inside dish. To prevent spilling, place the smaller pan in the larger, set both on the oven rack, then use a teapot or pitcher with a longer pouring spout to pour water into the larger dish, about halfway up. The water should be warm, approximately 150° to 190°F.

## BLOOMING GELATIN

Blooming gelatin is the process of sprinkling gelatin over a specific amount of liquid, typically water, which allows it to rehydrate or “bloom.” This is a necessary step when using gelatin in a recipe because it will contribute to even dispersal and therefore a texturally consistent product. Without blooming, you may get clumps in your final product.

To bloom gelatin, pour water or cold liquid (the recipe will provide the amount) into a small bowl and sprinkle gelatin evenly over the top. Allow the gelatin to sit on top of the water for 3 to 5 minutes, until all of it has bloomed without stirring. You can tell it’s done once the water has been soaked up almost entirely. After, stir the gelatin and water and then add it to the recipe as indicated.

## PREPARING ORGAN MEATS

Many people have no idea how to cook organ meats (offal). Ironically, in many traditional cultures, organ meats were reserved for the wealthy as they were sought out for their unique flavors and textures, not to mention their high level of nutrients.

We have included several recipes that incorporate organ meats. Offals tend to be slightly more delicate than regular meats and should be handled with care, but the result is well worth the effort. The preparation for the different offals varies slightly, but it is not any more difficult than tempering a steak or brining a chicken. The organ

meats of ruminants, porcine, and wild game can all benefit from the same applications listed below.

## **LIVER**

Liver has a relatively strong flavor compared to most offals. Porcine liver can have a stronger flavor than bovine, so experimenting with bison or beef liver (especially calf liver) first would be a good place to start, as these livers are milder and more tender. Once the outside layers of connective tissue and membrane are removed, the liver is a very delicate product; however, it can still be utilized in many cooking applications such as grilling and searing. To minimize strong flavors, soak raw liver in milk or vinegar for an hour or two to release some of the metallic taste. Remove and pat the liver dry and proceed with the recipe as normal.

## **SWEETBREADS**

“Sweetbreads” is a culinary term that refers to the thymus gland, located on both sides of the neck, or the pancreas. Lighter in color and texture than other organ meats, sweetbreads provide a creamy texture and rather mild taste. Prior to cooking, sweetbreads should be rinsed with cool water, then soaked or par-cooked by poaching before completing the cooking. An optional step is to soak the sweetbreads in cool, salted water with apple cider vinegar for 1 hour. Then proceed with the recipe instructions.

## **KIDNEY**

Kidney has a slightly more involved preparation technique due to the need to remove blood vessels and membranes prior to soaking. Begin by rinsing the kidney under cold water and removing the outer membrane. Pat dry, then split the kidney down the middle seam of connective tissues and remove the blood vessels, any remaining fat, and connective tissues. Just like the liver, an optional step to remove some of the strong taste is to soak the kidney in water with vinegar for an hour or simmer in cold, salted water for 20 minutes, then drain and proceed with the recipe as directed.

## **SPLEEN**

Spleen just needs to be cleaned of the outside fat. After a quick rinse under cold water, cut off any extra membrane and fat attached, and then the spleen is ready to be used as instructed in the recipe. If desired, soak the spleen in milk or vinegar for 1 to 2 hours beforehand to reduce any strong flavors.

## **TONGUE**

Before preparing tongue, scrub the surface with a rag under cool running water to remove any possible contaminants, then proceed with the recipe as normal. As described in the recipes, you will be removing the thin layer of skin on the tongue during the preparation process. To do so, allow the tongue to cool, then use a knife to make a small slit in the skin, and then peel the skin back until all of the skin has been removed.







# THE CARNIVORE MEAL PLANS

We've designed two meal plans to accommodate your preferred eating plan, whether it's carnivore or animal-based. Please keep in mind that these meal plans were formulated based on the needs of a semi-active person who requires roughly 2,000 calories a day to maintain his or her weight. 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 in order to reach your desired goal, whether it is to maintain your body weight, lose weight, or gain weight.

For custom macronutrients tailored to your lifestyle and health history, download the [Nutrition Code app](#), which can be found in the App store.

In these meal plans, I've tried to take the guesswork and planning out of meal prep and avoid excessive cooking (and waste) by utilizing leftovers. Each recipe gives an estimate for how long the recipe will last in the fridge. 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. These plans demonstrate the great variety in carnivore and animal-based diets. With a little planning, you can prepare a hefty amount of food that will span a good portion of the week.

## CARNIVORE MEAL PLAN

### MEALTIME

#### DAY 1

**MORNING:** The Perfect Steak + 20g raw beef suet

**AFTERNOON:** Saladino Specialty + 40g raw beef suet + 1 cup Beef Bone Broth<sup>\*</sup>

**NIGHT:** Carnivore Waffles + 2 servings Sabayon<sup>\*\*</sup>

**NUTRITION:** Fat: 160g Carbs: 5g Protein: 155g Calories: 2084

## DAY 2

**MORNING:** Carnivore waffles + 2 servings sabayon

**AFTERNOON:** 2 Powerhouse Burgers + 40g raw beef suet

**NIGHT:** Simple Braised Chuck Roast + 1 cup beef bone broth

**NUTRITION:** Fat: 162g Carbs: 6g Protein: 146g Calories: 2070

## DAY 3

**MORNING:** Leftover chuck roast + 3 whole eggs

**AFTERNOON:** The Perfect Steak + 2 servings Whipped Bone Marrow Spread<sup>\*\*\*</sup>

**NIGHT:** 2 servings Gyros with Tzatziki + 20g beef suet + 1 cup beef bone broth

**NUTRITION:** Fat: 167g Carbs: 1g Protein: 142g Calories: 2001

## DAY 4

**MORNING:** Leftover gyros + 2 raw egg yolks

**AFTERNOON:** Saladino Specialty + 40g raw beef suet or bone marrow

**NIGHT:** Leftover chuck roast + 1 cup beef bone broth + 2 servings marrow spread

**NUTRITION:** Fat: 149g Carbs: 3g Protein: 146g Calories: 1941

## DAY 5

**MORNING:** Carnivore waffles + sabayon

**AFTERNOON:** Simple Braised Beef Heart + bone marrow spread + 2 raw egg yolks

**NIGHT:** Foolproof Oven-Baked Brisket + 1 cup beef bone broth

**NUTRITION:** Fat: 156g Carbs: 5g Protein: 148g Calories: 2020

## DAY 6

**MORNING:** Leftover brisket

**AFTERNOON:** Powerhouse burgers + raw egg yolks

**NIGHT:** Leftover beef heart + 60g raw beef suet + 1 cup beef bone broth

**NUTRITION:** Fat: 147g Carbs: 4g Protein: 164g Calories: 2000

## DAY 7

**MORNING:** Leftover beef heart + 4 raw egg yolks

**AFTERNOON:** Quick Maple-Glazed Salmon + leftover beef heart + 20g raw beef suet

**NIGHT:** The Perfect Steak + bone marrow spread

**NUTRITION:** Fat: 150g Carbs: 2g Protein: 164g Calories: 2014

\*Reserve the trotter tendons from the broth for later meals.

\*\*Can sub just raw egg yolks for the sabayon.

\*\*\*Can sub raw bone marrow or raw suet for the marrow spread

**Tip 1:** Make double batches of the waffles to freeze and have for the rest of the week or the next week.

**Tip 2:** Prepare recipes for days 1 through 4 the weekend prior, and then spend some time on day 4 or 5 prepping for the weekend. Meal prepping is key for staying on track! You can easily double or triple recipes to have leftovers ready in the fridge or freezer.

**Tip 3:** If a recipe calls for slow cooking (like braising meats or the chili), throw all the ingredients in the slow-cooker in the morning and your meal will be ready for you by the evening.



## ANIMAL-BASED MEAL PLAN

The following meal plan is a spin-off of my Tier 1 carnivore diet in *The Carnivore Code*, which makes room for low- to moderately toxic foods. The low-carb version provided below is a great place to start

for someone who is not as active or prefers to operate in ketosis. For active individuals and those who feel and operate better using carbs as a fuel source, simply reduce the amount of added fat in the form of suet, bone marrow, and avocado and instead add more low-toxic carbs to the plan as needed to accomplish your health and fitness goals.

## **MEALTIME**

### **DAY 1**

**MORNING:** Carnivore Waffles + fresh berries or fruit compote

**AFTERNOON:** The Perfect Steak + 1 avocado + 1 cup Beef Bone Broth

**NIGHT:** 1½ servings Braised Mixed-Sauce Short Ribs and Broth + 1 tablespoon raw honey + 20g raw beef suet

**NUTRITION:** Fat: 140g Carbs: 50g Protein: 145g Calories: 2053

### **DAY 2**

**MORNING:** Maple-Sage Breakfast Sausage + 3 whole eggs

**AFTERNOON:** Leftover short ribs and broth + 20g raw beef suet or bone marrow

**NIGHT:** Powerhouse Burgers with 2 “Cookie Dough” Boats

**NUTRITION:** Fat: 134g Carbs: 53g Protein: 144g Calories: 1984

### **DAY 3**

**MORNING:** Carnivore waffles + fresh berries or fruit compote

**AFTERNOON:** 2 servings Seared Scallops and Zoodles with Cilantro-Citrus Sauce

**NIGHT:** Foolproof Oven-Baked Brisket + 2 servings Whipped Bone Marrow Spread + 1 cup beef bone broth

**NUTRITION:** Fat: 130g Carbs: 43g Protein: 152g Calories: 1954

### **DAY 4**

**MORNING:** Leftover powerhouse burgers + 1 avocado

**AFTERNOON:** Leftover brisket + 1 cup beef bone broth + 20g beef suet

**NIGHT:** Gyros with Tzatziki + 2 cookie dough boats

**NUTRITION:** Fat: 124g Carbs: 47g Protein: 144g Calories: 1884

## DAY 5

**MORNING:** Saladino Specialty + ½ cup berries + 60g beef suet

**AFTERNOON:** 2 servings gyros and tzatziki

**NIGHT:** 2 servings Pumpkin and Sage Risotto

**NUTRITION:** Fat: 143g Carbs: 47g Protein: 164g Calories: 2133

## DAY 6

**MORNING:** Leftover risotto + 1 serving whipped bone marrow

**AFTERNOON:** Maple-Ginger Flank Steak + 60g beef suet

**NIGHT:** 3 whole eggs + 1 serving Pumpkin Custard

**NUTRITION:** Fat: 133g Carbs: 41g Protein: 126g Calories: 1865

## DAY 7

**MORNING:** Honey Cinnamon Bagels with cream cheese or butter\*

**AFTERNOON:** Simple Braised Beef Heart + Creamy Oyster Dip + 30g beef suet

**NIGHT:** The Perfect Steak + 1 avocado

**NUTRITION:** Fat: 148g Carbs: 21g Protein: 131g Calories: 1944

\*For a dairy-free spread for the bagels, try our Whipped Bone Marrow Spread or Fruit Compote (see Carnivore Waffles).





## PART 2: THE RECIPES



# **BASICS**

**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!**

**Plus, after mastering these basics, putting together the more complex recipes in the other chapters will seem effortless, as keeping the larder stocked with high-quality ingredients makes providing a nutrient-dense, high-quality diet for yourself and your family that much easier.**

**We suggest preparing these basics in bulk so you will always have items such as broth and tallow in the larder when needed. Over time, preparing basic ingredients at home instead of buying them at the store will help save money.**

## **CHICKEN BONE BROTH**

## **EASY HONEY DILL PICKLES**

## **BEEF BONE BROTH**

## **RUMINANT STOCK**

## **POULTRY STOCK**

## **KEFIR**

## **CHEVRE (GOAT CHEESE)**

## **HOMEMADE BUTTER**

## **CREAM CHEESE**

**TALLOW**

**EASY SWEET PICKLED CARROTS**

# **CHICKEN BONE BROTH**

---

**MAKES 4 QUARTS  
16 (1-CUP) SERVINGS**

**ACTIVE TIME: 10 MINUTES**

**TOTAL TIME: 24 HOURS**

There's no reason you can't always have a bounty of this broth in your refrigerator or freezer. It cooks, unwatched, in a slow cooker and makes a big batch. The chicken heads, while optional, provide an abundance of nutrients and great taste, while the feet provide extra collagen.

---

- 1 whole chicken (3 to 4 pounds)
- 8 to 10 chicken feet
- 2 to 3 chicken heads (optional)
- 1 small celeriac, peeled and coarsely chopped
- 2 carrots, coarsely chopped
- 3 or 4 bay leaves
- 16 cups water
- 1 tablespoon chopped fresh parsley
- 1 teaspoon salt, plus more to taste

Place the chicken in a 6-quart slow cooker and add the chicken feet, chicken heads (if using), celeriac, carrots, and bay leaves. Pour the water over all. Cover and cook on low for 24 hours, adding the parsley and salt the last 30 minutes of cooking.

Strain the broth through a fine-mesh strainer; discard the solids. If desired, season to taste with additional salt. Let the broth cool. Pour the broth into clean glass jars. Fasten the lids and store in the refrigerator for up to 7 days or in the freezer for up to 1 year.

**Note:** A layer of fat will rise to the top once chilled. Skim off the fat before serving and save it to use as you would tallow.

**Note:** The chicken feet provide the thickened, Jell-O-like consistency once the broth is cooled, indicating there's a good amount of collagen in the broth.

**Tip:** If they're not yet soft, you can reuse the bones for chicken stock.

**Substitutions:** In place of the chicken, you may use poultry backs or carcasses (from chickens, guinea fowl, turkeys, or ducks).

---

**NUTRITION (FOR 1 CUP, FAT SKIMMED OFF) PER 1 SERVING (OF 16)**

Calories, 45 • Fat, 1.5g • Carbs, 1g • Protein, 7g

# EASY HONEY DILL PICKLES

---

**MAKES 1 PINT**

**ACTIVE TIME:** 5 MINUTES

**TOTAL TIME:** 24 HOURS (MINIMUM)

Pickling cucumbers—otherwise known as kirby cucumbers—are small cucumbers that are usually 3 to 6 inches long, with a slightly irregular shape. They have a crisp texture, few seeds, and bumpy, unwaxed skin (wax interferes with pickling).

---

5 pickling cucumbers

½ cup white vinegar

½ cup water

¼ cup honey

1 tablespoon kosher salt

2 sprigs fresh dill

Thoroughly scrub the cucumbers. Remove the stems and slice off the blossom ends. Cut the cucumbers lengthwise into ½-inch-thick spears or crosswise into ¼-inch-thick slices.

In a medium saucepan, combine the vinegar, water, honey, and salt. Bring to a light boil and stir to dissolve the honey.

Pack the cucumbers loosely into a sterilized pint canning jar, leaving a ½-inch headspace. Add the dill to the jar. Pour the hot vinegar mixture over the cucumbers, maintaining the ½-inch headspace. Wipe the jar rim and adjust the lid and screw band.

Refrigerate the pickles for at least 24 hours or preferably 1 week for flavor to develop. Store the pickles in the refrigerator for up to 1 month.

**Substitutions:** You can use apple cider vinegar to replace the white vinegar.

---

**NUTRITION PER 1 MEDIUM PICKLE**

Calories, 6 • Fat, 0g • Carbs, 1.5g • Protein, 0g



Beef Bone Broth

# **BEEF BONE BROTH**

---

**MAKES 3 QUARTS  
12 (1-CUP) SERVINGS**

**ACTIVE TIME:** 5 MINUTES

**TOTAL TIME:** 24 HOURS

About one-third of the protein composition of your body is collagen. It is one of the primary building blocks of muscle, skin, bones, and ligaments and is also present in blood vessels, corneas, and teeth. So getting adequate amounts of collagen in your diet is pretty important. In addition to the gut-healing and nutritional properties of this collagen-packed broth, a hot mug of it hits the spot on a chilly day. We like using beef trotter bones to make broth because they're incredibly rich in collagen. However, in place of the trotters, you may use 4 pounds beef bones (with tendon pieces attached).

---

**2 long beef trotters (10 to 12 inches), with the tendons along the bone**

**12 cups water**

**2 carrots, coarsely chopped**

**3 tablespoons chopped peeled celeriac (optional)**

**4 bay leaves**

**2 teaspoons salt, plus more to taste**

Place the trotters in a 6-quart slow cooker. Add the water, carrots, celeriac (if using), bay leaves, and salt. Cover and cook on low for 24 hours. Remove the bones and set aside to cool. Once cool, remove any remaining pieces of tendon and (optional) save for The Saladino Specialty recipe or just to consume on their own (they're a great source of gelatin!). Discard or compost the bare bones.

Strain the broth through a fine-mesh strainer. Keep any remaining tendon, and discard the vegetables and bay leaves. If desired, season the broth with additional salt. Pour the broth into clean glass jars. Fasten the lids and store in the refrigerator for up to 7 days or in the freezer for up to 1 year.

**Note:** The broth will solidify in the fridge once cool and become “wiggly” bone broth because of the high amount of collagen from the trotters. A layer of fat will rise to the top when chilled. Skim off the fat before using the broth and save it to use as you would tallow.

**Note:** The broth may also be cooked in a large pot over low heat for 24 hours.

---

**NUTRITION (FOR 1 CUP, FAT SKIMMED OFF) PER 1 SERVING (OF 12)**

Calories, 45, Fat 1.5g • Carbs, 1g • Protein, 7g

# RUMINANT STOCK

---

**MAKES 3 QUARTS  
12 (1-CUP) SERVINGS**

**ACTIVE TIME: 15 MINUTES**

**TOTAL TIME: 8 HOURS**

This is an easy way to create nutritious and delicious stock to use as a braising liquid in a number of recipes. Just a touch of vinegar added to the pot results in better stock, helping to draw more minerals out of the bones. The end result is a beautiful, gold liquid full of flavor and nutrition.

---

3 to 4 pounds beef or lamb shanks  
4 to 5 carrots, coarsely chopped  
1 small celeriac, peeled and coarsely chopped  
1 tablespoon cider vinegar  
3 bay leaves  
2 sprigs fresh thyme  
3 quarts water  
1 tablespoon chopped fresh parsley  
1 to 2 teaspoons salt

In a large pot, combine the shanks, carrots, celeriac, vinegar, bay leaves, and thyme. Pour the water over all. If necessary, add additional water to cover the bones and vegetables by 1 to 2 inches. Bring to a boil; reduce the heat to low. Simmer, covered, for 5½ to 7½ hours.

Add the parsley and salt to the broth. Simmer, covered, for 30 minutes longer. Remove the broth from the heat and let cool.

Remove the bones from the broth and discard or compost. Strain the broth through a fine-mesh sieve into a large bowl. Ladle the

broth into glass jars and fasten the lids. Store in the refrigerator for up to 7 days or in the freezer for up to 1 year.

**Note:** If you are making stock to use in other recipes, consider omitting the salt as the other recipes also may call for salt.

---

**NUTRITION (FOR 1 CUP, FAT SKIMMED OFF) PER 1 SERVING (OF 12)**

Calories, 45 • Fat, 1.5g • Carbs, 1g • Protein, 7g

# **POULTRY STOCK**

---

**MAKES 3 QUARTS  
12 (1-CUP) SERVINGS**

**ACTIVE TIME: 10 MINUTES**

**TOTAL TIME: 8 HOURS**

We can also make a delicious and nutritious chicken-based stock to use for various recipes throughout the book. Just like in the Ruminant Stock, adding a splash of acid (such as apple cider vinegar) helps break down the cartilage and other connective tissue to release more collagen for a richer-tasting final product. This is 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!

---

- 1 whole chicken (3 to 4 pounds), cut up
- 1 small celeriac, peeled and coarsely chopped
- 4 or 5 carrots, coarsely chopped
- 1 tablespoon cider vinegar
- 3 bay leaves
- 2 sprigs fresh thyme
- 12 cups water
- 1 tablespoon chopped fresh parsley
- 1 to 2 teaspoons salt, to taste

In a large pot, combine the chicken, celeriac, carrots, vinegar, bay leaves, and thyme. Pour the water over all. Bring to a boil; reduce the heat to low. Simmer, covered, for 5½ to 7½ hours. Add the parsley and salt. Simmer for 30 minutes longer.

Remove the chicken from the stock and set aside. Strain the stock through a fine-mesh sieve. Let cool.

Remove the chicken meat from the bones. Reserve the chicken for another use or serve with some of the stock.

Pour the cooled stock into glass jars. Fasten the lids and store in the refrigerator for up to 7 days or in the freezer for up to 1 year.

---

**NUTRITION (FOR 1 CUP, FAT SKIMMED OFF) PER 1 SERVING (OF 12)**

Calories, 45 • Fat, 1.5g • Carbs, 1g • Protein, 7g

# **KEFIR**

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## **SERVES 2**

**ACTIVE TIME:** 5 MINUTES

**TOTAL TIME:** 24 HOURS (FIRST FERMENTATION) OR 30 HOURS (SECOND FERMENTATION)

Kefir, a fermented beverage made from milk, has the consistency of a drinkable yogurt. Like other dairy products, kefir is a great source of calcium. Since it is fermented, the good bacteria in the kefir grains eat up most of the lactose in the milk, making it nearly lactose-free (and lower in carbs).

To make kefir, you need kefir grains, which are not at all traditional “grains.” The starter grains are a combination of yeast, milk proteins, and bacteria that resembles cottage cheese. Use live grains and non-homogenized whole, raw milk for best results. As long as the kefir grains stay healthy, you can reuse them indefinitely to make new batches of kefir. In fact, the best way to keep them healthy is to continue to make kefir. Over time, the grains will multiply, so your kefir colony will expand, which you can store in the fridge or share with friends. You can also take a break from making kefir by putting all the grains in a glass jar, covered in milk, and storing in the fridge. The colder temperature stops them from growing and keeps them alive.

Kefir can be a little sour because the bacteria eat the sugars in the milk. A great way to neutralize this is with a second fermentation with flavor enhancers—which is discussed more below.

---

**2 cups non-homogenized whole milk**

2 teaspoons kefir grains

Pour the milk into a mason jar and add the kefir grains. Cover the jar loosely with 100%-cotton cheesecloth and secure with a rubber band. Let sit at room temperature for 24 hours. Gently shake the jar a few times throughout the fermentation process to make sure all the milk is being fermented. Higher temperatures result in faster culturing time, so increase the milk-to-kefir grain ratio if your room temperature is above 72°F.

Strain the kefir from the grains, which will remain fresh for about a week in the fridge. Reserve the grains to start your next batch by placing them in a new cup of milk. Or to pause kefir making, place the grains in a small glass jar, cover in milk, and store in the refrigerator.

Chill the strained kefir in the refrigerator before enjoying. Keeps for up to 2 weeks in the fridge.

Or, leave the kefir out for a second fermentation, which is a great way to reduce the slight sour taste and add different flavors. It also mellows the sharp acidic nature of the kefir, improves the flavor, increases the good bacterial content, provides the bacteria with an alternative fuel source, and reduces the lactose content.

For a second fermentation: Place the strained kefir in a mason jar. If desired, choose a flavor combo from below and place it in the jar with the kefir. Less is more in this step, since too much fruit may cause the kefir to separate and taste bitter. Fasten the lid and leave the jar on the counter for 6 to 8 hours. Store in the refrigerator for a week to maintain freshness.

Flavor ideas to add to your second fermentation (per 2 cups of kefir):

**Vanilla date:**  $\frac{1}{2}$  pitted date and  $\frac{1}{8}$  teaspoon vanilla extract

**Pumpkin pie:** 1 teaspoon pumpkin puree and  $\frac{1}{8}$  teaspoon pumpkin pie spice

**Lemon:** 3 or 4 strips lemon zest and  $\frac{1}{8}$  teaspoon vanilla extract

**Berries:** 1 whole strawberry, 3 raspberries, or 4 blueberries

**Orange:** 1 small slice of orange with the peel

**Note:** You can also make smaller batches using 1 teaspoon kefir grains per 1 cup milk.

---

#### NUTRITION FOR WHOLE MILK KEFIR (PLAIN) PER 1 CUP SERVING (OF 2)

Calories, 170 • Fat, 10g • Carbs, 11g • Protein, 9g

# **CHEVRE (GOAT CHEESE)**

---

**MAKES 8 OUNCES  
8 (ABOUT 2-TABLESPOON) SERVINGS**

**ACTIVE TIME: 10 MINUTES**

**TOTAL TIME: 20 HOURS**

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). More good news: This is a very basic, beginner-level cheese recipe—no aging required, just chevre culture, which you can access online from New England Cheesemaking Supply Company or Cultures for Health.

---

**2 quarts goat milk  
1/8 teaspoon chevre culture  
1 teaspoon salt (optional)**

In a medium saucepan, heat the milk over medium heat to 86°F. Remove from the heat. Sprinkle the culture over the milk and let sit for 2 minutes. Stir the culture into the milk until dissolved. Cover the saucepan and let sit at room temperature (72°F) until thickened, at least 12 hours.

Line a colander with 100%-cotton cheesecloth and place over a large bowl. Spoon the curds into the colander. Let the cheese drain for 8 hours. Gather the ends of cheesecloth and squeeze to remove any extra liquid. Transfer the cheese to a storage container. If desired, stir in the salt. Cover and chill.

Store the cheese in a tightly covered container in the refrigerator for up to 7 days.

**Tip:** After draining the cheese, stir in chopped fresh herbs, such as rosemary and oregano, for additional flavor.

**Note:** In place of the cheesecloth, you may use a finely woven cloth.

---

**NUTRITION (FOR 1 CUP, FAT SKIMMED OFF) PER 1 SERVING (OF 8)**

Calories, 87 • Fat, 7g • Carbs, 0g • Protein, 6g

# **HOMEMADE BUTTER**

---

**MAKES 1 POUND BUTTER, PLUS 2 CUPS BUTTERMILK  
32 (1-TABLESPOON) BUTTER SERVINGS**

**ACTIVE TIME:** 10 MINUTES

**TOTAL TIME:** 10 MINUTES

Sure, it's easy to buy butter—it's everywhere—but making your own is so easy and satisfying and you can source your own cream. As with all dairy products, raw is best if you can find it. The remaining buttermilk can be added to soups and stews to add creaminess.

---

**1 quart heavy cream or cultured cream**

**Salt to taste**

Place the cream in the large mixing bowl of a stand mixer with a whisk attachment. Beat on medium-high until the cream starts to separate from the buttermilk, 2 to 3 minutes. You will have a ball of yellow butter in a pool of white buttermilk.

Scoop up the butter ball and use your hands to squeeze out any remaining liquid. Rinse the butter ball under cold running water, squeezing gently to remove any remaining buttermilk. When no more liquid is released, pat the butter dry with paper towels. Season to taste with salt.

Store the butter and buttermilk in separate tightly covered containers in the refrigerator. The butter will keep for up to 3 weeks in the fridge, and the buttermilk will keep for 2 weeks in the fridge.

**Tip:** Instead of using a stand mixer, you can place the cream in a 1-quart mason jar. Fasten the lid and start shaking it. After 3 to 4 minutes, a butter ball will start to form. Remove the butter from the jar and leave behind the extra buttermilk. Continue as directed above.

---

**NUTRITION PER 1 SERVING (OF 32)**

Calories, 108 • Fat, 12g • Carbs, 0g • Protein, 0g

# **CREAM CHEESE**

---

**MAKES 3 CUPS  
24 (2-TABLESPOON) SERVINGS**

**ACTIVE TIME:** 10 MINUTES

**TOTAL TIME:** 26 HOURS

The key to this cheese is the mesophilic starter culture, which sets the milk and cream mixture, turns it into cream cheese, and gives the final product a buttery flavor. It's also a probiotic, which aids in gut health. The starter is widely available online. Try this spread on Honey Cinnamon Bagels!

---

4 cups milk

4 cups heavy cream

1/4 teaspoon mesophilic starter culture

In a large pot, combine the milk and cream. Gently stir in the mesophilic starter. Loosely cover the pot with the lid and let stand at room temperature for 10 to 12 hours. The cream cheese will have the consistency of yogurt and will become tangier the longer it stands.

Line a bowl with a double thickness of 100%-cotton cheesecloth. Pour the cream cheese into the cheesecloth-lined bowl. Gather the ends of the cloth to make a bundle. Hang the ends on a hook with the bowl directly beneath it, and let the cheese drain for 14 hours.

Remove the cheesecloth and transfer the cheese to an airtight container. Store tightly covered in the refrigerator for up to 7 days.

**Note:** Do not use ultra-pasteurized milk or cream.

**Tip:** For flavored cream cheese, stir in salt, honey, Ceylon cinnamon, or fresh herbs such as oregano, parsley, thyme, and basil after transferring the cheese to an airtight container.

---

**NUTRITION PER 1 SERVING (2 TABLESPOONS)**

Calories, 93 • Fat, 9g • Carbs, 1g • Protein, 2g



Cream Cheese

# TALLOW

---

**ACTIVE TIME:** 15 MINUTES

**TOTAL TIME:** 5 TO 6 HOURS

This is the preferred cooking fat for most recipes in this book, so it's a good idea to always have a plentiful supply. While you can purchase tallow in store or online, it's incredibly simple to make at home. The suet can be purchased from your local farmer.

---

## Raw beef suet

Chill the suet in the refrigerator overnight to ensure it is cold. Chop the suet into smaller chunks. Trim away any pieces of meat, gristle, or bloom. Trim off any attached kidney pieces in the center of the suet.

Add the fat chunks to a food processor, and process until the consistency of ground meat. If you don't have a meat grinder, chop the suet into small bits.

Place the suet in a large heavy pot. Heat over medium-low heat until some of the fat has started to melt. Once you notice some rendering, reduce the heat to the lowest setting possible to avoid burning the fat. Allow to render for 5 to 6 hours, stirring occasionally. (The time needed to render will vary depending on the amount of suet and the exact heat of the stove. Chopped suet will take longer to render than ground.) As the suet renders, little bits of meat and other impurities will crisp and float to the top. (These are "cracklings" and may be used in place of pork rinds.) The tallow is done when most of the suet is on the bottom of the pan and the clear tallow and cracklings on top.

Remove the cracklings with a slotted spoon. Let the tallow cool slightly. Strain the tallow through a fine-mesh sieve to remove any remaining impurities. Pour into glass jars to store.

**Note:** The tallow may be stored at room temperature or in the fridge, or in the freezer for longer storage. The storage life depends on the success of removing impurities, not allowing the tallow to go rancid while cooking, and the quality of the suet used. Most tallow will last up to several months at room temperature or in the refrigerator, and up to a year or more in the freezer.

**Note:** To make tallow in a slow cooker, cook on the lowest setting, stirring occasionally. Depending on the amount of suet, this may take up to 6 hours.

**Tip:** Tallow becomes solid when cooled and may be hard to remove from a jar. To avoid this, pour the rendered tallow onto a rimmed baking sheet lined with parchment paper. When the tallow is firm, break into squares or bars and store in a tightly covered container.

# **EASY SWEET PICKLED CARROTS**

---

**MAKES 20 SERVINGS**

**ACTIVE TIME:** 5 MINUTES

**TOTAL TIME:** 48 HOURS

These flavorful pickled carrots are great to add to meals for a crunchy, salty component. They take minutes to prepare and last for a few weeks in the refrigerator.

---

1 pound carrots, cut into  $\frac{1}{2}$ -inch-thick sticks

$\frac{1}{2}$  cup cider vinegar

1 tablespoon coarse sea salt

1 tablespoon grated apple

1 tablespoon honey

1 teaspoon fish sauce

$\frac{1}{2}$  teaspoon minced fresh ginger

Water

Place the carrots in a large mason jar.

In a small bowl, stir together the vinegar, salt, apple, honey, fish sauce, and ginger. Pour over the carrots in the jar. Add enough water to completely cover the carrots. Fasten the lid and shake the jar to combine all ingredients. Chill for at least 48 hours.

Store in the refrigerator for up to 2 weeks.

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## **NUTRITION PER 4 CARROT STICKS**

Calories, 25 • Fat, 0g • Carbs, 5g • Protein, 0g



# **RED MEAT**

From simple weeknight meals to celebration-worthy crowd-pleasers, these red meat recipes are sure to become your new favorites whenever you're in the mood for something delicious and filling.

**SIMPLE BEEF RUMP ROAST**

**SHREDDED BISON WITH POACHED EGGS AND FRESH HERBS**

**SKIRT STEAK FAJITAS**

**OSO BUZO PUMPKIN STEW**

**LOADED CARNIVORE CODE SMASH BURGERS**

**ITALIAN BISON SIRLOIN TIP ROAST WITH BUTTERNUT SQUASH**

**GRILLED MEDITERRANEAN LAMB CHOPS WITH HERBED ROASTED SQUASH**

**WHITE-SAUCE ZUCCHINI LASAGNA**

**TERIYAKI BONE-MARROW BURGERS WITH PLANTAIN BUNS**

**SWEDISH ROAST BEEF**

**SIMPLE BRAISED CHUCK ROAST**

**ONE-PAN HONEY-GLAZED BRISKET WITH CELERIAC, SQUASH, AND APRICOTS**

**MAPLE-GINGER FLANK STEAK**

**LIME-CILANTRO MARINATED FLANK STEAK WITH GRILLED PINEAPPLE-PEACH SALSA**

**LAMB HAM WITH CARROT SPOON BREAD**

**FOOLPROOF OVEN-BAKED BRISKET**

**BRAISED LAMB SHANKS WITH NOMATO SAUCE**

**THE PERFECT STEAK**

**SLOW-COOKER LAMB CHEEKS WITH CREAMED KABOCHA**

**MEATBALLS AND SPAGHETTI SQUASH WITH NOMATO SAUCE**

**BRAISED MIXED-SAUCE SHORT RIBS AND BROTH**

**BBQ SPARE RIBS WITH WHITE-SWEET-POTATO WALDORF SALAD**

**ROSEMARY-LEMON ROASTED LAMB LEG WITH PEAR CHUTNEY**

**LAMB SLIDERS WITH MINTED KIWI SAUCE**

**FALL SKILLET HASH**

**SKIRT STEAK WITH KABOCHA SQUASH FRIES AND NOMATO KETCHUP**

**BEEF STROGANOFF OVER EGG NOODLES**

**MAPLE-ROASTED BEEF-STUFFED ACORN SQUASH**

**GYROS WITH TZATZIKI**

**CHERRY-GLAZED LAMB CHOPS**

# SIMPLE BEEF RUMP ROAST

---

**SERVES 6**

**ACTIVE TIME:** 10 MINUTES

**TOTAL TIME:** 3 HOURS

Lean and affordable rump roast—sometimes called bottom round roast—is tasty but tough. 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.

---

1 boneless beef rump roast (2 to 3 pounds)

1 tablespoon butter, melted

1 teaspoon salt

Let the roast sit at room temperature for 1 hour.

Preheat the oven to 375°F. Place the roast on a rack in a shallow roasting pan. Brush with the melted butter and rub the salt over all sides.

Roast for 30 minutes to brown the surface. Reduce the oven temperature to 225°F. Roast to desired doneness (125°F for rare, 135°F for medium-rare, or 145°F for medium), 2 to 3 hours. Use an instant-read meat thermometer to check internal temperature of the meat.

Let the roast rest for 10 to 15 minutes. Slice against the grain and serve.

Store any leftovers tightly covered in the refrigerator for up to 5 days.

---

## NUTRITION PER 1 SERVING (OF 6)

Calories, 227 • Fat, 11g • Carbs, 0g • Protein, 32g

# **SHREDDED BISON WITH POACHED EGGS AND FRESH HERBS**

---

**SERVES 4**

**ACTIVE TIME: 5 MINUTES**

**TOTAL TIME: 15 MINUTES**

A runny egg yolk, fresh herbs, and lemon zest make a rich, delicious sauce for lean shredded bison (or beef). Adding vinegar to the egg-poaching water helps the white coagulate quickly, so you get perfectly poached eggs with no ragged edges.

---

1 tablespoon vinegar

4 large eggs

¼ teaspoon salt

4 cups lightly packed leftover Italian Bison Sirloin Tip Roast, Simple Braised Chuck Roast, or Simple Beef Rump Roast

¼ cup beef broth

¼ cup finely chopped fresh cilantro

¼ cup finely chopped fresh parsley

1 teaspoon grated lemon zest

In a large skillet, bring 4 cups water and the vinegar to a boil over high heat. Crack each egg into a small bowl or cup. Gently pour each egg into the boiling water. Remove the pan from the heat, cover, and let sit until the whites are firm but the yolks are still runny, about 4 minutes. Remove the poached eggs from the skillet with a slotted spoon and place on a paper towel-lined plate to drain. Season the eggs with the salt.

Place the shredded meat in a large skillet and add the broth. Cover and warm the meat over medium heat.

Meanwhile, in a small bowl, combine the cilantro, parsley, and lemon zest.

Divide the warm meat among four serving plates. Top each serving with a poached egg and some of the herbs.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

---

**NUTRITION PER 1 SERVING (OF 4)**

Calories, 366 • Fat, 18g • Carbs, 0g • Protein, 51g

# **SKIRT STEAK FAJITAS**

---

**SERVES 4**

**ACTIVE TIME: 15 MINUTES**

**TOTAL TIME: 1 HOUR 25 MINUTES**

It's a carnivore diet-compliant restaurant meal at home—crisp browned strips of lime- and oregano-marinated steak topped with a quick guacamole and, if you choose, salty, tangy cotija cheese—all served in a carnivore tortilla.

---

## **MARINADE AND STEAK**

3 tablespoons coconut aminos

1 tablespoon fresh lime juice

1 teaspoon dried oregano

¼ teaspoon salt

1 pound skirt steak or flank steak, cut against the grain into  $\frac{1}{8}$ -inch-thick slices

## **FOR THE GUACAMOLE**

2 avocados, halved, pitted, peeled, and diced

2 tablespoons chopped fresh cilantro

1 tablespoon fresh lime juice

½ teaspoon kosher salt

4 Carnivore Tortillas

2 ounces queso cotija cheese, crumbled (optional)

Marinate the steak: Place the coconut aminos, lime juice, oregano, and salt in a large resealable plastic bag. Using a sharp knife, score the steak on both sides with shallow diagonal cuts 1 inch apart.

Place the steak in the bag and turn to coat. Marinate in the refrigerator for 1 hour. Remove the steak from the marinade; discard the marinade.

Meanwhile, make the guacamole: In a medium bowl, combine the avocado, cilantro, lime juice, and salt and toss to mix.

Preheat the grill to medium (350°F to 375°F).

Grill the steak, covered, for 10 to 12 minutes for medium (145°F), turning once halfway through grilling. (Or cook steak on a stove-top grill pan over medium-high heat.) Remove the steak from the heat when the temperature reaches 5 degrees below your desired doneness because the steak will continue to cook while it is resting. Transfer the meat to a cutting board and let rest while heating the tortillas. Grill the tortillas over medium heat, turning once, just until heated through, about 1 minute.

Thinly slice the steak against the grain. Place the steak on the warm tortillas, top with the guacamole and cheese, if using.

Store the skirt steak and the guacamole tightly covered in separate containers in the refrigerator for up to 4 days.

---

**NUTRITION PER 1 SERVING (OF 4)**

Calories, 368 • Fat, 24g • Carbs, 6g • Protein, 32g

# **OSO BUCO PUMPKIN STEW**

---

**SERVES 4**

**ACTIVE TIME: 15 MINUTES**

**TOTAL TIME: 8 HOURS 15 MINUTES**

Classic Italian osso buco is a richly flavored dish of veal shank cross cuts slowly simmered in tomato, wine, carrot, onion, and celery and topped with a brightly flavored herb garnish of chopped fresh parsley, garlic, and lemon zest. This slow-cooker version swaps beef for veal, drops the nightshades and adds pumpkin and apple juice for flavor and a touch of sweetness. If you can access it, feel free to substitute beef shank for veal.

---

1 tablespoon tallow  
2 large (or 4 small) beef shank soup bones  
4 carrots, cut into  $\frac{3}{4}$ - to 1-inch cubes  
2 sprigs fresh rosemary  
2 large bay leaves  
1½ teaspoons fresh thyme leaves  
1½ teaspoons salt, plus more to taste  
4 cups Ruminant Stock or beef stock  
1 cup fresh or canned pumpkin puree  
½ cup apple juice  
1½ tablespoons fresh lemon juice  
1 tablespoon chopped fresh parsley, for garnish

In a very large skillet over medium-high heat, melt the tallow. Add the beef shanks and sear on all sides until browned, 2 to 3 minutes per side.

Transfer the shanks to a 4- to 5½-quart slow cooker. Add the carrots, rosemary, bay leaves, thyme, and salt. In a large bowl, stir

together the stock, pumpkin, apple juice, and lemon juice. Pour over the shanks in the slow cooker. Cover and cook on low for 8 hours.

Remove and discard the rosemary and bay leaves. Season the broth with salt to taste. Plate the shanks and carrots in serving bowls, add broth to each serving, and garnish with fresh parsley.

Store leftover shanks and broth tightly covered in the refrigerator for up 4 days.

**Substitution:** In place of the tallow, you may use butter.

---

**NUTRITION PER 1 SERVING (OF 4)**

Calories, 270 • Fat, 10g • Carbs, 15g • Protein, 30g

# **LOADED CARNIVORE CODE SMASH BURGERS**

---

**SERVES 4**

**ACTIVE TIME:** 15 MINUTES

**TOTAL TIME:** 25 MINUTES

This is the perfect burger: Grass-fed beef, bacon, cheese, avocado, and BBQ sauce, stacked up high and served between two slices of toasted carnivore bread. It doesn't get any better than that.

---

8 slices bacon

1½ pounds ground grass-fed beef

½ teaspoon salt

8 slices cheddar cheese

4 slices Carnivore Bread, toasted

½ cup Homemade BBQ Sauce

1 avocado, halved, pitted, peeled, and sliced

8 fresh basil leaves

In a large skillet, cook the bacon over medium heat until crisp, about 10 minutes. Drain on a paper towel-lined plate.

Preheat the grill to high (375°F to 400°F).

Divide the beef into eight portions. For each patty, place one portion between two sheets of parchment paper. Using a meat mallet or skillet, firmly smash to create a patty about 5 inches in diameter. Season the patties lightly with salt.

Arrange the patties on a grill rack and grill until the outer edges are brown and the bottoms are very crisp, about 2 minutes. Flip and place cheese on top of each patty. Grill until the cheese is melted, about 30 seconds.

Place one slice of toasted bread on each of four plates. Stack two patties on the bread. Top the patties with some of the BBQ sauce, 2

slices bacon, avocado slices, and fresh basil leaves.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

---

**NUTRITION PER 1 SERVING (OF 4)**

Calories, 511 • Fat, 31g • Carbs, 8g • Protein, 50g

# **ITALIAN BISON SIRLOIN TIP ROAST WITH BUTTERNUT SQUASH**

---

**SERVES 6**

**ACTIVE TIME:** 20 MINUTES

**TOTAL TIME:** 1 HOUR 55 MINUTES

Although it might seem that beef and bison cooking times and methods might be interchangeable, they're not. Bison is far leaner than beef and can easily become dried out, so follow this method and test the temperature for doneness. Perfectly cooked bison also appears much more deep red in color than beef because it has so much less marbling—so don't go by the color, go by the temperature.

---

3 teaspoons kosher salt

2 teaspoons dried thyme, crushed

1 teaspoon dried oregano, crushed

1 teaspoon dried basil, crushed

1 teaspoon dried rosemary

2 tablespoons tallow, melted

1 boneless bison sirloin tip roast (3 to 3½ pounds)

1 butternut squash (1½ to 2 pounds), peeled, seeded, and cut into ¾-inch pieces

2 tablespoons butter, melted

Preheat the oven to 375°F. In a small bowl, combine 2 teaspoons of the salt, 1 teaspoon of the thyme, the oregano, basil, and rosemary. Stir in the tallow until well combined. Spread the herb mixture over the roast.

Place the roast on a rack in a shallow roasting pan. Insert an oven-going meat thermometer into center of the roast.

Roast, uncovered, for 15 minutes. Reduce the oven temperature to 300°F. Roast until the meat thermometer registers 135°F (for medium-rare), 60 to 65 minutes. Cover with foil and let stand for 15 minutes. The temperature of the roast after standing should be 145°F. Increase the oven temperature to 450°F.

While the roast is standing, place the squash in a 15 × 10-inch baking pan. Drizzle the butter over the squash. Sprinkle with the remaining 1 teaspoon salt and remaining 1 teaspoon thyme and toss to coat. Roast, stirring once, until the squash is tender, about 20 minutes.

Thinly slice the meat against the grain and serve with the squash.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

---

**NUTRITION PER 1 SERVING (OF 6) BASED ON 3-LB ROAST**

Calories, 505 • Fat, 17g • Carbs, 13g • Protein, 75g

# **GRILLED MEDITERRANEAN LAMB CHOPS WITH HERBED ROASTED SQUASH**

---

**SERVES 4**

**ACTIVE TIME:** 30 MINUTES

**TOTAL TIME:** 2 HOURS

Classic Mediterranean seasonings for lamb inspired by traditional Greek flavors—lemon, rosemary, and oregano—team up to give smoky grilled chops amazing flavor. Adding melted Iberico pork fat to the marinade ensures the end result will be both crispy and incredibly juicy at the same time.

---

## **FOR THE LAMB CHOPS**

1 lemon

¼ cup melted Iberico pork fat

2 sprigs fresh rosemary leaves, chopped

2 teaspoons chopped fresh oregano; or 1 teaspoon dried oregano, crushed

½ teaspoon salt

4 lamb loin chops (about 4 ounces each)

## **FOR THE SQUASH**

1 small acorn squash, peeled, seeded, and cut into 1-inch cubes

1 tablespoon melted Iberico pork fat

1 tablespoon fresh lemon juice

¼ teaspoon salt

1 teaspoon chopped fresh oregano

¼ teaspoon chopped fresh mint

Crumbled feta cheese, for serving

**Marinate the lamb chops:** Grate 1 teaspoon zest and squeeze 2 tablespoons juice from the lemon. In a small bowl, combine the zest and juice with the pork fat, rosemary, oregano, and salt. Place the

lamb chops in a resealable plastic bag set in a shallow dish. Add the marinade and seal the bag; turn to coat the chops. Marinate at room temperature for 30 minutes or in the refrigerator for up to 8 hours.

**Make the squash:** Preheat the oven to 450°F. Line a baking pan with heavy foil. Place the squash in a medium bowl. Drizzle with the pork fat and lemon juice and sprinkle with the salt. Toss the squash to coat evenly. Arrange the squash in a single layer in the foil-lined pan.

Roast for 25 minutes. Stir the squash and sprinkle with the oregano and mint. Roast until the squash is tender and lightly browned, about 25 minutes longer. Transfer to a serving bowl and sprinkle with the feta.

Meanwhile, if the chops have been marinating in the refrigerator, let sit at room temperature for 30 minutes. Preheat a grill to medium (350°F to 375°F). Remove the chops from the marinade and discard the marinade. Arrange the chops on the grill rack and grill, turning once halfway through, until cooked to desired doneness, 4 to 5 minutes for medium-rare (125°F) or 8 to 10 minutes for medium (135°F).

Serve the chops with the roasted squash.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

**Substitutions:** In place of the Iberico pork fat, you may use butter, tallow, or lard.

**Note:** No grill? You can cook the chops inside, too: Preheat the oven to 350°F. Heat a cast-iron skillet over high heat. Add 1 tablespoon tallow (or butter). Add the chops to the hot tallow and reduce the heat to medium-high. Sauté the chops until lightly browned, 2 to 3 minutes per side. Transfer the skillet to the hot oven and roast chops to desired doneness, 5 to 8 minutes for medium-rare (125°F) or 10 to 12 minutes for medium (135°F).

---

**NUTRITION PER 1 SERVING (OF 4)**

Calories, 494 • Fat, 42g • Carbs, 11g • Protein, 18g

# **WHITE-SAUCE ZUCCHINI LASAGNA**

---

**SERVES 8**

**ACTIVE TIME:** 45 MINUTES

**TOTAL TIME:** 2 HOURS

Thin slices of zucchini stand in for wheat-based noodles in this delicious, saucy lasagna. 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.

---

1 tablespoon butter, softened

2 medium zucchini, thinly sliced lengthwise

1 teaspoon salt

## **FOR THE WHITE SAUCE**

4 teaspoons unflavored gelatin

¼ cup water

2 ounces Cream Cheese, cut up

¼ cup heavy cream

1 large egg yolk

## **FOR THE MEAT SAUCE**

1½ pounds ground beef

½ cup Ruminant Stock or beef stock

¼ cup cider vinegar

2 tablespoons chopped fresh oregano

2 tablespoons chopped fresh basil

1 tablespoon chopped fresh rosemary

1 tablespoon fresh thyme leaves

¼ teaspoon salt

## **FOR THE RICOTTA FILLING**

2 large eggs, lightly beaten

$\frac{1}{2}$  cup ricotta cheese  
1 tablespoon chopped fresh parsley  
 $\frac{1}{2}$  cup shredded mozzarella cheese  
 $\frac{1}{4}$  cup grated Parmesan cheese (optional)

Preheat the oven to 325°F. Grease an 8-inch square baking dish with the softened butter.

Place the zucchini in a single layer on paper towels and sprinkle with the salt. Let sit until the zucchini starts to sweat, about 10 minutes. Use additional paper towels to blot the zucchini dry.

**Make the white sauce:** In a small bowl, sprinkle the gelatin over the water. Let sit for 5 minutes. In a small saucepan, heat the cream cheese and cream over low heat until the cheese melts. Stir in the gelatin mixture until combined. In a small bowl, lightly beat the egg yolk. Whisk about  $\frac{1}{4}$  cup of the cream mixture into the yolk. Return the yolk mixture to the saucepan. Cook, whisking constantly, for 2 minutes. Remove from the heat. The sauce will thicken as it cools.

**Make the meat sauce:** In a very large skillet, cook the ground beef over medium-high heat, breaking it up with a wooden spoon, until browned, about 5 minutes. Add the stock, vinegar, oregano, basil, rosemary, thyme, and salt. Bring to a boil; reduce the heat to low. Simmer until most of the liquid evaporates, about 5 minutes.

**Make the ricotta filling:** In a medium bowl, stir together the eggs, ricotta, and parsley.

**Assemble the lasagna:** Place about one-third of the zucchini slices in the bottom of the prepared baking dish, overlapping slices as needed. Layer with half of the meat sauce, half of the ricotta filling, half of the white sauce, and half of the mozzarella. Repeat layers. Layer remaining zucchini slices on top. If desired, sprinkle with Parmesan. Cover the dish with foil.

Bake for 45 minutes. Remove the foil and increase the oven temperature to 375°F. Bake, uncovered, until the zucchini is tender and lightly browned, 15 to 20 minutes longer. Let rest 5 minutes before serving.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

**Note:** After the lasagna cools in the fridge, it will set into a solid bake due to the gelatin in the white sauce. This makes it great for slicing and serving as a tasty cold leftover dish. It's also easy to reheat slices the next day.

---

**NUTRITION PER 1 SERVING (OF 8)**

Calories, 282 • Fat, 18g • Carbs, 4g • Protein, 26g

# TERIYAKI BONE-MARROW BURGERS WITH PLANTAIN BUNS

---

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 2 HOURS 30 MINUTES

Carnivore-friendly teriyaki sauce—coconut aminos, vinegar, honey, butter, and fresh ginger—give these rich burgers amazing flavor. Up your bun game by brushing the cut sides with softened butter and grilling them briefly, just until they are toasted and golden brown.

---

## FOR THE PLANTAIN BUNS

1 tablespoon unflavored gelatin  
1/4 cup water  
1 (2.5-ounce) bag pork rinds  
1 ripe plantain, peeled and cut up  
1 large egg  
1/2 cup milk  
2 tablespoons butter, softened  
1/2 teaspoon salt  
1/4 teaspoon baking powder

## FOR THE BURGERS

1 pound ground beef  
1 1/2 ounces raw bone marrow, minced  
Teriyaki Sauce  
1/2 teaspoon salt

**Make the plantain buns:** Preheat the oven to 350°F. Line a baking sheet with parchment paper. In a small bowl, sprinkle the gelatin over the water and let sit for 5 minutes.

Place the pork rinds in a blender or food processor; cover and blend or process until finely crushed. Add the plantain, egg, milk, butter, salt, and baking powder. Cover and blend or process until mixed. Scoop the dough into four equal-size balls and place on the prepared baking sheet. Shape into round plump buns.

Bake until light golden brown on bottoms, 15 to 20 minutes. Cool on baking sheet for 5 minutes. Slice buns horizontally in half.

**Make the burgers:** In a large bowl, combine the beef, bone marrow, 3 tablespoons of the teriyaki sauce, and the salt; mix well. Cover and chill for 2 hours.

Shape the chilled meat mixture into four patties. Make a small indent in the middle of each patty with your thumb. (This prevents the burgers from swelling in the middle when cooked.)

**To grill:** Preheat the grill to medium (350°F to 375°F). Line a large grill basket with foil. Place the patties in the grill basket and brush with some of the remaining teriyaki sauce. Grill the patties for 6 minutes. Flip patties and brush second sides with sauce. Grill until done (160°F), about 6 minutes longer, or to desired doneness.

**To cook on stovetop:** Preheat a large skillet over medium-high heat. Add the patties to the hot skillet and brush with teriyaki sauce. Cook for 3 minutes. Flip the patties and brush the second sides with sauce. Cook until done (160°F), 3 minutes longer, or to desired doneness.

Serve burgers in plantain buns. If desired, serve with additional teriyaki sauce.

Store leftover burgers and plantain buns tightly covered in the refrigerator for up to 4 days.

**Tip:** Keep the meat mixture in the fridge as much as possible. Cold meat will hold the burger shape better.

**Tip:** Throw some sliced pineapple on the grill or stovetop to place on top of the cooked burgers. Makes for a great Hawaiian-like burger!

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**NUTRITION PER 1 BURGER WITH BUN**

Calories, 507 • Fat, 31g • Carbs, 15g • Protein, 42g



Swedish Roast Beef

# **SWEDISH ROAST BEEF**

---

**SERVES 8**

**ACTIVE TIME:** 10 MINUTES

**TOTAL TIME:** 16 HOURS

The original Swedish roast beef—*tjälknöl*—was created in 1970 by Ragnhild Nilsson, the wife of a Swedish moose hunter, trying to make the best of a bad situation. Her husband was trying to thaw a frozen moose roast in the oven at low temperature and accidentally left it overnight. Of course, it was cooked in the morning. It was such a beautiful (but tasteless) roast, she wanted to salvage it. So she soaked it in a flavorful brine, sliced it thin, and served it cold. This recipe is modeled after an accident—but the flavors are no mistake! The result is a tender and tasty roast beef that could not be easier to prepare.

---

1 boneless beef rump roast or other lean beef roast (3 to 4 pounds), frozen

## **FOR THE BRINE**

2 cups water, room temperature  
½ cup salt  
3 bay leaves  
3 sprigs fresh thyme  
3 sprigs fresh rosemary  
½ teaspoon ground ginger  
½ teaspoon ground nutmeg  
½ teaspoon ground Ceylon cinnamon  
2 cups ice water  
3 tablespoons honey

Preheat the oven to 200°F. Place the frozen roast on a rack in a shallow roasting pan.

Roast to desired doneness, 7 to 10 hours. Use an instant-read meat thermometer to check internal temperature of meat (125°F for rare, 135°F for medium-rare, and 145°F for medium).

**Make the brine:** Meanwhile, in a large pot, combine the room temperature water, salt, bay leaves, thyme, rosemary, ginger, nutmeg, and cinnamon. Bring to a boil. Remove from the heat, add the ice water, and let sit for 5 minutes. Stir in the honey. Cool the brine to room temperature.

Place the roast in a large storage container. Pour the brine over the roast making sure the roast is completely covered with brine. Cover the container and brine the meat overnight in the refrigerator.

Remove the roast from the brine and pat dry with paper towels. Slice the meat against the grain and serve.

Store the meat tightly covered in the refrigerator for up to 5 days.

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**NUTRITION PER 1 SERVING (OF 8) BASED ON 3-LB RUMP ROAST**

Calories, 346 • Fat, 14g • Carbs, 6g • Protein, 49g

# SIMPLE BRAISED CHUCK ROAST

---

SERVES 6

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 3½ HOURS

It doesn't get much simpler than this—just a meaty pot roast braised with bone broth and a few herbs. It's clean and classic on its own—or shredded and wrapped up in Carnivore Tortillas, stirred into a skillet full of scrambled eggs, or turned into hash with chopped butternut squash, apples, and bacon.

---

- 1 beef chuck roast (2 to 3 pounds)
- 1 to 2 teaspoons salt, plus more to taste
- 1 tablespoon tallow
- 1 tablespoon lemon juice
- 2 cups Beef Bone Broth or Ruminant Stock
- 2 bay leaves
- 1 sprig fresh rosemary
- 1 sprig fresh thyme

Pat the roast dry with paper towels. Season with the salt and let sit at room temperature for 1 hour.

In a Dutch oven, melt the tallow over medium-high heat. Brown the roast in the hot tallow on all sides, 8 to 10 minutes. Remove the roast. Add the lemon juice and a little broth to the pan and cook and stir, scraping up any browned bits from bottom of pan.

Return the roast to the pan. Add the remaining broth, bay leaves, rosemary, and thyme. Bring to a boil over high heat; reduce the heat to low. Simmer, covered, until the meat is fork-tender, 2½ to 3 hours, basting the meat with broth every 30 minutes. Slice the roast against the grain and serve.

Store any leftovers tightly covered in the refrigerator for up to 5 days.

**Tip:** Add stone fruit slices or winter squash chunks the last 30 minutes of cooking to make a complete meal!

---

**NUTRITION PER 1 SERVING (OF 6)**

Calories, 332 • Fat, 24g • Carbs, 0g • Protein, 29g



Simple Braised Chuck Roast



One-Pan Honey-Glazed Brisket with Celeriac, Squash, and Apricots

# **ONE-PAN HONEY-GLAZED BRISKET WITH CELERIAC, SQUASH, AND APRICOTS**

---

**SERVES 6**

**ACTIVE TIME: 15 MINUTES**

**TOTAL TIME: 7½ HOURS**

Let's face it, brisket meat does not need sides. But the roots and fruits in this one-pan dish add a complexity of flavors, all tied together with the subtle sweetness of honey. And yes, it's that easy—this is one of those toss-everything-in-a-pan-and-let-the-oven-work-the-magic meals with very little prep and a lot of yield—nutrients included.

---

**1 flat-cut beef brisket (4 to 5 pounds)**

**Salt**

**3 small celeriac, peeled and cut into 2-inch strips**

**1 small butternut squash, peeled, seeded, and cut into 2-inch cubes**

**4 medium apricots, pitted and quartered**

**¼ cup honey**

Remove the brisket from refrigerator, sprinkle all sides with salt, and let sit at room temperature for 1 hour.

Preheat the oven to 300°F.

Place the brisket on a large sheet of parchment paper. Wrap the parchment around the brisket to completely enclose. Place the brisket on a rack set in a roasting pan. Bake for 6 hours.

Add the celeriac and squash to the roasting pan. Carefully unwrap the brisket, letting the cooking juices flow onto the vegetables.

Remove the brisket and rack from the pan, then toss the vegetables to coat with juices and cover the bottom of the pan. Place the brisket on top of the vegetables and spoon some of the cooking

juices over the brisket. Arrange the apricot slices on top of the brisket and drizzle honey on top. Bake until the vegetables are tender, about 30 minutes longer.

Transfer the brisket to a cutting board and let rest for 10 minutes. Slice the meat against the grain. Serve the meat with the vegetables and drizzle with any cooking juices.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

**Substitution:** In place of the butternut squash, you may use any winter squash.

---

**NUTRITION PER 1 SERVING (OF 6) BASED ON 4-LB BRISKET**

Calories, 428 • Fat, 24g • Carbs, 7g • Protein, 46g

# MAPLE-GINGER FLANK STEAK

---

SERVES 2

**ACTIVE TIME:** 15 MINUTES

**TOTAL TIME:** 20 MINUTES

Maple, ginger, and soy are a classic combination: something sweet, something spicy, and something savory, all conspiring to deliciousness. Coconut aminos—a common swap-out for soy sauce—provides the savory/umami element in the sauce for this steak. No soy needed.

---

**1/2 cup coconut aminos**

**1/4 cup pure maple syrup**

**1½ teaspoons grated fresh ginger**

**1½ teaspoons butter**

**1 to 2 pounds beef flank steak**

**Salt to taste**

**1 small lime, halved**

Position the oven rack so the steak will sit 2 to 3 inches from the broiler element, and heat the broiler.

In a small saucepan, stir together the coconut aminos, maple syrup, and ginger. Cook over medium-high heat, stirring occasionally to prevent sticking, until slightly reduced and syrupy, about 5 minutes. Remove from the heat and stir in the butter until melted.

Place the steak on the unheated rack of a broiler pan. Season both sides of the steak with salt. Brush the top with some of the sauce. Broil for 2 to 3 minutes. Flip the steak and brush with more sauce. Broil until desired doneness, 2 to 3 more minutes for rare (125°F). If desired, heat a cast-iron skillet over high heat, add the steak, and sear for 1 minute per side to finish.

Transfer the steak to a cutting board, tent with foil, and let rest for 5 minutes. Season to taste with salt. Slice against the grain and serve with the lime halves to squeeze over servings.

Store any leftovers tightly covered in the refrigerator for up to 5 days.

**Substitution:** In place of the butter you may use tallow.

---

**NUTRITION PER 1 SERVING (OF 2)**

Calories, 321 • Fat, 9g • Carbs, 12g • Protein, 48g



Maple-Ginger Flank Steak



Lime-Cilantro Marinated Flank Steak with Grilled Pineapple-Peach Salsa

# LIME-CILANTRO MARINATED FLANK STEAK WITH GRILLED PINEAPPLE-PEACH SALSA

---

SERVES 3

ACTIVE TIME: 35 MINUTES

TOTAL TIME: 2 HOURS 25 MINUTES

As with any marinade that meets meat, the longer the two hang out in the fridge, the more flavorful the meat will be. While the steak can marinate for up to 24 hours, you don't want to make the salsa too far ahead or it will water out and get mushy. Shoot for 30 minutes or so for it to chill while you cook and rest the steak.

---

## FOR THE STEAK

1 to 2 pounds beef flank steak

¼ cup plus 2 tablespoons coconut aminos

2 tablespoons honey

2 tablespoons chopped fresh cilantro

1½ tablespoons fresh lime juice

1½ teaspoons fresh lemon juice

## FOR THE SALSA

½ medium pineapple, peeled, cored, and sliced ½ inch thick

1 peach, peeled, pitted, and cut into ½-inch slices

⅛ teaspoon ground nutmeg

Salt to taste

Chopped fresh cilantro, for garnish

**Prepare the steak:** Place the steak in a resealable plastic bag set in a shallow dish. In a small bowl, stir together the coconut aminos, honey, cilantro, lime juice, and lemon juice. Set aside 1 tablespoon for the salsa. Pour the remaining marinade over the steak in the bag,

seal the bag, and turn to coat all sides. Marinate in the refrigerator, turning the bag occasionally, for at least 2 hours or up to 24 hours.

**Make the salsa:** Heat a grill pan over medium-high heat. Cook the pineapple and peach slices until softened and grill marks appear, 2 to 3 minutes per side. Let cool. Cut the fruit into  $\frac{1}{4}$ -inch pieces. In a large bowl, combine the fruit, nutmeg, and reserved 1 tablespoon marinade. Cover and chill.

Heat a very large skillet over medium-high heat. Remove the steak from the marinade. Sear the steak in the hot skillet, turning once, until browned, 2 to 3 minutes per side. Reduce the heat to medium-low. Cover and cook for 2 to 3 minutes until desired doneness (145°F for medium). Remove the steak from the heat when the temperature reaches 5 degrees below your desired doneness because the steak will continue to cook while it is resting.

Transfer the steak to a cutting board, tent with foil, and let rest for 5 minutes. Season with salt and slice against the grain. To serve, spoon the salsa over the sliced steak and top with the cilantro.

Store any leftovers, tightly covered in the refrigerator, for up to 5 days. The salsa can be stored in an airtight container in the refrigerator for up to 1 week.

**Tip:** The steak and salsa make great tacos! Slice the steak thin, then fill Carnivore Tortillas with the steak and the salsa and top with a dollop of sour cream or Greek yogurt.

---

#### NUTRITION PER 1 SERVING (OF 3)

Calories, 336 • Fat, 8g • Carbs, 33g • Protein, 33g

# LAMB HAM WITH CARROT SPOON BREAD

---

SERVES 12

**ACTIVE TIME:** 20 MINUTES

**TOTAL TIME:** 2 DAYS (MINIMUM)

The “ham” part of this recipe refers to the process of soaking a leg of lamb for several days in a salt brine spiced with Ceylon cinnamon, thyme, rosemary, ginger, and bay leaves. The long brine infuses it with wonderful flavor before it is roasted in the oven. The finished product can be sliced and enjoyed in similar ways to ham.

---

## FOR THE BRINE

3 quarts water

1½ cups salt

1 cup glycine

1 tablespoon ground Ceylon cinnamon

1 tablespoon dried thyme, crushed

1 tablespoon dried rosemary, crushed

½ teaspoon minced fresh ginger

3 bay leaves

1 bone-in leg of lamb (5 to 6 pounds)

## Carrot Spoon Bread

**Make the brine:** In a large pot, combine all the brine ingredients. Bring to a boil and boil for 1 minute. Cool completely (place brine in refrigerator to speed cooling).

Place the lamb in a large bowl or storage container and pour the cooled brine over. If the brine does not cover the lamb, add water to completely cover. Cover and brine the lamb in the refrigerator for at least 2 days or up to 6 days.

Remove the lamb from the brine; let sit at room temperature for 1 hour.

Place the lamb on a wire rack set in a shallow roasting pan. Position the oven rack so the top of the lamb is about 4 inches from the broiler element and heat the broiler.

Broil the lamb, flipping once, until browned, about 10 minutes. Remove the lamb from the oven, move the rack to the center of the oven, and set the temperature to 325°F.

Roast the lamb on center rack until the internal temperature is 120°F for rare, about 1¾ hours. Use an instant-read thermometer to check doneness. If the lamb is not done, continue roasting, checking doneness at 15-minute intervals, until desired doneness (135°F for medium-rare or 140°F for medium), 15 to 30 minutes longer.

Transfer the lamb to a cutting board, tent with foil, and let rest 15 minutes before slicing. Serve with the spoon bread.

Store any leftovers tightly covered in the refrigerator for up to 5 days.

**Substitution:** In place of the glycine, you may use honey.

---

#### NUTRITION PER 1 SERVING LAMB (OF 6)

Calories, 270 • Fat, 18g • Carbs, 1g • Protein, 28g

# CARROT SPOON BREAD

---

SERVES 6

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 1 HOUR 30 MINUTES

This delicious carrot bake is a cross between a savory corn bread and cake—and perfect for eating with a spoon. Cheese, honey, and lemon zest infuse the bread with flavor.

---

6 medium carrots (about 12 ounces), cut into chunks

2 tablespoons plus 1½ teaspoons butter

2 large eggs

½ cup shredded cheese (such as cheddar, Swiss, or Monterey Jack)

¼ cup finely crushed pork rinds

¼ cup milk

1 tablespoon honey

1 teaspoon grated lemon zest

¾ teaspoon salt

½ teaspoon baking powder

In a large saucepan, cook the carrots in boiling water until very soft, 20 to 25 minutes; drain.

Preheat the oven to 350°F. Grease an 8-inch square baking dish with the 1½ teaspoons butter.

In a blender or food processor, combine the drained carrots, remaining 2 tablespoons butter, eggs, cheese, pork rinds, milk, honey, lemon zest, salt, and baking powder. Cover and blend or process until smooth. Spread the batter evenly in the prepared baking dish.

Bake until set in the middle, about 50 minutes. Serve warm, or store in a glass container in the fridge for up to 3 days.

---

**NUTRITION PER 1 SERVING (OF 6)**

Calories, 157 • Fat, 9g • Carbs, 10g • Protein, 9g

# FOOLPROOF OVEN-BAKED BRISKET

---

SERVES 8

**ACTIVE TIME:** 5 MINUTES

**TOTAL TIME:** 16 HOURS

It's said that brisket needs to be "cooked into submission" in order to turn the tough cut into its tender, beefy best. This method—featuring an overnight dry salt brine in parchment, 6 hours in the oven wrapped in the same parchment, followed by an additional 1½ hours unwrapped to create a crusty exterior bark—is a foolproof way to achieve a perfect, juicy brisket.

---

1 flat-cut beef brisket (4 to 6 pounds)

Salt to taste

[Homemade BBQ Sauce](#), for serving (optional)

Place the brisket, fat cap up, on two sheets of parchment paper and sprinkle with salt. Wrap the brisket so that it's completely encased in paper. Chill overnight.

Place the wrapped brisket on a wire rack set in a shallow roasting pan. Let sit at room temperature for 1 hour.

Preheat the oven to 300°F.

Roast the brisket (still wrapped in parchment) for 6 hours. Remove the pan from the oven. Carefully tear away the parchment paper, being cautious of the hot fat that accumulates in the paper. Return the brisket to the oven and roast, uncovered, for 1½ hours more to crisp the surface.

Transfer the meat to a cutting board and let rest for 20 minutes. Slice against the grain. Serve with BBQ sauce, if you like.

Store any leftovers tightly covered in the refrigerator for up to 5 days.

---

**NUTRITION PER 1 SERVING (OF 8) BASED ON 4-LB BRISKET**

Calories, 454 • Fat, 30g • Carbs, 0g • Protein, 46g

# **BRAISED LAMB SHANKS WITH NOMATO SAUCE**

---

**SERVES 4**

**ACTIVE TIME: 15 MINUTES**

**TOTAL TIME: 4 HOURS 15 MINUTES**

Lamb shank is a highly flavorful but tough cut. After all, it gets a lot of exercise, especially if the shank comes from pasture-raised lambs. A long, slow braise in broth and nomato sauce breaks it down to a meltingly tender and succulent meat.

---

2 to 3 pounds lamb shanks

1 tablespoon tallow

Nomato Sauce

¼ cup Beef Bone Broth

2 sprigs fresh rosemary

Salt to taste

Chopped fresh parsley, for garnish

Allow the lamb shanks to sit at room temperature for 1 hour.

Preheat the oven to 325°F.

In a large Dutch oven, heat the tallow over medium-high heat. Sear the lamb shanks in the hot tallow until browned on all sides, 6 to 8 minutes. Add the nomato sauce, bone broth, and rosemary and bring to a boil, stirring to scrape any browned bits from bottom of pan. Transfer to the oven and bake, covered, until the meat is tender, about 3 hours.

Remove the shanks from the sauce and let rest for 10 minutes.

Remove the meat from the bones. Season to taste with salt, sprinkle with the parsley, and serve with the BBQ sauce.

Store any leftovers in a tightly covered container in the refrigerator for up to 5 days.

**Tip:** Because this keeps well in the fridge, it's a great dish to prepare in advance or double for leftovers.

**Substitution:** You may use butter in place of the tallow.

---

**NUTRITION PER 1 SERVING (OF 4) BASED ON 2 LB SHANKS**

Calories, 503 • Fat, 29g • Carbs, 12.5g • Protein, 48g

# THE PERFECT STEAK

---

SERVES 4

**ACTIVE TIME:** 25 MINUTES

**TOTAL TIME:** 8 HOURS 25 MINUTES

This recipe uses the reverse sear method, which calls for first cooking the steak in a low oven to make it tender then finishing it off with a sear on the stovetop to create a flavorful crust. The low oven temperature results in more even cooking throughout the steak and also activates enzymes—cathepsins—which naturally help break down muscle proteins.

---

2 beef rib eye steaks (see Note)

Salt to taste

1 or 2 tablespoons tallow

Generously season the steaks with salt; chill, uncovered, overnight.

Position the oven rack in center of the oven. Preheat the oven to 275°F. Place a wire rack on a rimmed baking sheet and place the steaks on the rack.

Bake the steaks in the oven until the internal temperature is 105°F for rare, 115°F for medium-rare, 125°F for medium, or 140°F for medium-well. Check the temperature using an instant-read thermometer after 15 minutes and then every 5 minutes until desired temperature is reached. Cover the steaks with parchment paper and let rest for 5 minutes.

Heat a cast-iron skillet over high heat. Add 1 tablespoon tallow and heat until slightly smoking. Add the steaks to the hot skillet and sear on each side for 1 minute. If desired, add an additional 1 tablespoon tallow to skillet and use to baste the steaks while searing. Season the steaks with salt, cut into serving pieces, and enjoy.

Store any leftovers tightly covered in the refrigerator for up to 5 days.

**Note:** This method works best for thicker steaks, such as 1½-inch-thick rib eyes, which are typically around 16 ounces. You could use any other steak of a similar thickness, such as a T-bone, New York strip, or porterhouse.

**Substitution:** In place of the tallow, you may use butter.

---

**NUTRITION (BASED ON TWO 16-OZ RIB EYE STEAKS, SEPARABLE LEAN AND FAT)  
PER 1 SERVING (OF 4)**

Calories, 495 • Fat, 35g • Carbs, 0g • Protein, 45g

# **SLOW-COOKER LAMB CHEEKS WITH CREAMED KABOCHA**

---

**SERVES 4**

**ACTIVE TIME:** 15 MINUTES

**TOTAL TIME:** 8 HOURS

Because the cheek is a highly used muscle—built up by chewing grass all day—it's a tough cut that needs to be braised (cooked in liquid at a low temperature for a long time) to get moist and tender. The rich, meaty flavor is worth the wait. Browning it first in tallow caramelizes the exterior and makes the flavor even better, along with providing an appreciated mix of texture when paired with creamed kabocha.

---

## **FOR THE LAMB CHEEKS**

1 tablespoon tallow

1 pound lamb cheeks

2 teaspoons chopped fresh oregano

2 teaspoons chopped fresh rosemary

1 teaspoon chopped fresh basil

1 teaspoon fresh thyme leaves

½ teaspoon salt, plus more to taste

3 cups Beef Bone Broth

## **FOR THE CREAMED KABOCHA**

½ small kabocha, peeled, seeded, and cubed

1 ounce bone marrow

1 tablespoon butter

1 tablespoon heavy cream

1 tablespoon chopped fresh parsley

1 teaspoon salt

**Make the lamb cheeks:** In a large skillet, melt the tallow over medium-high heat. Add the lamb cheeks and cook until browned on

both sides, 2 to 3 minutes. Transfer the cheeks to a 3½- or 4-quart slow cooker and sprinkle with the oregano, rosemary, basil, thyme, and salt. Pour the broth over all, cover, and cook on low for 8 hours. Remove the cheeks from the cooking liquid and set aside until cool enough to handle. Using two forks, coarsely shred the cheeks. If desired, season the broth with additional salt.

**Meanwhile, make the creamed kabocha:** In a large pot, cook the squash in boiling water until tender, about 15 minutes. Drain; use a potato masher or an electric mixer on medium speed to mash the squash. Add the bone marrow, butter, cream, parsley, and salt and mash until combined.

Serve the meat over the squash, drizzled with some of the broth.

Store any leftovers tightly covered in separate containers in the refrigerator for up 4 days.

**Substitutions:** In place of the bone broth, you may use any broth or stock. In place of the lamb cheeks, you may use beef or pork cheeks. In place of the tallow, you may use butter.

---

#### NUTRITION PER 1 SERVING (OF 4)

Calories, 310 • Fat, 18g • Carbs, 7g • Protein, 30g



Slow-Cooker Lamb Cheeks with Creamed Kabocha

# **MEATBALLS AND SPAGHETTI SQUASH WITH NOMATO SAUCE**

---

**SERVES 4 (8 LARGE MEATBALLS)**

**ACTIVE TIME:** 40 MINUTES

**TOTAL TIME:** 1 HOUR 30 MINUTES

Spaghetti squash really does approximate the toothsome texture of pasta—with no grains and a fraction of the carbohydrate load—allowing almost everyone to enjoy a bowl of “pasta” topped with beefy meatballs and nomato sauce—our nightshade-free version of classic tomato sauce.

---

2 small spaghetti squash

## **FOR THE MEATBALLS**

1.25 ounces pork rinds

¼ cup water

2 slices bacon

10 ounces 85 to 90 percent lean ground beef

2 large eggs

½ teaspoon salt

½ teaspoon fresh thyme leaves

½ teaspoon chopped fresh oregano

¼ teaspoon chopped fresh parsley

## **Nomato Sauce**

Salt to taste

Grated Pecorino Romano cheese (optional)

**Prepare the spaghetti squash:** Preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper.

Slice the spaghetti squash in half lengthwise. Remove and discard seeds. Place the squash, cut-sides down, on prepared baking

sheet. Bake until tender and flesh shreds with a fork, 40 to 45 minutes. Let cool.

**Make the meatballs:** In a blender or food processor, blend or process the pork rinds until finely crushed (you should have  $\frac{1}{4}$  cup). Transfer the crushed pork rinds to a small bowl and stir in the water.

In a large skillet, cook the bacon over medium heat until crisp. Remove the bacon, reserving drippings in skillet. Crumble the bacon. Add the bacon and beef to the blender or food processor, cover, and blend or process until smooth. Transfer to a large bowl and add the soaked pork rinds, eggs, salt, thyme, oregano, and parsley. Mix well. Shape the beef mixture into eight large meatballs or ten to twelve smaller meatballs.

Reheat the skillet with the bacon drippings over medium-high heat. Add the meatballs and cook until browned on all sides, about 8 minutes. Stir in the nomato sauce. Bring to a boil; reduce heat. Simmer, covered, until the meatballs are done (160°F), 15 to 18 minutes.

To serve, run a fork through the spaghetti squash to make strands of squash. Place the squash on four plates and season with salt. Spoon the meatballs and sauce over the squash. If desired, sprinkle with cheese.

Store any leftovers tightly covered in the refrigerator for up to 5 days.



**Note:** If you would like a thinner sauce, add  $\frac{1}{4}$  to  $\frac{1}{2}$  cup beef broth with the nomato sauce.

**Tip:** Because this keeps well in the fridge, it's a great dish to make in advance or double for leftovers.

**Substitutions:** In place of the bacon, you may use 2 ounces pork belly and any Italian cheese in place of the optional Pecorino Romano.

**Get Adventurous!**

Make this recipe nose-to-tail by swapping in 2 ounces of beef liver for 2 ounces of the ground beef. Add the liver to the blender with the bacon and ground beef. Continue as directed.

---

**NUTRITION FOR MEATBALLS PER 1 SERVING (OF 4)**

Calories, 208 • Fat, 12g • Carbs, 0g • Protein, 25g

**NUTRITION FOR SPAGHETTI SQUASH AND NOMATO SAUCE PER 1 SERVING (OF 4)**

Calories, 214 • Fat, 6g • Carbs, 36g • Protein, 4g



Braised Mixed-Sauce Short Ribs and Broth

# BRAISED MIXED-SAUCE SHORT RIBS AND BROTH

---

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 5 HOURS

A trio of warm spices—cinnamon, cloves, and ginger—gives meaty short ribs awesome flavor.

---

1/4 cup glycine

1 teaspoon ground Ceylon cinnamon

1/4 teaspoon ground cloves

1/4 teaspoon ground ginger

1 to 2 pounds beef short ribs

6 to 10 cups (to fully cover) Ruminant Stock or beef stock

1 tablespoon honey

1 tablespoon coconut aminos

1 tablespoon fresh lime juice

4 bay leaves

In a small bowl, stir together the glycine, cinnamon, cloves, and ginger. Rub the spice mixture over the ribs. Let sit at room temperature for 1 hour.

Preheat the oven to 350°F.

Place the short ribs in a Dutch oven and add enough stock to cover. Add the honey, coconut aminos, lime juice, and bay leaves.

Bake, covered, until the meat is tender and falls off bone, 3½ to 4 hours, basting the ribs with broth occasionally.

Remove the meat from the broth and let rest for 10 minutes.

Remove the meat from the bones. Discard the bay leaves. Serve the meat with broth.

Store any leftovers in a tightly covered container in the refrigerator for up to 5 days.

**Note:** Short ribs are just as good the next day as the flavors intensify after resting overnight in the fridge. And, if you like, you can easily remove the solid fat layer.

---

**NUTRITION PER 1 SERVING (OF 4) INCLUDING BROTH**

Calories, 335 • Fat, 19.5g • Carbs, 5g • Protein, 35g

# **BBQ SPARE RIBS WITH WHITE-SWEET-POTATO WALDORF SALAD**

---

**SERVES 8**

**ACTIVE TIME:** 30 MINUTES

**TOTAL TIME:** 3 HOURS

White sweet potatoes strike a middle balance between white or russet potatoes and orange-fleshed sweet potatoes. They're less sweet than orange sweet potatoes and have a drier, fluffier texture. Here, they get tossed in a creamy lime-infused dressing with apples and raisins (our healthy take on the classic Waldorf salad) as a side for hearty barbecued beef ribs.

---

## **FOR THE RIBS**

3 to 5 pounds beef spare ribs

[Homemade BBQ Sauce](#)

## **FOR THE WHITE-SWEET-POTATO WALDORF SALAD**

2 medium white sweet potatoes, peeled and cut into  $\frac{1}{2}$ -inch cubes

1 tablespoon tallow

2 medium apples, peeled and cut into  $\frac{1}{2}$ -inch cubes

1 large egg yolk, lightly beaten

$\frac{1}{4}$  cup Greek yogurt

1 tablespoon honey

1 tablespoon fresh lime juice

$\frac{1}{2}$  teaspoon cider vinegar

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

2 tablespoons raisins

**Make the spare ribs:** Preheat the oven to 350°F. Line a baking pan with parchment paper.

Place the ribs, bone-sides down, in the prepared pan. Roast, flipping ribs after 10 minutes, until the meat is browned on both sides, about 20 minutes.

Generously brush BBQ sauce on both sides of the ribs. Return the ribs to the oven and bake, flipping halfway through, until the sauce begins to caramelize, 20 to 25 minutes longer.

Remove the ribs from the oven. Reduce the oven temperature to 250°F. Turn the ribs, bone-sides down, and brush with BBQ sauce. Cover with foil, making a tent to leave space between the ribs and foil, and bake until the meat shreds easily off the bone, 2 to 2½ hours.

**Meanwhile, make the salad:** In a medium pot, place the sweet potatoes in enough water to cover. Bring to a boil; reduce heat. Simmer, covered, until fork tender, about 15 minutes. Drain sweet potatoes and let cool.

In a large sauté pan or skillet, heat the tallow over medium heat. Sauté the apples in the hot tallow until tender, about 5 minutes. Transfer to a large bowl and let cool.

In a medium bowl, whisk together the egg, yogurt, honey, lime juice, vinegar, and salt. Add the cooled sweet potatoes and raisins to the apples in the bowl. Add the dressing and toss gently to coat. Cover and chill until serving time.

Store leftover ribs and salad in separate containers, tightly covered, in the refrigerator for up to 3 days.



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**NUTRITION FOR SPARE RIBS WITH BBQ SAUCE PER 1 SERVING (OF 8) BASED ON  
3-LB SPARE RIBS**

Calories, 479 • Fat, 31g • Carbs, 19g • Protein, 31g

**NUTRITION FOR WALDORF SALAD PER 1 SERVING (OF 8)**

Calories, 109 • Fat, 1g • Carbs, 23g • Protein, 2g

# **ROSEMARY-LEMON ROASTED LAMB LEG WITH PEAR CHUTNEY**

---

**SERVES 8**

**ACTIVE TIME:** 35 MINUTES

**TOTAL TIME:** 2 HOURS 15 MINUTES

Rosemary and lamb are a classic combination, and serving them with a pear chutney offers a fresh burst of flavor. Taking the lamb out of the refrigerator about 1 hour before you roast it helps ensure that it cooks evenly. This is because putting larger cuts of meat into the oven straight from the refrigerator can result in meat that looks browned and cooked on the outside but is not cooked through.

---

## **FOR THE LAMB**

1 bone-in lamb leg roast (3 to 4 pounds)

1 lemon

2½ tablespoons tallow

2 tablespoons chopped fresh rosemary

1 tablespoon chopped fresh thyme

## **FOR THE CHUTNEY**

1½ tablespoons fresh lemon juice (from reserved lemon)

1½ teaspoons tallow

4 medium Anjou pears, peeled, cored, and cut into ½-inch cubes

¼ cup raisins

1 tablespoon honey

1 tablespoon cider vinegar

1½ teaspoons chopped fresh thyme

⅛ teaspoon salt

**Prepare the roast:** About 1 hour before roasting, remove the lamb from the refrigerator and let stand at room temperature.

Preheat the oven to 325°F.

Grate 1 teaspoon zest from the lemon and set the lemon aside for the chutney. Melt 1½ tablespoons of the tallow. In a small bowl, combine the lemon zest, melted tallow, rosemary, and thyme. Rub over all sides of the roast.

In an extra-large skillet, melt the remaining 1 tablespoon tallow over medium-high heat. Brown the roast on all sides in the hot tallow, 3 to 4 minutes. Place the roast on a rack set in a shallow roasting pan.

Roast the lamb until a thermometer inserted in the thickest parts registers 120°F for rare or 135°F for medium-rare. Check the temperature after 45 minutes. If lamb is not done to desired doneness, continue roasting and checking temperature at 15-minute intervals. Remove from the oven, cover with foil, and let stand for 15 minutes.

**Make the pear chutney:** Squeeze 1½ tablespoons juice from the reserved lemon. In a large skillet, heat the tallow over medium-high heat. Add the pears and reduce the heat to medium. Cook and stir until tender, about 8 minutes. Stir in the lemon juice, raisins, honey, vinegar, thyme, and salt and bring to a boil. Reduce the heat and simmer, covered and stirring occasionally, until the pears are tender and the chutney has thickened, about 10 minutes.

Slice the lamb and serve with the chutney.

Store any leftover lamb, tightly covered in the refrigerator, for up to 5 days. The chutney can be stored in an airtight container in the refrigerator for up to 1 month.



**Substitutions:** In place of the tallow, you may use lard, butter, or ghee.

---

**NUTRITION PER 1 SERVING (OF 8)**

Calories, 429 • Fat, 25g • Carbs, 19g • Protein, 32g

# LAMB SLIDERS WITH MINTED KIWI SAUCE

---

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 30 MINUTES

Fresh lime and mint give the sauce for these sliders crisp, bright flavor that balances the richness of the burgers and pork-rind buns.

---

## FOR THE SLIDER BUNS

½ cup plus 1½ teaspoons butter, softened

1.25 ounces pork rinds

½ teaspoon baking powder

½ teaspoon salt

2 large eggs, beaten

## FOR THE BURGERS

1 large egg, lightly beaten

8 ounces ground lamb

½ teaspoon chopped fresh rosemary

1½ teaspoons butter, tallow, or ghee

## FOR THE MINTED KIWI SAUCE

1 medium kiwifruit, peeled and chopped

1½ teaspoons fresh lime juice

½ teaspoon chopped fresh mint

½ teaspoon honey

⅛ teaspoon salt

**Make the buns:** Preheat the oven to 350°F. Grease four 2½-inch muffin cups with the 1½ teaspoons butter.

In a small blender or food processor, process or blend the pork rinds until finely crushed. Add the baking powder and salt and pulse

a few times to mix. Transfer the rinds to a medium bowl, add the eggs and remaining ½ cup butter, and mix well. Pour the batter into the prepared muffin cups.

Bake for 15 minutes, until tops are firm to touch. Cool completely in the muffin cups on a wire rack. Remove the cooled buns from the cups and slice horizontally in half.

**Make the burgers:** In a medium bowl, combine the egg, lamb, and rosemary; mix well. Shape into four ½-inch-thick patties.

In a large cast-iron skillet, melt the butter over medium-high heat. Add the patties and reduce the heat to medium. Cook, uncovered and turning once halfway through cooking, until done (160°F), 8 to 10 minutes.

**Make the sauce:** Place the kiwi in a small bowl and mash with a fork. Stir in the lime juice, mint, honey, and salt.

Place the burgers on the bun bottoms. Drizzle with the sauce and top with the remaining bun halves.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

**Substitution:** In place of the honey, you may use glycine.

---

#### NUTRITION PER 1 SERVING (OF 4)

Calories, 411 • Fat, 35g • Carbs, 3g • Protein, 21g



Lamb Sliders with Minted Kiwi Sauce



Fall Skillet Hash

# FALL SKILLET HASH

---

SERVES 3

**ACTIVE TIME:** 25 MINUTES

**TOTAL TIME:** 35 MINUTES

Butternut squash, apple, and thyme infuse a beef-and-bacon hash and eggs with the sweet and familiar flavors of fall. The runny yolks create a simple yet rich sauce for this hearty and nutritious dish. For more nutrients, add braised kidney to the mix (see the Get Adventurous! box).

---

4 cups peeled butternut squash cubes

1 tablespoon tallow, melted

4 slices bacon

1 pound ground beef

1 large apple, peeled, cored, and cut into 1-inch cubes

1 teaspoon fresh thyme leaves

1 teaspoon salt, plus more to taste

3 large eggs

Preheat the oven to 425°F. Line a large rimmed baking sheet with parchment paper.

In a large bowl, toss the squash with the melted tallow until evenly coated. Spread the squash on the baking sheet. Roast until browned and tender, about 25 minutes, rotating pan halfway through roasting.

In a large cast-iron skillet, cook the bacon over medium-high heat until browned but still soft, about 2 minutes per side. Remove the bacon and drain on paper towels. Drain excess drippings, leaving enough to coat skillet. Cut the bacon into 1-inch pieces.

Cook the ground beef in the skillet, stirring to break up the meat, until browned, 8 to 10 minutes. Remove the beef from skillet.

Add the apple cubes to the skillet and cook until soft, 3 to 4 minutes. Add the squash, bacon, beef, thyme, and salt and stir to combine. Reduce the heat to low and cook until heated through.

Remove the skillet from the heat and make three indentations in the hash. Crack an egg into a small bowl and slip into one of the indentations. Repeat with the remaining eggs. Cover the skillet and cook over medium heat until the whites are set and the yolks are still runny, 8 to 10 minutes.

For each serving, scoop out a portion of hash with one egg, keeping egg intact. Season with salt to taste.

Leftover hash may be stored in a tightly covered container in the refrigerator for up to 4 days.

**Substitution:** In place of tallow, you may use lard, butter, or ghee.

**Get Adventurous!**

Make this recipe nose-to-tail by swapping in 8 ounces of beef kidney for 8 ounces of the ground beef. Before roasting the butternut squash, prepare the kidney: Remove and discard the film around the kidney. Wash the kidney under cold water, then cut into 1-inch pieces. In a medium pot, heat 2 tablespoons tallow over medium-high heat. Add the kidney and cook until browned, about 1 minute per side. Add enough water to cover the kidney. Bring to a boil, cover, and reduce the heat to low. Simmer until cooked through, about 1½ hours. Remove the kidney from the cooking liquid and let cool. Cut into bite-size pieces. Add the kidney to the hash with the cooked ground beef.

**Note:** If desired, to remove rust scent, marinate the kidney in vinegar or lemon juice for 1 to 2 hours before cooking.

---

**NUTRITION PER 1 SERVING (OF 3)**

Calories, 531 • Fat, 27g • Carbs, 32g • Protein, 40g

# **SKIRT STEAK WITH KABOCHA SQUASH FRIES AND NOMATO KETCHUP**

---

**SERVES 4**

**ACTIVE TIME:** 20 MINUTES

**TOTAL TIME:** 1 HOUR 10 MINUTES

The steak's final sear in tallow causes a chemical reaction between the amino acids and natural sugars in the meat (called the Maillard reaction), creating a flavorful browned crust. Make the fries before the steak—the steak only takes a few minutes to cook. If you want, you can ensure your fries stay hot by placing them in the turned-off oven while you sear the steak. Flank steak works well here too.

---

## **FOR THE STEAK AND MARINADE**

¼ cup tallow, melted, plus 1½ teaspoons

¼ cup coconut aminos

2 tablespoons red wine vinegar

1 teaspoon chopped fresh oregano

½ teaspoon salt

1 pound beef skirt steak

## **FOR THE KABOCHA SQUASH FRIES**

½ medium kabocha squash, peeled, seeded, and sliced ¼ inch thick

1 tablespoon tallow

½ teaspoon salt

## **FOR THE NOMATO KETCHUP**

1 cup fresh or canned pumpkin puree

2½ tablespoons white vinegar

2 tablespoons pure maple syrup

2 tablespoons liver juice (see Note), optional

1 teaspoon minced peeled celeriac

$\frac{1}{2}$  teaspoon salt, plus more to taste

**Marinate the steak:** In a resealable plastic bag set in a shallow dish, combine the  $\frac{1}{4}$  cup melted tallow, coconut aminos, vinegar, oregano, and salt. Add the steak, seal the bag, and turn to coat the steak. Marinate in the refrigerator for at least 1 hour or up to 24 hours.

**Make the squash fries:** Preheat the oven to 400°F. Line a large rimmed baking sheet with parchment paper. Place the squash in a large bowl. Add the tallow and salt and toss to coat. Spread the squash on the prepared baking sheet. Roast, flipping halfway through, until lightly browned, 30 to 40 minutes.

**Make the ketchup:** In a small blender, combine the pumpkin, vinegar, maple syrup, liver juice (if using), celeriac, and salt. Cover and blend until smooth. Taste and, if desired, add up to  $\frac{1}{4}$  teaspoon additional salt. Transfer the ketchup to a glass jar. Store tightly covered in the refrigerator for up to 5 days.

**Cook the steak:** Position the oven rack 3 to 4 inches from the broiler element and heat the broiler. Line a baking sheet with foil. Remove the steak from the marinade and pat dry with paper towels. Place the steak on the prepared baking sheet and broil for 3 minutes on each side.

In a large skillet, melt the remaining  $1\frac{1}{2}$  teaspoons tallow over medium-high heat. Sear the steak in the hot tallow for 1 to 2 minutes to finish cooking (145°F for medium-rare). Let the steak rest for 5 to 10 minutes. Slice the steak and serve with the squash fries and ketchup.

Store any leftovers tightly covered in separate containers in the refrigerator for up to 4 days.

**Note:** The liver juice used in the ketchup is for color, and while it does add more nutritional value, it is optional. You can find liver from your local farmer, and the juice will be in the package after the liver has thawed out in the fridge.

**Tip:** Slice and prepare the other half of the kabocha squash and store it in the fridge for up to 5 days. The extra squash can be used to make the Lamb and Kabocha Shepherd's Pie.

**Substitutions:** In place of the tallow, you may use lard, butter, or ghee.

---

**NUTRITION FOR THE SKIRT STEAK PER 1 SERVING (OF 4)**

Calories, 192 • Fat, 12g • Carbs, 3g • Protein, 18g

**NUTRITION FOR THE KABOCHA SQUASH FRIES PER 1 SERVING (OF 4)**

Calories, 118 • Fat, 6g • Carbs, 14g • Protein, 2g

**NUTRITION FOR THE NOMATO KETCHUP PER 1 SERVING (OF 8)**

Calories, 24 • Fat, 0g • Carbs, 6g • Protein, 0g



Skirt Steak with Kabocha Squash Fries and Nomato Ketchup



Beef Stroganoff over Egg Noodles

# BEEF STROGANOFF OVER EGG NOODLES

---

SERVES 2

**ACTIVE TIME:** 20 MINUTES

**TOTAL TIME:** 30 MINUTES

Crème fraîche is a richer, less tangy version of sour cream. While sour cream has a fat content of about 20 percent, crème fraîche is about 30 percent. It doesn't curdle like sour cream can when boiled, so it's great to use in soups, stews, sauces—and this stroganoff. Find it in the dairy section of most grocery stores.

---

## FOR THE BEEF STROGANOFF

12 ounces beef round steak

1/4 teaspoon salt, plus more to taste

2 slices bacon

1 tablespoon butter

1/2 (2-ounce) can anchovies (optional)

3/4 cup Beef Bone Broth

1/4 cup crème fraîche

## FOR THE EGG NOODLES

4 large whole eggs

1/2 teaspoon salt

1 1/2 teaspoons tallow

**Make the stroganoff:** Cut the meat into 1/2-inch-thick slices and sprinkle with the salt. In a large skillet, cook the bacon over medium-high heat until crisp, about 2 minutes per side. Remove the bacon and drain on paper towels. Discard the drippings.

Melt the butter in the same skillet. Cook the steak in the hot butter until browned, about 2 minutes. If using, add the anchovies and

break into ½-inch pieces. Add the broth to the pan, stirring to scrape up the browned bits on the bottom. Crumble the bacon and add to skillet. Bring to a boil and reduce the heat to low. Simmer, covered, for 10 minutes. Stir a tablespoon of the hot broth into the crème fraîche, then add to the broth in the skillet. Cook and stir until the sauce thickens, 3 to 4 minutes. Remove the skillet from the heat. Season to taste with additional salt.

**Make the egg noodles:** Whisk together the eggs and salt. In another large skillet, heat the tallow over low heat. Pour the eggs into the skillet and immediately tilt the skillet so the eggs completely cover the bottom, forming a thin sheet. Cook until set without stirring, 3 to 4 minutes. Use a large spatula to remove the egg sheet and cool slightly. Roll up or fold the egg sheet and cut into strips to make noodles.

Serve the stroganoff over the noodles.

Store any leftovers tightly covered in the refrigerator for up to 3 days.

**Note:** For easier slicing, partially freeze the steak for 30 to 45 minutes before slicing.

---

#### NUTRITION FOR BEEF STROGANOFF PER 1 SERVING (OF 2)

Calories, 494 • Fat, 34g • Carbs, 1g • Protein, 46g

#### NUTRITION FOR EGG NOODLES PER 1 SERVING (OF 2)

Calories, 128 • Fat, 10g • Carbs, 0g • Protein, 12g

# **MAPLE-ROASTED BEEF-STUFFED ACORN SQUASH**

---

**SERVES 4**

**ACTIVE TIME:** 25 MINUTES

**TOTAL TIME:** 1 HOUR 30 MINUTES

While the cheese is optional, if you can find smoked raw milk Gouda, it will give the filling for these stuffed squash an awesome smoky flavor. Regular Gouda works too.

---

## **FOR THE SQUASH**

2 large acorn squash  
1 tablespoon pure maple syrup  
1 tablespoon butter, melted  
 $\frac{1}{4}$  teaspoon salt

## **FOR THE FILLING**

1½ pounds ground beef  
 $\frac{3}{4}$  teaspoon chopped fresh rosemary  
 $\frac{1}{2}$  teaspoon chopped fresh oregano  
 $\frac{1}{2}$  teaspoon salt, plus more to taste  
 $\frac{1}{4}$  cup shredded Gouda cheese (optional)  
1½ teaspoons pure maple syrup

**Roast the squash:** Preheat the oven to 400°F. Line a baking pan with parchment paper.

Slice each acorn squash in half lengthwise; remove and discard the seeds. Cut  $\frac{1}{2}$ -inch-deep slits in a crosshatch pattern in the squash flesh. Place the squash halves on the prepared pan. In a small bowl, stir together the maple syrup, melted butter, and salt. Brush the squash with the mixture. Roast the squash until tender when pierced with a fork and the flesh is slightly crisp, 1 to 1½ hours. Remove the squash from the oven.

Position the oven rack 6 inches from the broiler element and heat broiler.

**Meanwhile, make the filling:** In a large skillet, cook the ground beef over medium-high heat until browned, 8 to 10 minutes. Stir in the rosemary, oregano, and salt.

Scoop ½ cup of the filling into each squash half. If using, sprinkle the cheese evenly over the meat. Lightly drizzle with the maple syrup. Broil until the cheese melts. Sprinkle with additional salt to taste and serve.

Leftover squash may be stored in a tightly covered container in the refrigerator for up to 4 days.

**Substitutions:** In place of the butter, you may substitute ghee or tallow. In place of the ground beef, you may use ground lamb, pork, or chicken.

**Get Adventurous!**

Make this recipe nose-to-tail by swapping in 8 ounces of beef spleen for 8 ounces of the ground beef. Use scissors to cut the spleen into smaller chunks, 1 to 2 inches long. Add the ground beef and spleen to a meat grinder or blender and grind or blend until well mixed. Transfer to a medium bowl and stir in the rosemary, oregano, and ½ teaspoon salt before cooking the meat.

---

**NUTRITION PER 1 SERVING (OF 4) WITH 90 PERCENT GROUND BEEF AND CHEESE**  
Calories, 463 • Fat, 23g • Carbs, 26g • Protein, 38g



Maple-Roasted Beef-Stuffed Acorn Squash

# GYROS WITH TZATZIKI

---

SERVES 8

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 2 HOURS

Beating a well-seasoned mixture of beef and lamb in an electric mixer until it's smooth, then baking it in a loaf pan and compressing it after baking helps to create the signature texture of authentic gyro meat. Best paired with tzatziki for authentic flavor.

---

1 pound 85 percent ground beef

1 pound ground lamb

2 tablespoons chopped fresh oregano

2 tablespoons chopped fresh rosemary

1 tablespoon chopped fresh thyme

1 tablespoon chopped fresh marjoram or oregano

4 teaspoons salt

4 Meat Flatbreads

Tzatziki

Preheat the oven to 350°F.

In the bowl of an electric mixer with a paddle attachment, combine the beef, lamb, oregano, rosemary, thyme, marjoram, and salt. Beat until smooth and the mixture appears as a fine paste.

Transfer the meat to a 7 × 4-inch loaf pan (or a narrow, rectangular baking dish). Press down with a spatula to remove any air pockets, then smooth the top.

Bake until the internal temperature is 160°F, about 1 hour. Let stand 10 minutes. Remove the loaf from the pan and wrap in foil. Place a heavy skillet on top of loaf. If desired, add extra weight to the skillet. Let stand for 30 to 45 minutes to compress the loaf.

Unwrap the loaf and cut into thin slices. Serve on the flatbreads with the tzatziki.

Store the gyros in a tightly covered container in the refrigerator for up to 5 days.

**Note:** If you do not have a mixer with a paddle attachment, you may use any stand mixer, but it will take longer to mix the meat, up to 5 minutes.

---

**NUTRITION PER 1 SERVING GYRO MEAT (OF 8)**

Calories, 210 • Fat, 14g • Carbs, 0g • Protein, 21g

**NUTRITION PER 1 SERVING GYRO MEAT WITH FLATBREAD AND TZATZIKI (OF 8)**

Calories, 466 • Fat, 30g • Carbs, 2.5g • Protein, 46.5g



Gyros with Tzatziki



Cherry-Glazed Lamb Chops

# CHERRY-GLAZED LAMB CHOPS

---

SERVES 2

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 1 HOUR

The acidity of this cherry glaze—infused with the piney flavor of rosemary—complements the richness of the lamb. Fresh tart cherries have a very short growing season—just a couple of weeks in the middle of June in warmer climates and July or August in cooler ones. So if you can't find them, use thawed frozen cherries.

---

## FOR THE CHERRY GLAZE

1 cup fresh tart red cherries, pitted  
2 tablespoons fresh orange juice  
1 tablespoon red wine vinegar  
1 tablespoon pure maple syrup  
2 sprigs fresh rosemary  
1½ teaspoons unflavored gelatin  
¼ cup water

## FOR THE LAMB CHOPS

1 tablespoon tallow  
2 lamb loin chops (about 4 ounces each)  
¼ teaspoon salt  
2 sprigs fresh thyme

**Make the cherry glaze:** In a small saucepan, combine the cherries, orange juice, vinegar, maple syrup, and rosemary. Bring to a boil. Reduce the heat and simmer, uncovered, until the cherries start to break down, 3 to 4 minutes. Remove from the heat.

In a small bowl, sprinkle the gelatin over the water and let stand for 3 minutes. Remove the rosemary from the cherries, then whisk the gelatin into the cherries. Chill until set, about 45 minutes.

**Make the lamb chops:** Preheat the oven to 350°F.

In a large cast-iron or other oven-proof skillet, melt the tallow over medium-high heat. Sprinkle the lamb chops with the salt. Cook the chops in the hot tallow until browned, 2 to 3 minutes per side. Top each chop with a thyme sprig.

Transfer the skillet to the oven and bake the chops for 5 to 8 minutes for medium-rare (125°F) or 10 minutes for medium (135°F).

**Note:** The cherry glaze will set up when chilled but melts when placed on the hot chops. Store in an airtight container in the fridge for up to 5 days.

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**NUTRITION PER 1 SERVING (OF 2)**

Calories, 348 • Fat, 20g • Carbs, 17g • Protein, 25g



# **PORK AND POULTRY**

From savory soups to fall-off-the-bone ribs, this chapter showcases pork and poultry dishes that are anything but ordinary.

**ROASTED LEMON-AND-HERB WHOLE CHICKEN**

**MAPLE-SAGE BREAKFAST SAUSAGE**

**BAKED BALSAMIC-GLAZED PORK TENDERLOIN**

**SPICED DUCK ZOODLE SOUP**

**JUICY SKILLET PORK CHOPS**

**SWEET-AND-SOUR DUCK LEGS**

**SIMPLE BRAISED GUINEA FOWL**

**ROASTED TURKEY WITH BALSAMIC-BLUEBERRY SAUCE**

**AUTUMN ROASTED DUCK WITH DELICATA AND PEAR BROTH**

**SLOW-COOKER APPLE-SAGE CARNITAS**

**SIMPLE BRAISED COUNTRY-STYLE PORK RIBS**

**LEMON-BALSAMIC ROASTED CHICKEN**

# **ROASTED LEMON-AND-HERB WHOLE CHICKEN**

---

**SERVES 4**

**ACTIVE TIME:** 45 MINUTES

**TOTAL TIME:** 2 HOURS

Melted butter flavored with rosemary is brushed under and over the skin of the bird before roasting for extra-crispy skin and super-juicy, flavorful meat.

---

## **FOR THE ROASTING BED**

4 cups 1-inch cubes mixed root vegetables and/or squash (see Note)  
1 lemon, quartered  
5 sprigs fresh thyme  
3 sprigs fresh rosemary  
1 teaspoon salt  
3 tablespoons butter, melted

## **FOR THE CHICKEN**

1 tablespoon fresh thyme leaves  
1 teaspoon salt  
1 whole chicken (3 to 4 pounds)  
4 tablespoons butter, melted  
2 teaspoons chopped fresh rosemary  
1 lemon, quartered

Preheat the oven to 475°F.

**Make the roasting bed:** In a large bowl, combine the root vegetables, lemon, thyme, rosemary, and salt. Drizzle with the butter and toss to coat. Spread the vegetables in a large roasting pan to make a bed that completely covers the bottom of the pan.

**Prepare the chicken:** In a small bowl, combine the thyme and salt. Rub the mixture over the entire chicken, including inside the cavity. Gently loosen the skin from the breast, keeping the skin intact. In a

small bowl, combine the melted butter and rosemary. Spread some of the butter mixture over the breast meat beneath the skin. Insert the lemon quarters into the body cavity.

Truss the chicken and place it on the vegetable roasting bed and brush with the remaining rosemary butter.

Roast for 20 minutes. Reduce the oven temperature to 400°F. Roast until done (165°F), about 45 minutes longer. Transfer the chicken to a cutting board, tent with foil, and let rest for 15 minutes before carving. Cover the vegetable bed with foil to keep warm.

**Carve the chicken:** Place the chicken, breast-side up, on the cutting board. Position the legs to the right if you are right-handed or to the left if you are left-handed. Gently pull the leg and thigh area away from the body, and cut the joint between the leg and body. Now cut through the joint connecting the drumstick and thigh to separate each leg into two pieces. For the breast, locate the wing joint, and then cut horizontally into the breast just above the joint, deeply cutting into the bird. Carve slices down the cut line, working from the outer edge of the breast to the center. Separate the wing by pulling the wing away from the body and cutting the joint. Repeat on other side of the bird.

Remove and discard the herb sprigs from the vegetable roasting bed. Stir the vegetables and serve with the chicken.

Store leftovers in an airtight container in the refrigerator for up to 4 days.

**Tip:** Use a sharp carving knife and a meat fork when you carve. Piercing the bird with the meat fork and holding it will help the bird stay in place. Reserve any juices left on the cutting board to moisten the meat when serving.

**Note:** Use any roots or squash of your choice for the vegetable bed. This recipe works well with a mix of butternut squash, kabocha squash, carrots, sweet potatoes, and celeriac.

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**NUTRITION FOR CHICKEN AND BED PER 1 SERVING (OF 4)**

Calories, 333 • Fat, 18g • Carbs, 10g • Protein, 33g



Maple-Sage Breakfast Sausage

# **MAPLE-SAGE BREAKFAST SAUSAGE**

---

## **MAKES 8 TO 10 PATTIES**

**ACTIVE TIME:** 15 MINUTES

**TOTAL TIME:** 25 MINUTES

You can always have some sweet-yet-savory breakfast sausage at the ready if you make a double batch of the seasoned meat mixture, form it into patties, then freeze half for future use: Place the patties on a parchment- or waxed paper-lined baking sheet, then freeze until solid. Transfer individual patties to a resealable freezer bag or airtight container and return to the freezer. To cook, remove what you need from the freezer. Thaw in the refrigerator overnight and cook as directed to easily add some flavor and protein to breakfast!

---

**1 pound ground pork**

**2 tablespoons pure maple syrup**

**1½ teaspoons fresh thyme leaves**

**1½ teaspoons salt**

**½ teaspoon dried sage, crushed**

**¼ teaspoon ground nutmeg**

In a large bowl, combine the pork, maple syrup, thyme, salt, sage, and nutmeg. Mix well and shape into 8 to 10 patties, each ½ to ¾ inch thick.

**To cook on the stovetop:** In a large skillet, melt 1 tablespoon tallow over medium-high heat. In two batches, cook the patties in the hot tallow, flipping once, until done (160°F), 2 to 3 minutes per side.

**To bake:** Preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper.

Place the patties on the lined baking sheet. Bake for 8 minutes. Flip the patties and bake until done (160°F), 5 to 8 minutes longer.

Store any leftover sausage patties tightly covered in the refrigerator for up to 4 days.

**Substitutions:** In place of the tallow, you may cook the patties in butter.

**Get Adventurous!**

Make this recipe nose-to-tail by swapping in 2 ounces of pork or beef heart for the 2 ounces ground pork. Before mixing the ingredients together in a bowl, add the ground pork and heart to a meat grinder and grind to combine. Continue as directed.

---

**NUTRITION PER 1 SERVING (OF 8)**

Calories, 160 • Fat, 12g • Carbs, 3g • Protein, 10g

# **BAKED BALSAMIC-GLAZED PORK TENDERLOIN**

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**SERVES 2 TO 4**

**ACTIVE TIME:** 10 MINUTES

**TOTAL TIME:** 35 MINUTES

This method of cooking pork tenderloin—a lean cut that can easily get dried out—ensures a juicy and tender end result, with an herb-vinegar glaze providing a punch of flavor. After a quick sear on the stovetop, the meat is glazed, then wrapped in foil and roasted for 15 minutes. Five more minutes of roasting, unwrapped and with an additional brushing of glaze, creates a beautifully caramelized crust and perfectly done interior.

---

**1 pork tenderloin (12 to 16 ounces)**

**½ teaspoon salt**

**4 tablespoons butter**

**2 tablespoons balsamic vinegar**

**1 teaspoon chopped fresh basil**

**1 teaspoon chopped fresh oregano**

**1 teaspoon fresh thyme leaves**

Preheat the oven to 400°F. Line a rimmed baking sheet with enough foil to wrap the pork. Pat the pork dry with paper towels and rub with the salt.

In a large skillet, melt 1 tablespoon of the butter over medium-high heat. Brown the pork on all sides in the hot butter, 1 to 2 minutes per side. Remove the pork to the foil-lined baking sheet.

Melt the remaining butter in the same skillet; remove from the heat. Stir in the vinegar, basil, oregano, and thyme and spoon about three-fourths of the glaze over the pork. Wrap the pork in the foil.

Roast the pork on the baking sheet for 15 minutes. Unwrap and brush the pork with the remaining glaze. Roast until internal temperature is 145°F, about 5 minutes longer. Remove the pork to a cutting board and let rest for 5 minutes before slicing. Drizzle sliced pork with any juices that remain on the cutting board.

Store leftovers in an airtight container in the fridge for up to 4 days.

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**NUTRITION PER 1 SERVING (OF 2)**

Calories, 439 • Fat, 27g • Carbs, 2g • Protein, 47g

# SPICED DUCK ZOODLE SOUP

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SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 50 MINUTES

This hearty and low-carb version of classic chicken noodle soup uses duck for a nutrient-rich and richly flavored broth spiced with Ceylon cinnamon, ginger, and cloves, plus fresh zucchini noodles for a grain-free bowl.

---

1 pound duck breast, skin removed

6 cups Poultry Stock

2 tablespoons coconut aminos

1 tablespoon salt, plus more to taste

1½ teaspoons honey

½ teaspoon ground Ceylon cinnamon

¼ teaspoon grated fresh ginger

¼ teaspoon ground cloves

1 tablespoon butter

2 medium zucchini, spiralized

2 eggs, lightly beaten

In a large pot, combine the duck, stock, coconut aminos, salt, honey, cinnamon, ginger, and cloves. Bring to a boil and reduce the heat. Simmer, covered, until the duck is cooked through, 30 to 45 minutes.

Remove the duck from the soup; cool slightly. Shred the duck meat with two forks.

Meanwhile, in a large Dutch oven, melt the butter over medium-high heat. Sauté the zucchini in the hot butter until lightly browned. Stir in the eggs and cook until the eggs are set, 2 to 3 minutes. Add the shredded duck and reserved broth. Bring to a boil; reduce the heat.

Simmer until heated through, 2 to 3 minutes. Season to taste with additional salt.

Store the soup in a tightly covered container in the fridge for up to 4 days.

---

**NUTRITION (FOR 1 CUP, FAT SKIMMED OFF) PER 1 SERVING (OF 4)**

Calories, 232 • Fat, 12g • Carbs, 6g • Protein, 25g

# JUICY SKILLET PORK CHOPS

---

SERVES 2

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 30 MINUTES

Meat cooked on the bone turns out juicier than boneless cuts, and these rib chops are no exception. A generous amount of Italian seasoning and a sear in hot butter gives them awesome flavor to boot.

---

## FOR THE ITALIAN SEASONING

1½ teaspoons dried oregano, crushed  
1 teaspoon dried marjoram, crushed  
1 teaspoon dried thyme, crushed  
½ teaspoon dried basil, crushed  
½ teaspoon dried rosemary, crushed  
½ teaspoon dried sage, crushed

## FOR THE PORK CHOPS

2 bone-in pork rib chops, ¾ inch thick (6 ounces each)  
½ teaspoon salt  
1 tablespoon butter

**Make the Italian seasoning:** In a small bowl, stir together all the ingredients. Set aside 1½ tablespoons to season the pork chops. Save any remaining seasoning for another use; store for up to 2 years in a tightly covered container.

**Make the pork chops:** Pat the pork chops dry with paper towels. In a small bowl, stir together the 1½ tablespoons Italian seasoning and salt. Rub over both sides of the chops.

In a large skillet, melt the butter over medium-high heat. Add the chops and reduce the heat to medium. Cook, flipping once, until

done (145°F), 8 to 10 minutes. Let chops rest for 5 minutes before serving.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

---

**NUTRITION PER 1 SERVING (OF 2)**

Calories, 343 • Fat, 23g • Carbs, 0g • Protein, 34g



Juicy Skillet Pork Chops



Sweet-and-Sour Duck Legs

# SWEET-AND-SOUR DUCK LEGS

---

SERVES 2

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 7 HOURS

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. After a long marinade, our sweet-and-sour citrus sauce infused with a punch of fresh ginger complements it perfectly.

---

**1/4 cup** fresh orange juice

**1/4 cup** fresh lemon juice

**1/4 cup** cider vinegar

**1½ teaspoons** grated fresh ginger

**1 tablespoon** butter

**2 duck hindquarters**, with skin

**1 cup** Poultry Stock

**½ teaspoon** fresh thyme leaves

In a small saucepan, combine the orange juice, lemon juice, vinegar, and ginger. Bring to a boil, reduce the heat, and simmer, uncovered, for 2 to 3 minutes. Stir in the butter. Cool the marinade completely.

Place the duck in a large resealable plastic bag set in a shallow dish. Add the marinade and seal the bag; turn to coat. Marinate in the refrigerator for at least 6 hours or up to 24 hours.

Preheat the oven to 400°F.

Drain the duck, reserving the marinade. Shake off any excess marinade. Heat a large cast-iron or other ovenproof skillet over medium-high heat. Sear the duck hindquarters, skin-sides down, in the hot skillet until lightly browned, about 2 minutes. Flip the duck

and sear for 1 to 2 minutes longer. Remove the hindquarters. Drain the fat from the skillet, leaving just enough to coat the bottom.

Return the duck to the skillet, skin-side up. Add the stock, thyme, and reserved marinade.

Reduce the oven temperature to 350°F. Transfer the skillet to the oven and bake until the duck is tender and cooked through, 45 to 60 minutes. Remove the duck from the skillet, reserving the cooking liquid. Let the duck rest for 10 minutes.

Meanwhile, strain the cooking liquid through a fine-mesh sieve. In a small saucepan, bring the strained liquid to a boil over high heat. Cook, stirring occasionally, until the sauce is slightly reduced and thickened, 15 to 20 minutes. Serve the duck with the sauce.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

**Tip:** Save the rendered duck fat in a sealed glass container in the fridge to use for pan-frying eggs, burgers, root vegetables, and more!

---

#### NUTRITION PER 1 SERVING (OF 2)

Calories, 284 • Fat, 16g • Carbs, 10g • Protein, 25g

# SIMPLE BRAISED GUINEA FOWL

---

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 3 HOURS

Guinea hen has a very lean and tender dark meat whose flavor is reminiscent of pheasant. Because it is so lean, it is best prepared using a moist cooking method. Here, it's browned then braised in a bit of stock with bacon and herbs.

---

1 to 2 teaspoons salt, plus more to taste

1 whole guinea fowl (3 to 4 pounds)

1 tablespoon tallow

2 slices bacon, chopped (optional)

1 tablespoon fresh lemon juice

1 cup Poultry Stock or chicken stock

2 bay leaves

1 sprig fresh rosemary

1 sprig fresh thyme

Rub the salt all over the guinea fowl and let sit at room temperature for 1 hour.

In a large Dutch oven, melt the tallow over medium-high heat.

Brown the guinea fowl in the hot oil, 2 to 3 minutes per side.

Remove the fowl from the pan. If using, add the bacon to pan and cook, stirring frequently, until browned, about 3 minutes. Stir in the lemon juice and some of the stock. Cook and stir to scrape up any browned bits from the bottom of the pan.

Return the fowl to the Dutch oven. Add the bay leaves, rosemary, and thyme. Pour the remaining stock over all. Bring to a boil; reduce the heat to low. Cover and simmer, turning fowl halfway through

cooking, until an instant-read thermometer inserted into the thickest part of a thigh registers 160°F, about 1 hour.

Transfer the guinea fowl to a cutting board. Let rest for 15 minutes before carving as directed in [Roasted Lemon-and-Herb Whole Chicken](#). Discard the bay leaves, rosemary, and thyme. Drizzle the braising liquid and bacon pieces over the sliced meat, season with additional salt to taste, and serve.

Store any leftovers in a tightly covered container in the refrigerator for up to 4 days.

**Tip:** If desired, add sliced or halved stone fruit or cut-up peeled squash to the Dutch oven for the last 30 minutes of cooking to make a complete meal!

Substitution: In place of the tallow, you may use butter.

---

#### NUTRITION PER 1 SERVING (OF 4)

Calories, 266 • Fat, 10g • Carbs, 0g • Protein, 44g

# **ROASTED TURKEY WITH BALSAMIC-BLUEBERRY SAUCE**

---

**SERVES 6**

**ACTIVE TIME:** 10 MINUTES

**TOTAL TIME:** 1 HOUR

This makes a big batch of roasted turkey—because it's never a bad thing to have turkey leftovers. Slice them thin and layer with cheese in a Meat Flatbread, then use the cooking method from Roast Beef Panini to make a turkey panini. The sauce just adds to the flavor of the sandwich.

---

2 tablespoons butter

2 to 3 pounds boneless skinless turkey breasts or thighs

1 $\frac{3}{4}$  cups fresh blueberries

$\frac{1}{3}$  cup balsamic vinegar

$\frac{1}{3}$  cup pure maple syrup

1 tablespoon chopped fresh basil

Preheat the oven to 350°F.

In a large skillet, melt 1 tablespoon of the butter over medium-high heat. Sear the turkey pieces in the hot butter, 1 to 2 minutes per side. Transfer the turkey to a large shallow roasting pan.

In the same skillet, melt the remaining 1 tablespoon butter. Add the blueberries and cook and stir for 1 minute. Stir in the vinegar and maple syrup, bring to a boil, and reduce the heat. Simmer, uncovered, until the blueberries soften. Slightly mash the berries, then pour the sauce over the turkey.

Roast the turkey for 30 to 40 minutes, until the internal temperature is 165°F. Let the turkey rest 5 minutes before serving. Sprinkle with the basil and serve.

**Substitution:** In place of turkey, you may use other poultry, such as chicken or guinea fowl breasts or thighs.

---

**NUTRITION PER 1 SERVING (OF 6)**

Calories, 279 • Fat, 7g • Carbs, 18g • Protein, 36g



[Roasted Turkey with Balsamic-Blueberry Sauce](#)

# AUTUMN ROASTED DUCK WITH DELICATA AND PEAR BROTH

---

SERVES 3

**ACTIVE TIME:** 40 MINUTES

**TOTAL TIME:** 13 HOURS

Duck is a relatively lean protein compared to beef and lamb, with a lovely combination of rich taste and nutrients. Cooking the duck in its skin allows the meat to remain tender and provides a healthy serving of fat to make this a macronutrient-balanced meal. The duck is paired with delicata squash, pear, and orange, all of which complement the naturally sweet and hearty flavors of the meat. Don't toss the bones—save them to make a nutrient-dense bone broth for a chilly day (see Tip).

---

1 whole duck (4 to 6 pounds)

1 large delicata squash, unpeeled, seeded, and sliced 1 inch thick

1 medium orange, unpeeled, sliced

1 medium Anjou pear, peeled, cored, and quartered

1 tablespoon honey

1 teaspoon salt

¼ teaspoon grated fresh nutmeg

1 sprig fresh rosemary

9 cups chicken stock

Cut the duck into 6 pieces (2 wings, 2 breasts, and 2 hindquarters), leaving the skin intact. Remove any extra bones that result, and discard or compost.

In a large bowl, combine the duck pieces, squash, orange, and pear. Drizzle with the honey and sprinkle with the salt and nutmeg. Add

the rosemary sprig and pour the stock over all. Cover and chill overnight, 12 to 14 hours.

The next day, remove the duck pieces and pat dry with paper towels. Set the stock with the squash, orange, and pear aside.

Heat a Dutch oven over medium-high heat. Add the duck pieces, skin-sides down. Sear each side until the skin is lightly browned, about 2 minutes per side. Add the stock with the fruit, bring to a boil, and reduce the heat to low. Simmer, covered, until the duck is just a little pink in the middle, about 1 hour. Remove the duck from the stock.

Preheat the oven to 425°F.

Place the duck pieces, skin-sides up, on a rack in a shallow roasting pan. Roast until the skin is crispy, 12 to 15 minutes. Let the duck sit for 10 minutes.

Meanwhile, remove the squash and pear from the cooking liquid. Discard the orange slices and rosemary. Plate the duck in shallow bowls with the squash and pear. Spoon about ¼ cup stock over each serving.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

**Note:** Leave the skin on the duck when deboning. The skin is necessary to achieve the crispness in the final steps of the recipe.

**Tip:** The duck bones and remaining stock form the perfect base for a warming bone broth. Just add the bones and stock to a slow cooker along with additional water, if needed, to cover all of the bones. Add 1 teaspoon salt and cook on low for 24 hours. Strain and store as described in the [Chicken Bone Broth](#).

**Substitutions:** In place of the whole duck, you may use duck pieces, such as breasts, leg quarters, and thighs. In place of the honey, you may use glycine.

---

**NUTRITION PER 1 SERVING (OF 3)**

Calories, 284 • Fat, 16g • Carbs, 10g • Protein, 25g



Slow-Cooker Apple-Sage Carnitas

# SLOW-COOKER APPLE-SAGE CARNITAS

---

**SERVES 10**

**ACTIVE TIME:** 5 MINUTES

**TOTAL TIME:** 4 OR 8 HOURS

Carnitas means “little meats” in Spanish and traditionally refers to braising or simmering pork in fat—preferably lard—until it is meltingly tender. These carnitas are slow-cooked in a liquid of citrus, herbs, and apple for a punch of flavor. Eat them alone or pile them into Carnivore Tortillas.

---

1 tablespoon chopped fresh sage

1½ teaspoons fresh thyme leaves

1½ teaspoons salt

1 pork butt roast (4 to 5 pounds)

2 large green apples, peeled, cored, and sliced ½ inch thick (see Tip)

¼ cup fresh orange juice

2 tablespoons fresh lime juice

2 tablespoons cider vinegar

In a small bowl, stir together the sage, thyme, and salt. Pat the pork dry and rub the herb mixture over all sides. Place the slices from one apple in a layer in a 5- to 6-quart slow cooker. Place the pork on top of apple slices. Add the orange juice, lime juice, and vinegar.

Cover and cook on low for 8 hours, or on high for 4 hours, adding remaining apple slices the last 20 minutes of cooking.

Remove the pork to a cutting board and let cool slightly. Shred the meat with two forks. Remove the apples with a slotted spoon and serve with the pork. If desired, spoon some of the cooking juices over the meat.

Store any leftovers tightly covered in the refrigerator for up to 5 days.

**Tip:** Peel, core, and slice one apple at the start and keep the second one whole until just before adding it to the slow cooker.

**Tip:** Looking for crispy pork? In a large skillet, heat 1 tablespoon tallow over medium-high heat. Pat the shredded pork dry with paper towels. Add to hot tallow in skillet and cook, stirring occasionally, until pork is crisp, 3 to 4 minutes.

---

**NUTRITION PER 1 SERVING (OF 10)**

Calories, 346 • Fat, 22g • Carbs, 6g • Protein, 31g

# **SIMPLE BRAISED COUNTRY-STYLE PORK RIBS**

---

**SERVES 6**

**ACTIVE TIME: 15 MINUTES**

**TOTAL TIME: 4½ HOURS**

Country-style pork ribs aren't really ribs at all but rather come from the shoulder of the animal—specifically from the fatty, muscular section of the shoulder blade near the loin. They are usually boneless and rarely prepared like actual bone-in ribs (i.e., smoked and/or grilled). I love them because they are meatier than actual ribs. Braising in stock gives them clean, simple flavor and renders them incredibly tender.

---

2 to 3 pounds country-style pork ribs

1 to 2 teaspoons salt, plus more to taste

1 tablespoon tallow

1 tablespoon fresh lemon juice

2 cups Poultry Stock or Ruminant Stock

2 bay leaves

Homemade BBQ Sauce, for serving (optional)

Allow the ribs to sit at room temperature for 1 hour before cooking. Pat the ribs dry with paper towels and sprinkle all sides with the salt.

In a Dutch oven, heat the tallow over high heat. Add the ribs and brown on all sides, about 2 minutes per side. Remove the ribs from the Dutch oven. Add the lemon juice and a few tablespoons of the stock to the pot and stir to scrape up browned bits from bottom.

Return the ribs to the pot and add the remaining stock and the bay leaves. Bring to a boil; reduce the heat to low. Cover and simmer until tender, about 3 hours, turning the ribs over halfway through cooking.

Remove the ribs from the cooking liquid and arrange on a serving platter. Drizzle with a little cooking liquid and season to taste with additional salt. Serve with BBQ sauce if desired.

Store any leftovers tightly covered in the refrigerator for up to 5 days.

**Tip:** If desired, add stone fruit or squash the last 30 minutes of cooking.

---

**NUTRITION PER 1 SERVING (OF 6)**

Calories, 214 • Fat, 10g • Carbs, 0g • Protein, 31g



Simple Braised Country-Style Pork Ribs



Lemon-Balsamic Roasted Chicken

# LEMON-BALSAMIC ROASTED CHICKEN

---

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 35 MINUTES

Tarragon has an anise-y, licorice-like flavor that some people love and others . . . not so much. If you're in the latter category, basil is a good substitute in this simple yet flavorful bake.

---

4 boneless, skinless chicken thighs or breasts

1½ teaspoons Italian seasoning

½ teaspoon salt

¼ teaspoon dried lavender

¼ teaspoon dried tarragon

1 tablespoon butter, melted

Honey Balsamic Glaze

½ lemon

1 tablespoon chopped fresh parsley, for garnish

Preheat the oven to 400°F. Line a shallow baking pan with foil. Pat the chicken dry with paper towels and place in the pan.

In a small bowl, stir together the Italian seasoning, salt, lavender, and tarragon. Brush both sides of the chicken with the melted butter and sprinkle with the seasoning mixture.

Bake for 10 minutes. Brush the chicken with about half of the glaze, turn over, and brush the second sides with the remaining glaze.

Bake until done (165°F), 5 to 10 minutes longer.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

To serve, lightly squeeze lemon over the chicken and sprinkle with the parsley.

---

**NUTRITION PER 1 SERVING (OF 4)**

Calories, 145 • Fat, 5g • Carbs, 5g • Protein, 20g



# **SEAFOOD**

**From scallops over creamy zoodles to the perfect glazed salmon and even shrimp with carnivore grits, this chapter will satisfy all of your seafood cravings.**

**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

# **SEARED SCALLOPS AND ZOODLES WITH CILANTRO-CITRUS SAUCE**

---

**SERVES 4**

**ACTIVE TIME:** 20 MINUTES

**TOTAL TIME:** 20 MINUTES

In order to get a nicely browned crust on the scallops, you want them to sear not steam. To that end, make sure your scallops have been completely patted dry before adding them to the hot pan.

---

## **FOR THE CILANTRO-CITRUS SAUCE**

1 orange

1 lime

¼ cup plus 1 teaspoon butter

1 tablespoon minced peeled celeriac

1½ teaspoons chopped fresh cilantro

1 teaspoon honey

½ teaspoon salt, plus more to taste

## **FOR THE SCALLOPS AND ZOODLES**

1½ tablespoons tallow

2 pounds fresh sea scallops

2 medium zucchini, spiralized into noodles

Chopped fresh cilantro, for garnish

**Make the sauce:** Grate ½ teaspoon zest and squeeze 2 tablespoons juice from the orange. Grate ¼ teaspoon zest and squeeze 2 teaspoons juice from the lime.

In a small saucepan, melt the 1 teaspoon butter over medium heat. Cook the celeriac in the hot butter until crisp-tender. Reduce the heat to low. Add the orange and lime zest and juice, plus the

remaining  $\frac{1}{4}$  cup butter, cilantro, honey, and salt. Cook and stir until butter melts. Remove from the heat.

**Make the scallops and zoodles:** In a large skillet, melt 1 tablespoon of the tallow over medium-high heat. Add the scallops and cook until opaque and slightly browned, about 2 minutes per side. Remove the scallops from the skillet and keep warm.

Add the remaining  $\frac{1}{2}$  tablespoon tallow to same skillet. Pat the zucchini noodles dry. Add the zucchini to the hot skillet and cook and toss until lightly browned, about 2 minutes. Place the scallops over the zucchini, spoon the citrus sauce over all, and garnish with the cilantro.

Store any leftovers in separate tightly covered containers in the refrigerator for up to 3 days.

---

**NUTRITION PER 1 SERVING (OF 4)**

Calories, 281 • Fat, 13g • Carbs, 13g • Protein, 28g

# **EASY GRILLED OYSTERS WITH CILANTRO BUTTER**

---

**SERVES 2**

**ACTIVE TIME:** 15 MINUTES

**TOTAL TIME:** 40 MINUTES

A splash of fresh lime juice gives the butter that tops hot cooked oysters a pop of flavor. 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. Avoid oysters that are gaping open, dry, or that have an off smell. It's best to buy oysters the day—or the day before—you plan to cook them. After cooking, discard any oysters that don't open. For another variation, try swapping out the cilantro butter for our [Whipped Bone Marrow Spread](#).

---

**1/4 cup butter, softened**

**2 tablespoons fresh lime juice**

**1 tablespoon chopped fresh cilantro**

**12 fresh oysters**

**Salt to taste**

**1 lemon, cut into wedges**

In a medium bowl, stir together the butter, lime juice, and cilantro. Scoop the butter onto a sheet of wax paper and shape into a 3-inch-long log. Wrap in the wax paper and chill until firm, at least 30 minutes.

Preheat the grill to high. Scrub the oysters under cold running water. Place the oysters on the grill rack, flat-ends up, and grill until the shells pop open, about 5 minutes. Remove and discard the flat halves of the shells. Slide a knife under each oyster to cut the muscle from the shell.

Slice the butter log into 12 pieces. Return the oysters in their shells to the grill. Place a butter slice on each oyster. Grill until the butter melts. Remove the oysters from the grill, season to taste with salt, and serve with lemon wedges for squeezing over the oysters.

Store any leftover butter tightly covered in the refrigerator for up to 1 week and the oysters tightly covered in the refrigerator for up to 3 days.

**Notes:** In place of an outdoor grill, you may cook the oysters on a grill pan. It may take them longer to open if the heat is not as high.

**Substitutions:** In place of the butter, you may use ghee.

---

#### NUTRITION PER 1 SERVING (OF 2)

Calories, 194 • Fat, 16g • Carbs, 4g • Protein, 8.5g

# **CREAMY OYSTER DIP**

---

**SERVES 2**

**ACTIVE TIME:** 10 MINUTES

**TOTAL TIME:** 15 MINUTES

This savory dip is perfect for dipping jerky chips or spreading on slices or spears of crisp cucumber. Oysters, like liver, are jam-packed with nutrients like zinc, copper, iron, and selenium.

---

7 to 8 oysters

$\frac{1}{3}$  cup softened Cream Cheese

1½ teaspoons fresh thyme leaves, plus more for garnish

1½ teaspoons fresh lemon juice

$\frac{1}{4}$  teaspoon salt, plus more to taste

Place the oysters on a stovetop pan or grill and cook over high heat until the shells slightly open, 5 to 10 minutes. Use a knife to fully open the shells and remove the oyster meat.

In a blender or food processor, combine the oyster meat, cream cheese, thyme, lemon juice, and salt. Cover and blend or process until smooth. Transfer to a small bowl and season to taste with additional salt. Garnish with additional fresh thyme and serve.

Store the dip in a tightly covered container in the refrigerator for up to 6 days.

**Note:** To steam the oysters instead of grilling, scrub them under cold running water, and then pour about 2 inches of water into a pot. Place a metal colander into the pot and arrange the oysters on the colander. Bring the liquid to a boil, and then cover the pot with a lid to cook over high heat, shaking the pan occasionally, until the oysters open, 5 to 10 minutes.

**Tip:** If you don't have access to fresh oysters, use canned oysters and wash off any oil the oysters have been stored in before using in the recipe.

---

**NUTRITION PER 1 SERVING (OF 2)**

Calories, 154 • Fat, 14g • Carbs, 1.5g • Protein, 5.5g

# ZESTY SHRIMP AND CELERIAC GRITS WITH BACON

---

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 30 MINUTES

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).

---

2 pounds celeriac, peeled and cubed

2 cups Chicken Bone Broth

5 slices bacon

½ cup milk

2 tablespoons butter

1½ teaspoons salt, plus more to taste

1 pound shrimp, peeled and deveined

2 teaspoons chopped fresh oregano

2 tablespoons fresh lemon juice

In a large pot, combine the celeriac and broth. Bring to a boil; reduce the heat to low. Simmer, covered, until the celeriac is fork tender, about 20 minutes.

Meanwhile, heat a large skillet over medium-high heat. Add the bacon and cook until lightly crisped, 2 to 3 minutes per side.

Remove the bacon and drain on paper towels. Drain and discard excess drippings, leaving 2 tablespoons drippings in the skillet.

Drain the celeriac, reserving the broth. In a blender or food processor, combine the celeriac, milk, butter, salt, and ½ cup of the reserved broth. Process and blend until smooth. Transfer to a bowl. Crumble 3 slices of bacon and stir into the celeriac grits. Season to taste with additional salt.

In a large bowl, toss the shrimp with the oregano. Reheat the skillet with the bacon drippings over medium-high heat. Sauté the shrimp in the bacon drippings until opaque, turning once, about 4 minutes total. Crumble the remaining bacon and sprinkle over the shrimp. Drizzle with the lemon juice.

Spoon the celeriac grits into four serving bowls, top with the shrimp and bacon, and serve.

Store any leftovers in separate containers tightly covered in the refrigerator for up to 3 days.

**Substitutions:** For a dairy-free version, in place of the milk use additional broth or coconut milk. If using broth, the grits will not be as creamy, so consider adding 1 to 2 tablespoons bone marrow.

---

#### NUTRITION PER 1 SERVING (OF 4)

Calories, 307 • Fat, 11g • Carbs, 22g • Protein, 30g



Zesty Shrimp and Celeriac Grits with Bacon



Quick Maple-Glazed Salmon

# **QUICK MAPLE-GLAZED SALMON**

---

**SERVES 4**

**ACTIVE TIME:** 5 MINUTES

**TOTAL TIME:** 15 MINUTES

This tasty fish dish takes all of 15 minutes to make, start to finish—perfect for nights when time is particularly short. If you're not interested in the sweet maple glaze, try the quick and easy lemon zest variation we've provided instead.

---

**2 pounds salmon fillets, skin-on**

**1 orange**

**¼ cup pure maple syrup**

**1 tablespoon tallow, melted**

**1 tablespoon coconut aminos**

**½ teaspoon salt**

Position the oven rack 6 inches from the broiler element and heat the broiler. Line a rimmed baking sheet with foil. Place the salmon fillets, skin-side down, on the prepared baking sheet.

Grate 1 tablespoon zest and squeeze 2 tablespoons juice from the orange. In a small bowl, stir together the orange juice and zest, maple syrup, tallow, coconut aminos, and salt. Brush the salmon with the glaze.

Broil until the salmon flakes when tested with a fork, 8 to 12 minutes.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

**Tip:** For quick and easy Simple Baked Salmon (as mentioned in the Carnivore Meal Plan), omit the orange, maple syrup, and coconut aminos. Combine the melted tallow and salt with 1 teaspoon grated lemon zest and 1 tablespoon fresh lemon juice. Follow the directions above.

**Substitutions:** In place of the tallow, you may use butter.

---

**NUTRITION PER 1 SERVING (OF 4)**

Calories, 230 • Fat, 10g • Carbs, 12g • Protein, 23g



# **SAUCES AND DIPS**

**From the perfect complement to meatballs, to bringing out the best in your brisket, and burgers with the right touch of zest, this chapter proves why sauces and sides can take any dish from ordinary to extraordinarily delicious.**

**PORK AND DUCK RILLETTES**

**RUMAKI PÂTÉ**

**RUSTIC CHICKEN LIVER PÂTÉ**

**WHIPPED BONE MARROW SPREAD**

**TERIYAKI SAUCE**

**GRAVY 2 WAYS**

**TZATZIKI**

**NOMATO SAUCE**

**HOMEMADE BBQ SAUCE**

**HONEY BALSAMIC GLAZE**

# PORK AND DUCK RILLETTES

---

SERVES 8

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 4 HOURS

Rillettes is a French method of preservation—similar to confit—in which meat is seasoned and very slowly cooked submerged in fat. The cooked meat is then shredded and packed in sterilized jars. The most common confit is duck—the most common rillettes is pork. Here, they come together to create a delicious, nutritious spread or dip to enjoy with jerky chips.

---

1 pound boneless pork shoulder (Boston butt), cut into 1-inch cubes

1 pound duck legs

8 ounces pork belly or pork back fat, cut into 1-inch cubes

2 teaspoons fresh thyme leaves

2 bay leaves

1½ teaspoons salt, plus more to taste

¼ cup Chicken Bone Broth or other broth

Preheat the oven to 275°F.

In a Dutch oven, place the pork, duck legs, and pork fat. Add the thyme, bay leaves, and salt. Pour the broth over all. Bake, covered and stirring occasionally, until the meat is fork-tender, 2½ to 3 hours.

Remove the duck and pork from the Dutch oven, reserving the broth. Remove and discard the bay leaves. Let the meat cool slightly. When cool enough to handle, remove the duck meat from the bones. Shred the pork and duck using two forks. Transfer the meat to a large bowl. Skim the fat from the broth and set aside. Add ½ cup of the reserved broth to the meat in the bowl. Mash the meat

and broth together until smooth, adding more broth if necessary. Season to taste with additional salt.

Spoon the reserved fat over the rillettes to make a seal. Cover and chill in the refrigerator for at least 1 hour.

If properly packed into a clean jar with no air pockets, rillettes can be kept in the refrigerator for up to 6 months, provided the top surface is sealed with a layer of rendered fat and the jar is sealed shut with a tight-fitting lid.

---

**NUTRITION PER 1 SERVING (OF 8)**

Calories, 267 • Fat, 23g • Carbs, 0g • Protein, 15g

# RUMAKI PÂTÉ

---

SERVES 4

**ACTIVE TIME:** 15 MINUTES

**TOTAL TIME:** 1 HOUR 20 MINUTES

Rumaki is a classic 1950s appetizer of pieces of chicken liver and water chestnuts wrapped in bacon, glazed with brown sugar and soy, and baked. This pâté version of the classic offers up a delicious way to get big doses of protein, iron, vitamin B<sub>12</sub>, and folate. Use as a dip for jerky chips or spread some on Carnivore Bread.

---

1½ ounces sliced pork belly (or pork bacon or beef bacon)

3½ ounces chicken livers

2 large egg yolks

1 tablespoon soft butter, plus 1 tablespoon melted butter

1½ teaspoons chopped fresh parsley

½ teaspoon salt

In a large skillet, cook the pork belly over medium-high heat just until browned, about 3 minutes. (If using bacon instead, lightly cook over medium-high heat until lightly browned and softened.) Drain on paper towels, reserving the drippings in the skillet. Chop the pork belly or bacon and set aside.

Cook the chicken livers in the drippings in the skillet over medium-low heat until no longer pink, 7 to 10 minutes. Remove from the skillet and cool slightly.

In a blender or food processor, combine the pork belly (or bacon), chicken livers, egg yolks, the 1 tablespoon soft butter, parsley, and salt. Cover and blend or process until smooth.

Transfer the pâté to a small bowl. Pour the 1 tablespoon melted butter over the pâté. Cover and chill in the refrigerator until the butter layer is firm, about 1 hour. Serve as a dip or spread.

Store the pâté tightly covered in the refrigerator for up to 5 days.

---

**NUTRITION PER 1 SERVING (OF 4)**

Calories, 154 • Fat, 14g • Carbs, 0g • Protein, 7g

# RUSTIC CHICKEN LIVER PÂTÉ

---

SERVES 6

**ACTIVE TIME:** 15 MINUTES

**TOTAL TIME:** 7 HOURS 45 MINUTES

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. Eating liver in a pâté flavored with bacon, rosemary, and cinnamon is an excellent way to enjoy the health benefits of liver if you're not particularly a fan of its flavor.

---

2 tablespoons butter  
9 ounces chicken livers  
6 ounces ground beef  
 $\frac{1}{2}$  (2.5-ounce) bag pork rinds  
3 tablespoons Chicken Bone Broth  
1 tablespoon chopped fresh rosemary  
1 teaspoon salt  
 $\frac{1}{8}$  teaspoon ground Ceylon cinnamon  
6 to 8 slices bacon

Preheat the oven to 350°F.

In a large skillet, melt 1 tablespoon of the butter over medium heat. Add the chicken livers and cook until no longer pink on the outside but still slightly pink inside, 3 to 4 minutes.

In a blender or food processor, combine the chicken livers and ground beef. Cover and blend or process until combined. Add the pork rinds, broth, rosemary, salt, and cinnamon. Cover and blend or process until smooth.

Grease an 8 × 4-inch loaf pan with the remaining 1 tablespoon butter. Line the pan with bacon, overlapping slices slightly. Spoon

the pâté into the bacon-lined pan, spreading evenly. Use the back of a spoon to press the pâté firmly into the pan. Fold the bacon slices over the top to cover. If necessary, add additional bacon to cover the top completely.

Place a rack in a roasting pan. Place the loaf pan on the wire rack. Add enough water to come halfway up sides of loaf pan. Bake until firm and cooked through, about 1½ hours. Remove the loaf pan from the roasting pan and let the pâté cool on a wire rack. Cover and chill for at least 6 hours.

To unmold, use a thin metal spatula to loosen the pâté from the pan. Carefully transfer to a serving plate and cut into slices.

Store any leftovers tightly covered in the refrigerator for up to 10 days.

**Tip:** Soak the liver in milk, vinegar, or lemon juice for 1 to 2 hours before cooking to mellow the liver taste.

**Tip:** Use smaller loaf pans or muffin cups to make mini pâtés. Reduce the baking time to 1 hour.

**Substitution:** In place of chicken livers, you may use beef or pork liver.

---

#### NUTRITION PER 1 SERVING (OF 6)

Calories, 192 • Fat, 12g • Carbs, 0g • Protein, 21g

# **WHIPPED BONE MARROW SPREAD**

---

**SERVES 4**

**ACTIVE TIME:** 5 MINUTES

**TOTAL TIME:** 1 HOUR

This rich spread, jam-packed with nutrients, can be enjoyed by the spoonful or spread on jerky chips or a slice of Carnivore Bread.

---

1 beef femur bone, canoe cut (2 canoe-cut bones)

1 teaspoon fresh thyme leaves

½ teaspoon chopped fresh oregano

¼ teaspoon salt, plus more to taste

1 lemon, quartered

Preheat the oven to 400°F. Line a roasting pan with foil or parchment paper.

Place the bones, marrow-side up, in the roasting pan. Roast the bones until the marrow is soft, 20 to 30 minutes. Let cool.

When cool enough to handle, scoop the marrow from the bones and place in a mixing bowl. Chill in the fridge until the consistency of soft butter, about 10 to 15 minutes. Beat the marrow with an electric mixer on medium-high until thick and fluffy. Beat in the thyme, oregano, and salt. Season to taste with additional salt. If desired, squeeze lemon over the spread just before serving.

Store any leftovers tightly covered in the refrigerator for up to 5 days or in the freezer for up to 6 months. If frozen, allow to thaw in the refrigerator overnight before use.

---

**NUTRITION PER 1 SERVING (OF 4)**

Calories, 197 • Fat, 21g • Carbs, 0g • Protein, 2g

# **TERIYAKI SAUCE**

---

**MAKES  $\frac{1}{2}$  CUP**

**8 (1-TABLESPOON) SERVINGS**

**ACTIVE TIME:** 10 MINUTES

**TOTAL TIME:** 30 MINUTES

Commercially bottled teriyaki sauce contains soy, sugar, and preservatives. This easy homemade version doesn't have any of that. Having a batch on hand makes it easy to add flavor to simple meats or to replace commercial teriyaki sauces in recipes. Using the optional gelatin provides for more collagen in your meal.

---

1 teaspoon unflavored gelatin (optional)

1 tablespoon cold water (optional)

$\frac{1}{2}$  cup coconut aminos

$\frac{1}{4}$  cup plus 2 tablespoons white wine vinegar

2 tablespoons honey

1 tablespoon butter

$\frac{1}{2}$  teaspoon minced fresh ginger

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

If using, sprinkle the gelatin over the cold water in a small bowl; let sit for 3 minutes.

In a small saucepan, combine the coconut aminos, vinegar, honey, butter, ginger, and salt and cook over low heat until the butter melts. Whisk in the gelatin mixture (if using). Bring to a boil; reduce the heat. Simmer, uncovered, until the sauce thickens, 20 to 25 minutes. Cool completely.

Store any leftovers tightly covered in the refrigerator for up to 1 week. If using gelatin, the sauce is best used fresh (see Tip).

**Tip:** If using gelatin, the sauce will set up when cooled. To make it smooth again, reheat in a small saucepan over low heat.

---

**NUTRITION PER 1 SERVING (OF 8)**

Calories, 37 • Fat, 1g • Carbs, 7g • Protein, 0g

## **GRAVY 2 WAYS**

---

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, or over a pile of Egg Noodles or zucchini noodles—but we like them best ladled over crispy Pork Rind Waffles.

---

### **GROUND LAMB GRAVY**

**SERVES 2**

**ACTIVE TIME:** 15 MINUTES

**TOTAL TIME:** 15 MINUTES

4 ounces ground lamb

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

$\frac{1}{4}$  cup Cream Cheese

$\frac{1}{2}$  cup Beef or Chicken Bone Broth

Heat a medium skillet over medium-high heat. Add the ground lamb and sprinkle with the salt. Cook, stirring occasionally and breaking up the meat with a wooden spoon, until no longer pink, 3 to 4 minutes. Reduce the heat to medium-low. Add the cream cheese and cook, stirring, until softened. Add the broth and cook, stirring frequently, until thickened, about 10 minutes.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

**Substitutions:** In place of the lamb, you may use ground beef or pork. If using a leaner ground meat (such as ground beef), add 1 tablespoon butter to coat the pan before cooking.

---

**NUTRITION PER 1 SERVING (OF 2)**  
Calories, 218 • Fat, 18g • Carbs, 2g • Protein, 12g

## HERBED Drippings Gravy

**SERVES 2**

**ACTIVE TIME:** 15 MINUTES

**TOTAL TIME:** 20 MINUTES

**1/4 cup** reserved meat or poultry drippings (such as from the [Roasted Lemon-and-Herb Whole Chicken recipe](#))

**1 cup** broth

**1 teaspoon** unflavored gelatin

**2 tablespoons** cold water

**4 egg yolks**

**1/2 teaspoon** salt

**1/4 teaspoon** rubbed sage

**1 teaspoon** chopped fresh parsley (optional)

In a medium saucepan, combine the drippings and  $\frac{1}{2}$  cup of the broth. Cook over low heat, uncovered, until reduced by about half, 5 to 10 minutes. Remove from the heat.

Meanwhile, sprinkle the gelatin over the cold water in a small bowl and let stand for 5 minutes. In another small bowl, whisk together the egg yolks and remaining  $\frac{1}{2}$  cup broth until well combined.

Add the gelatin, yolk mixture, salt, and sage to the drippings mixture in the saucepan. Cook over medium-low heat, whisking constantly,

until thickened slightly, about 5 minutes. Remove from the heat; stir in the parsley, if using. Let stand until thickened, 2 to 3 minutes.

Store any leftovers tightly covered in the refrigerator for up to 5 days. If using gelatin, the sauce is best used fresh (see Tip).

**Tip:** If using gelatin, the sauce will set up when cooled. To make it smooth again, reheat it in a small saucepan over low heat.

---

**NUTRITION PER 1 SERVING (OF 2)**

Calories, 138 • Fat, 10g • Carbs, 0g • Protein, 12g

# TZATZIKI

---

SERVES 8

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 15 MINUTES

This yogurt-based sauce is the classic topping for Greek-inspired gyros. Be sure to squeeze as much water out of the grated cucumber as you can to ensure the sauce doesn't get too loose and watered down.

---

1 medium cucumber, seeded and grated

1 teaspoon salt

1½ cups Greek yogurt

2 tablespoons finely chopped fresh mint

1½ teaspoons Iberico pork fat, melted

2 tablespoons fresh lemon juice

Toss the grated cucumber with ½ teaspoon of the salt and place in a fine-mesh strainer over a bowl to drain for a few minutes. Transfer the cucumber to a double thickness of 100%-cotton cheesecloth or paper towels. Bring the corners up around the cucumber and squeeze to remove excess liquid.

In a large bowl, combine the yogurt, mint, Iberico fat, lemon juice, and remaining ½ teaspoon salt. Stir in the drained cucumber. Cover and chill until serving.

Store any leftovers tightly covered in the refrigerator for up to 5 days.

**Substitution:** In place of the Iberico fat, you may use regular lard or tallow.

---

NUTRITION PER 1 SERVING (OF 8)

Calories, 32 • Fat, 2g • Carbs, 2g • Protein, 1.5g

# NOMATO SAUCE

---

**MAKES 3 CUPS**

**4 (3/4-CUP) SERVINGS**

**ACTIVE TIME:** 20 MINUTES

**TOTAL TIME:** 40 MINUTES

This nightshade-free sauce is used in Braised Lamb Shanks, Meatballs and Spaghetti Squash, and Lamb and Kabocha Shepherd's Pie, but it can also be used as a tomato sauce replacement in most recipes. Make a double batch and freeze half.

---

2 cups chopped peeled butternut squash

3 medium carrots, chopped

2 slices bacon

1 teaspoon chopped fresh basil

1 teaspoon chopped fresh oregano

1/2 teaspoon chopped fresh parsley

3/4 cup beef or chicken broth

1 tablespoon butter

1/2 teaspoon salt

In a covered large pot, cook the squash and carrots in boiling water until very tender, about 20 minutes. Drain and set aside.

Meanwhile, in a large skillet, cook the bacon until brown but not crisp. Remove the bacon. Discard half of the drippings remaining in the skillet.

Add the squash, carrots, basil, oregano, and parsley to the drippings in the skillet. Cook over medium heat, stirring occasionally, until the vegetables start to brown, about 5 minutes.

Transfer the squash and carrots to a blender or food processor. Add the bacon, broth, butter, and salt, cover, and pulse until smooth.

Transfer to a tightly covered container and chill until desired consistency.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

---

**NUTRITION PER 1 SERVING (OF 4)**

Calories, 100 • Fat, 4g • Carbs, 13g • Protein, 3g



Homemade BBQ Sauce

# **HOMEMADE BBQ SAUCE**

---

**MAKES 2½ CUPS  
20 (2-TABLESPOON SERVINGS)**

**ACTIVE TIME: 10 MINUTES**

**TOTAL TIME: 30 MINUTES**

Commercial barbecue sauces are loaded with sugar—usually in the form of high-fructose corn syrup. This one is sweetened with pumpkin puree, honey, and molasses and it takes less than 30 minutes to make. Brush it on chicken or pork chops or ribs the last few minutes of grilling.

---

**¾ cup fresh or canned pumpkin puree**

**½ cup unsweetened apple sauce**

**½ cup cider vinegar**

**¼ cup coconut aminos**

**¼ cup balsamic vinegar**

**¼ cup honey**

**2 tablespoons molasses**

**1 tablespoon kosher salt**

In a blender or food processor, combine all the ingredients. Cover and blend or process until smooth. Transfer to a small saucepan. Bring to a boil. Reduce the heat and simmer, uncovered, until the sauce thickens, 20 to 30 minutes.

Store any leftovers tightly covered in the refrigerator for up to 1 week.

---

## **NUTRITION PER 1 SERVING (OF 20)**

**Calories, 30 • Fat, 0g • Carbs, 7.5g • Protein, 0g**

# HONEY BALSAMIC GLAZE

---

**MAKES  $\frac{1}{2}$  CUP**

**8 (1-TABLESPOON) SERVINGS**

**ACTIVE TIME:** 25 MINUTES

**TOTAL TIME:** 25 MINUTES

This easy glaze is a natural with chicken (see [Lemon-Balsamic Roasted Chicken](#)), but it's great on pork as well. Try it on a roasted or grilled pork tenderloin.

---

1 teaspoon unflavored gelatin (optional)

1 tablespoon cold water (optional)

1 lemon

$\frac{1}{2}$  cup honey

$\frac{1}{2}$  cup balsamic vinegar

If using, sprinkle the gelatin over the cold water in a small bowl and let stand for 3 minutes.

Grate  $\frac{1}{2}$  teaspoon zest and squeeze 2 tablespoons juice from the lemon. In a small saucepan, combine the lemon zest and juice, honey, and balsamic vinegar. Bring to a boil; reduce the heat. If using, stir in the gelatin until dissolved. Simmer, stirring occasionally, until reduced by half, 15 to 20 minutes.

Store any leftovers tightly covered in the refrigerator for up to 5 days. If using gelatin, the sauce is best used fresh (see Tip).

**Tip:** If using gelatin, the sauce will set up when cooled. To make it smooth again, reheat in a small saucepan over low heat.

**NUTRITION PER 1 SERVING (OF 8)**

Calories, 84 • Fat, 0g • Carbs, 21g • Protein, 0g



Honey Balsamic Glaze



# **BAKES AND REMAKES**

A carnivore dish for every craving! We've taken your favorite classics like pizza, bagels, waffles, and French toast and given them a crave-worthy carnivore makeover. Go ahead: Indulge!

**FLATBREAD 3 WAYS**

**PORK RIND WAFFLES**

**PLANTAIN BREAD**

**FRENCH TOAST STICKS WITH POACHED EGGS**

**THE REAL MEAT-LOVER'S PIZZA**

**CARNIVORE BREAD**

**ROAST BEEF PANINI**

**PUMPKIN AND SAGE RISOTTO**

**CARNIVORE WAFFLES WITH FRUIT COMPOTE**

**HAM AND EGG QUICHE WITH BUTTERNUT SQUASH CRUST**

**BEEF CHEEK TACOS WITH AVOCADO AND PINEAPPLE-BASIL SALSA**

**HONEY CINNAMON BAGELS**

**CARNIVORE TORTILLAS**



Flatbread 3 Ways

# **FLATBREAD 3 WAYS**

---

**SERVES 2**

**ACTIVE TIME: 15 MINUTES**

**TOTAL TIME: 1 HOUR 30 MINUTES**

This recipe combines some unsuspecting ingredients into a delicious, meat-based flatbread. The flatbread-remake has a rather neutral taste, but when paired with our suggested toppings (see [Ricotta and Roasted Grape Flatbread](#) and [Fig and Iberico Bacon Flatbread](#)), the outcomes are undeniably flavorful and indulgent! The Meat Flatbread is featured in several other recipes, including the [Roast Beef Panini](#); the [Minced Beef, Bacon, and Heart on Flatbreads](#); and would be an excellent way to use leftovers from the [Roasted Turkey with Balsamic-Blueberry Sauce](#) recipe . . . roasted turkey sandwiches, anyone?

---

## **MEAT FLATBREAD**

4 ounces ground lamb

3 large eggs

1 tablespoon unflavored gelatin

½ teaspoon salt

Preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper.

In a blender or food processor, place the lamb, eggs, gelatin, and salt. Cover and blend or process until smooth. Transfer the lamb batter to a bowl and chill for 30 minutes.

Use a thin metal spatula to spread the batter in the prepared pan, forming a rectangle.

Bake until firm and cooked through, about 30 minutes.

Store any leftovers tightly covered in the refrigerator for up to 5 days.

## **RICOTTA AND ROASTED GRAPE FLATBREAD**

**1 Meat Flatbread**

1 teaspoon tallow

2 ounces ricotta cheese

½ cup grapes, halved

¼ teaspoon chopped fresh thyme

Position the oven rack so the flatbread will sit 6 inches from the broiler element and heat the broiler.

Place the baked flatbread on a baking sheet and spread the tallow over the top. Broil until the edges are crisp, about 5 minutes. Turn off the broiler and set the oven to 450°F.

Spread the ricotta over the flatbread and top with the grapes and thyme. Bake until the grapes start to burst, 5 to 7 minutes.

**Substitution:** In place of the tallow, you may use butter.

# FIG AND IBERICO BACON FLATBREAD

You don't have to go with Iberico bacon, but it is worth seeking out. Made from native black Spanish pigs, it has much more fat and less lean meat than regular bacon, which makes it intensely flavorful. Once available only from importers, there are now several American producers making it from imported pigs, namely White Oak Pastures, a regenerative farm in Bluffton, Georgia.

---

2 slices Iberico bacon

1 Meat Flatbread

1 teaspoon tallow

1 ounce goat cheese (optional)

2 fresh medium figs, stemmed and sliced

1 teaspoon chopped fresh thyme

1½ teaspoons honey

1 teaspoon balsamic vinegar

Position the oven rack so the flatbread will sit 6 inches from the broiler element and heat the broiler.

Heat a medium skillet over medium-high heat. Cook the bacon in the hot skillet until lightly crisped, 2 minutes per side. Drain the bacon on paper towels, then chop into ½-inch pieces.

Place the baked flatbread on a baking sheet. Spread the tallow over the top. Broil until the edges are crisp, 5 to 6 minutes. Turn off the broiler and set the oven to 450°F.

If using, spoon the goat cheese on the flatbread. Top with the figs, thyme, and bacon. Bake until the cheese starts to melt and the figs soften, 8 to 10 minutes. Drizzle with the honey and vinegar and serve.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

**Substitution:** In place of the Iberico pork, you may use lamb, beef, or regular pork bacon.

---

**NUTRITION FOR MEAT FLATBREAD PER 1 SERVING**

Calories, 448 • Fat, 28g • Carbs, 1g • Protein, 48g

**NUTRITION FOR RICOTTA AND ROASTED GRAPE FLATBREAD PER 1 SERVING (OF 2)**

Calories, 152 • Fat, 19g • Carbs, 9g • Protein, 28g

**NUTRITION FOR FIG AND IBERICO BACON FLATBREAD PER 1 SERVING (OF 2)**

Calories, 152 • Fat, 22g • Carbs, 12g • Protein, 29g

# **PORK RIND WAFFLES**

---

**SERVES 2**

**MAKES 2 LARGE WAFFLES OR ABOUT 8 MINI WAFFLES**

**ACTIVE TIME: 15 MINUTES**

**TOTAL TIME: 15 MINUTES**

These fluffy waffles get nice and crispy in the waffle maker and can be made savory or sweet. Top them with either one of our gravies or a fruit compote.

---

4.5 ounces pork rinds

½ teaspoon salt

1 teaspoon baking powder

4 large eggs

¼ cup heavy cream

Tallow

Preheat a waffle maker per manufacturer's directions.

Add the pork rinds to a food processor or blender. Cover and process or blend until finely crushed. Transfer to a medium bowl and stir in the salt and baking powder.

In another bowl, whisk the eggs until lightly beaten. Add the cream and whisk until combined, then stir in the pork rinds and baking powder.

Lightly grease the waffle maker with a small amount of tallow. Add half the batter to the waffle maker; close the lid quickly and do not open until done. Bake according to manufacturer's directions. When done, use a fork to lift the waffle off the grid. Repeat with the remaining batter.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

**Substitution:** In place of the tallow, you may use butter.

---

**NUTRITION PER 1 SERVING (OF 2)**

Calories, 394 • Fat, 26g • Carbs, 5g • Protein, 35g

# PLANTAIN BREAD

---

SERVES 8

**ACTIVE TIME:** 5 MINUTES

**TOTAL TIME:** 50 MINUTES

Enjoy a slice of this banana-like bread with eggs for breakfast, as a snack, or as a side to any meat-based main course. Or, use a few slices (instead of Carnivore Bread) to make our [French Toast Sticks](#).

---

1½ teaspoons butter

1 tablespoon unflavored gelatin

¼ cup cold water

2 ripe plantains (1 pound), peeled and cut into chunks

2 large whole eggs

2 large egg whites

¼ teaspoon baking powder

⅛ teaspoon salt

Honey, for serving

Preheat the oven to 350°F. Grease the bottom and sides of an 8 × 4-inch loaf pan with the butter.

In a small bowl, sprinkle the gelatin over the cold water. Let sit for 5 minutes.

In a blender or food processor, combine the gelatin mixture, plantains, whole eggs, egg whites, baking powder, and salt. Cover and blend or process until smooth. Pour the mixture into the prepared loaf pan, spreading evenly.

Bake until the top is no longer wet and a toothpick inserted in center comes out clean, about 35 minutes. Let cool 10 minutes on a wire rack. Remove the loaf from the pan. Cool completely. Cut into 8 slices. Drizzle with honey and enjoy!

Store any leftovers tightly covered in the refrigerator for up to 4 days.

**Tip:** For a sweeter loaf, add 2 to 4 tablespoons pure maple syrup and  $\frac{1}{2}$  teaspoon ground Ceylon cinnamon to the batter.

---

**NUTRITION PER 1 SERVING (OF 8)**

Calories, 100 • Fat, 1g • Carbs, 18g • Protein, 4.5g

# **FRENCH TOAST STICKS WITH POACHED EGGS**

---

**SERVES 3**

**ACTIVE TIME:** 30 MINUTES

**TOTAL TIME:** 30 MINUTES

These maple-cinnamon-vanilla French toast sticks are even crispier than those made with wheat bread because they're made with pork rind-based Carnivore Bread (or Plantain Bread)! When the sticks hit the hot butter, the fat in the bread gets nice and browned and toasty.

---

## **FOR THE FRENCH TOAST STICKS**

2 large eggs

¼ cup milk

1 tablespoon pure maple syrup

¼ teaspoon ground Ceylon cinnamon

¼ teaspoon vanilla extract

⅛ teaspoon salt

3 to 4 slices Carnivore Bread, cut into ½-inch-wide sticks

1 tablespoon butter

## **FOR THE POACHED EGGS**

1 tablespoon vinegar

3 large eggs

Salt, to taste

**Make the French toast sticks:** In a large bowl, whisk together the eggs, milk, maple syrup, cinnamon, vanilla, and salt. Transfer to a shallow dish. Add the bread sticks, flipping each to coat both sides, and let sit a few minutes.

Melt the butter on a large griddle over medium-high heat. Cook the bread sticks, a few at a time, in the hot butter until golden brown and crisp, 2 to 3 minutes per side.

**Make the poached eggs:** Fill a large skillet halfway with water. Add the vinegar. Bring to a boil; reduce the heat to maintain a simmer (bubbles should begin to break surface of the water).

For a perfectly shaped poached egg, first crack an egg into a fine-mesh sieve to allow the thin egg whites around the edges to seep out. Gently tilt the sieve and slide the egg into the water. Repeat with remaining eggs, allowing space between eggs. Turn off the heat and cover the pot. Allow the eggs to cook in the hot water until the whites are completely set and the yolks begin to thicken but are still soft and runny, 2 to 3 minutes. Use a slotted spoon to carefully remove the eggs from the water and drain on paper towels. Season to taste with salt.

Serve the French toast sticks with the poached eggs. If you like, top with additional maple syrup, honey, fruit compote, additional salt, or other desired toppings. (This dish also pairs well with the Maple-Sage Breakfast Sausage.)

Store any leftovers tightly covered in the refrigerator for up to 4 days.



**Note:** The exact poaching time will depend on your preferred doneness. For firmer eggs, cook an additional minute.

---

**NUTRITION FOR FRENCH TOAST STICKS PER 1 SERVING (OF 3)**

Calories, 252 • Fat, 16g • Carbs, 1g • Protein, 26g

**NUTRITION FOR FRENCH TOAST STICKS AND 1 POACHED EGG PER 1 SERVING (OF 3)**

Calories, 252 • Fat, 21g • Carbs, 1.5g • Protein, 32g

# THE REAL MEAT-LOVER'S PIZZA

---

SERVES 8

(2 PIZZAS, 1 NOMATO BASIL AND 1 BBQ PINEAPPLE)

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 1 HOUR 20 MINUTES

Outside of burgers, pizza has to be the most popular food in America—maybe even the world. And while the carnivore diet obviously includes great burgers (see [Loaded Carnivore Code Smash Burgers](#), [Teriyaki Bone-Marrow Burgers with Plantain Buns](#), and [Powerhouse Burgers](#)), you may think you have to give up pizza. Not so. The crust for this pie is made with chicken, pork rinds, Parmesan cheese, eggs, and Italian seasoning. Top it in one of two ways: a simple take with nomato sauce, mozzarella, and basil; or go further afield with BBQ pineapple, ham, and mozzarella.

---

## FOR THE CRUST

6 ounces cooked chicken (see Tip), chopped  
3 ounces pork rinds  
2 ounces Parmesan cheese, shredded  
2 large whole eggs  
1 large egg yolk  
1 teaspoon Italian seasoning (see Tip)

[Nomato Basil Topping](#) or [BBQ Pineapple Topping](#)

**Make the crust:** In a blender or food processor, combine the chicken, pork rinds, Parmesan, whole eggs, egg yolk, and Italian seasoning. Cover and blend or process until smooth (mixture will be thick), stopping often to scrape down sides. Transfer to a medium bowl and chill until firm, about 30 minutes.

Preheat the oven to 400°F.

Divide the dough into two portions and shape each into a ball.

Line a pizza pan with parchment paper. Press the dough to form into a crust that is about  $\frac{1}{4}$  inch thick, building up sides to a  $\frac{1}{2}$ -inch thickness. Bake in the oven for about 8 to 10 minutes, until lightly browned. Remove from the oven and add desired toppings.

Bake until the cheese melts and toppings are heated through, about 10 more minutes.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

**Tip:** For 6 ounces of cooked chicken, start with about 7 ounces of raw boneless chicken: Place the chicken in a saucepan with enough water to cover. Bring to a boil; reduce the heat to low. Simmer, covered, until no pink remains, about 10 minutes. Drain the chicken and let cool. Pat dry with paper towels before using to make crust.

**Tip:** Make your own Italian seasoning! See [Juicy Skillet Pork Chops](#).

**Tip:** The amount of sauce needed will depend on the circumference of the crusts. Add additional sauce for larger crusts.

## NOMATO BASIL TOPPING

$\frac{1}{4}$  cup Nomato Sauce

3 ounces fresh mozzarella cheese, cubed or torn into small pieces

3 to 4 fresh basil leaves

**To top the crust:** Spread the nomato sauce over the pizza crust and top with the mozzarella and basil.

## BBQ PINEAPPLE TOPPING

$\frac{1}{4}$  cup Homemade BBQ Sauce

$\frac{1}{2}$  cup diced pineapple

$\frac{1}{2}$  cup shredded mozzarella cheese

$\frac{1}{3}$  cup chopped ham

$\frac{1}{2}$  teaspoon fresh thyme leaves

**To top the crust:** Spread the BBQ sauce over the pizza crust. Top with the pineapple, cheese, and ham. Sprinkle with the thyme.

### Get Adventurous!

Make this recipe nose-to-tail by adding liver as a topping: Dice 2 to 3 ounces liver into  $\frac{1}{4}$ -inch pieces, like little bits of pepperoni, and add to the pizza with the other toppings.

---

### NUTRITION FOR PIZZA CRUST PER 1 SERVING (OF 4)

Calories, 260 • Fat, 12g • Carbs, 0g • Protein, 38g

### NUTRITION FOR NOMATO BASIL PIZZA PER 1 SERVING (OF 4)

Calories, 324 • Fat, 16g • Carbs, 3g • Protein, 42g

### NUTRITION FOR BBQ PINEAPPLE PIZZA PER 1 SERVING (OF 4)

Calories, 356 • Fat, 16g • Carbs, 9g • Protein, 44g



The Real Meat-Lover's Pizza

# CARNIVORE BREAD

---

## MAKES 1 LOAF (12 SLICES)

**ACTIVE TIME:** 15 MINUTES

**TOTAL TIME:** 1 HOUR

This pork rind-based bread mimics the spongy texture of grain-based bread without a single grain. It is inspired by a recipe from Cody Zulfer—a longtime carnivore enthusiast. You'll be surprised just how fluffy and delicious this loaf turns out!

---

1 tablespoon butter, melted

9 ounces pork rinds

1 teaspoon salt

½ teaspoon baking powder

10 large whole eggs

2 large egg whites

Preheat the oven to 350°F. Use the butter to lightly grease an 8 × 4-inch loaf pan.

In a blender or food processor, blend or process the pork rinds until finely crushed. Transfer the crushed rinds to a medium bowl and stir in the salt and baking powder.

Separate the whole eggs. Place the yolks in a small bowl and set aside. Place all 12 egg whites in a large mixing bowl. Beat the whites with an electric mixer on high speed until stiff peaks form.

Fold half of the pork rind mixture into the whites. Add the remaining rinds, folding gently until combined. Lightly beat the yolks until smooth. Gently fold the yolks into the batter (batter may deflate slightly but should still hold a shape).

Spread the batter into the prepared pan. Use a spatula to make a small peak down the center of the loaf. Bake until no longer soft, 35 to 40 minutes.

Cool completely in the pan on a wire rack. Use a knife or thin metal spatula to loosen the edges of loaf from pan. Remove the loaf from the pan. Slice and enjoy!

Store any leftovers tightly covered in the refrigerator for up to 4 days.

**Substitution:** You may use tallow in place of the butter to grease the pan.

---

**NUTRITION PER 1 SERVING (OF 12)**

Calories, 110 • Fat, 6g • Carbs, 0g • Protein, 14g



Roast Beef Panini

# **ROAST BEEF PANINI**

---

**SERVES 2**

**ACTIVE TIME:** 10 MINUTES

**TOTAL TIME:** 10 MINUTES

This carnivore “panini” demonstrates how creative you can get with animal-based cooking. If you don’t have a panini press, cook the sandwich in a heated skillet or grill pan, pressing down with a spatula while cooking and flipping the sandwich halfway through—or you can place a heavy skillet on top of the sandwich, cook for 2 to 3 minutes, then remove the pan, flip the sandwich, and repeat.

---

**1 Meat Flatbread, halved**

**6 ounces Simple Beef Rump Roast**

**2 ounces provolone cheese, sliced**

**½ teaspoon salt**

**1 tablespoon tallow, melted**

Preheat a panini press. On one half of the flatbread, layer the beef and cheese; sprinkle with the salt. Top with the remaining flatbread half. Brush the top and bottom of the sandwich with the melted tallow.

Place the sandwich in the panini press. Close and cook until the cheese melts and bread is crisp, 4 to 6 minutes. Cut in half and enjoy!

Store any leftovers tightly covered in the refrigerator for up to 4 days.

**Tip:** Serve the sandwich with fresh sliced avocado and pork rinds.

**Substitutions:** In place of the rump roast you may use Swedish Roast Beef or your cold cut of choice. In place of the tallow, you may use butter.

**Get Adventurous!**

Make this recipe nose-to-tail by swapping in 6 to 8 ounces of thinly sliced Corned Lamb Heart for the rump roast beef!

---

**NUTRITION PER 1 SERVING (OF 2)**

Calories, 452 • Fat, 28g • Carbs, 1g • Protein, 49g

# PUMPKIN AND SAGE RISOTTO

---

SERVES 6

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 8 HOURS

The earthy, pungent flavor of sage has long been paired with the sweetness of pumpkin. The rich ingredients in this carnivore “risotto”—beef tendon and ground beef—hold their own against the dish’s mildly peppery taste with hits of mint, eucalyptus, and lemon.

---

8 ounces beef tendon

1 tablespoon tallow

1 pound ground beef

2 tablespoons chopped fresh sage

2½ cups fresh or canned pumpkin puree

¼ cup Beef Bone Broth

4 teaspoons fresh lemon juice

1½ teaspoons fresh thyme leaves

1½ teaspoons chopped fresh rosemary

1 teaspoon salt, plus more to taste

Place the tendon in a 3½- or 4-quart slow cooker and add enough water to cover. Cover and cook on low for 6 to 8 hours. Remove the tendon and let cool. Cut into chunks. In a blender with multiple blades to allow for proper ricing, pulse the tendon until the pieces resemble rice (⅛- to ¼-inch pieces).

In a large skillet, heat the tallow over medium-high heat. Cook the ground beef in the hot tallow, breaking up the meat with a wooden spoon, until browned, 3 to 4 minutes. Stir in the riced tendon and sage; cook for 2 minutes longer. Stir in the pumpkin, broth, lemon juice, thyme, rosemary, and salt. Cook over medium heat, stirring

constantly, until most of the liquid evaporates. Season to taste with additional salt.

Store any leftovers in a tightly covered container in the refrigerator for up to 4 days.

**Note:** If you do not have a blender with multiple blades, chop the tendon with a knife or snip with scissors into  $\frac{1}{8}$ - to  $\frac{1}{4}$ -inch pieces.

**Tip:** This is a great dish to make in advance or to double for leftovers. When chilled, the “risotto” tastes similar to leftover pizza!

**Substitution:** In place of the bone broth, you may use any broth or stock.

---

**NUTRITION PER 1 SERVING (OF 6)**

Calories, 234 • Fat, 10g • Carbs, 8g • Protein, 28g



Pumpkin and Sage Risotto



Carnivore Waffles with Fruit Compote

# **CARNIVORE WAFFLES WITH FRUIT COMPOTE**

---

**SERVES 1**

**(1 LARGE WAFFLE OR 4 MINI WAFFLES)**

**ACTIVE TIME: 10 MINUTES**

**TOTAL TIME: 20 MINUTES**

Cooking a ground lamb and egg batter in a waffle iron creates lots of flavorful crispy edges on the finished waffle. Top it with a strawberry, blueberry, peach, or blackberry compote for a sweet finish, or serve with poached eggs for a true carnivore breakfast.

---

4 ounces ground lamb

3 large eggs

½ teaspoon salt

1 tablespoon butter

Compote of choice (recipes below)

In a blender or food processor, combine the ground lamb, eggs, and salt. Cover and blend or process until smooth. Transfer the lamb mixture to a bowl and chill until firm, 10 to 15 minutes.

Grease a waffle maker with the butter and preheat. Add lamb mixture to cover waffle maker. Close the lid quickly and cook according to manufacturer's directions until the lamb is cooked through. Repeat with any remaining batter if making mini waffles.

Serve with fruit compote.

## **STRAWBERRY-BALSAMIC COMPOTE**

**MAKES 3 TO 4 CUPS**

**1 pound fresh strawberries, hulled and thinly sliced**  
**2 tablespoons pure maple syrup**  
**1 teaspoon balsamic vinegar**  
**½ teaspoon salt**

In a medium saucepan, combine all the ingredients. Bring to a boil; reduce the heat. Simmer, stirring occasionally, until reduced by half and desired consistency, about 5 minutes.

## **BLUEBERRY-LEMON COMPOTE**

**MAKES 3 TO 4 CUPS**

**1 pound fresh blueberries**  
**2 tablespoons pure maple syrup**  
**½ teaspoon grated lemon zest**  
**½ teaspoon salt**

In a medium saucepan, combine all the ingredients. Bring to a boil; reduce the heat. Simmer, stirring occasionally, until reduced by half and desired consistency, about 10 minutes.

## **VANILLA-PEACH COMPOTE**

**MAKES 3 TO 4 CUPS**

**1 pound peaches, peeled, pitted, and thinly sliced**  
**2 tablespoons pure maple syrup**  
**½ teaspoon salt**  
**½ teaspoon vanilla extract**

In a medium saucepan, combine the peaches, maple syrup, and salt. Bring to a boil; reduce the heat. Simmer, stirring occasionally,

until reduced by half and desired consistency, about 5 minutes. Stir in the vanilla.

## **BLACKBERRY-MINT COMPOTE**

**MAKES 3 TO 4 CUPS**

1 pound fresh blackberries  
2 tablespoons pure maple syrup  
1 tablespoon fresh orange juice  
 $\frac{1}{8}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon fresh chopped mint

In a medium saucepan, combine the blackberries, maple syrup, orange juice, and salt. Bring to a boil; reduce the heat. Simmer, stirring occasionally, until reduced by half and desired consistency, about 10 minutes. Stir in the mint.

To store the compotes, cool completely. Transfer to a tightly covered container and store in the refrigerator for up to 2 weeks. Compotes will thicken with chilling.

**Note:** If you prefer a smoother compote, use a fork to mash the fruit while it cooks.

**Tip:** Double or triple the batch of waffles and freeze extra! To thaw, leave them out of the freezer for a few hours and then pop in the toaster oven to reheat.

---

#### **NUTRITION FOR WAFFLES PER 1 SERVING (OF 1)**

Calories, 435 • Fat, 31g • Carbs, 1g • Protein, 38g

#### **NUTRITION FOR STRAWBERRY COMPOTE PER 1 SERVING (OF 4)**

Calories, 64 • Fat, 0g • Carbs, 15g • Protein, 1g

**NUTRITION FOR BLUEBERRY COMPOTE PER 1 SERVING (OF 4)**

Calories, 96 • Fat, 0g • Carbs, 23g • Protein, 1g

**NUTRITION FOR PEACH COMPOTE PER 1 SERVING (OF 4)**

Calories, 72 • Fat, 0g • Carbs, 17g • Protein, 1g

**NUTRITION FOR BLACKBERRY COMPOTE PER 1 SERVING (OF 4)**

Calories, 76 • Fat, 0g • Carbs, 18g • Protein, 1g

# HAM AND EGG QUICHE WITH BUTTERNUT SQUASH CRUST

---

SERVES 8

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 1 HOUR

If you eat dairy, this two-cheese quiche—Parmesan and mozzarella—makes an awesome breakfast, brunch, or dinner. It comes together surprisingly quickly, and leftovers (if there are any) reheat well.

---

1 medium butternut squash, peeled, halved lengthwise, seeded, and sliced  $\frac{1}{8}$  inch thick  
8 large whole eggs  
8 large egg whites  
1 cup milk  
 $1\frac{1}{2}$  teaspoons fresh thyme leaves  
1 teaspoon salt  
Pinch ground nutmeg  
8 ounces ham, chopped  
 $\frac{1}{4}$  cup grated Parmesan cheese  
 $\frac{1}{4}$  cup shredded mozzarella cheese

Preheat the oven to 425°F.

In an 8-inch square baking dish, arrange the squash slices in a single layer to cover the bottom. Stand additional squash slices around the edges to completely line the dish with squash.

In a large bowl, lightly beat the whole eggs, egg whites, milk, thyme, salt, and nutmeg to combine. Stir in the ham and Parmesan. Pour into the squash-lined baking dish.

Bake for 30 minutes. Sprinkle the mozzarella over the quiche. Bake until the center is set, 10 to 15 minutes longer.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

**Tips:** Save the yolks to make ice cream. Save any additional butternut squash pieces to roast in the oven: Toss the squash in some tallow and arrange in a single layer on a rimmed baking sheet. Bake at 375°F for 20 to 25 minutes, until tender and edges are lightly crisped.

**Get Adventurous!**

Make this recipe nose-to-tail by swapping in sweetbreads for the ham. Rinse 8 ounces sweetbreads under cold water and place in a large bowl. Add enough water to cover and 1 tablespoon cider vinegar. Let sit for 1 to 2 hours. Drain the sweetbreads and place in a medium pot. Add enough water to cover and ½ teaspoon salt. Bring to a boil. Reduce the heat to low. Simmer, covered, until a light beige color, 10 to 15 minutes. Drain and cool. Cut cooled sweetbreads into ½-inch pieces.

In a medium skillet, heat 1 tablespoon tallow. Add the sweetbreads and cook until lightly crisped, 2 to 3 minutes. Add to the egg mixture in place of the ham.

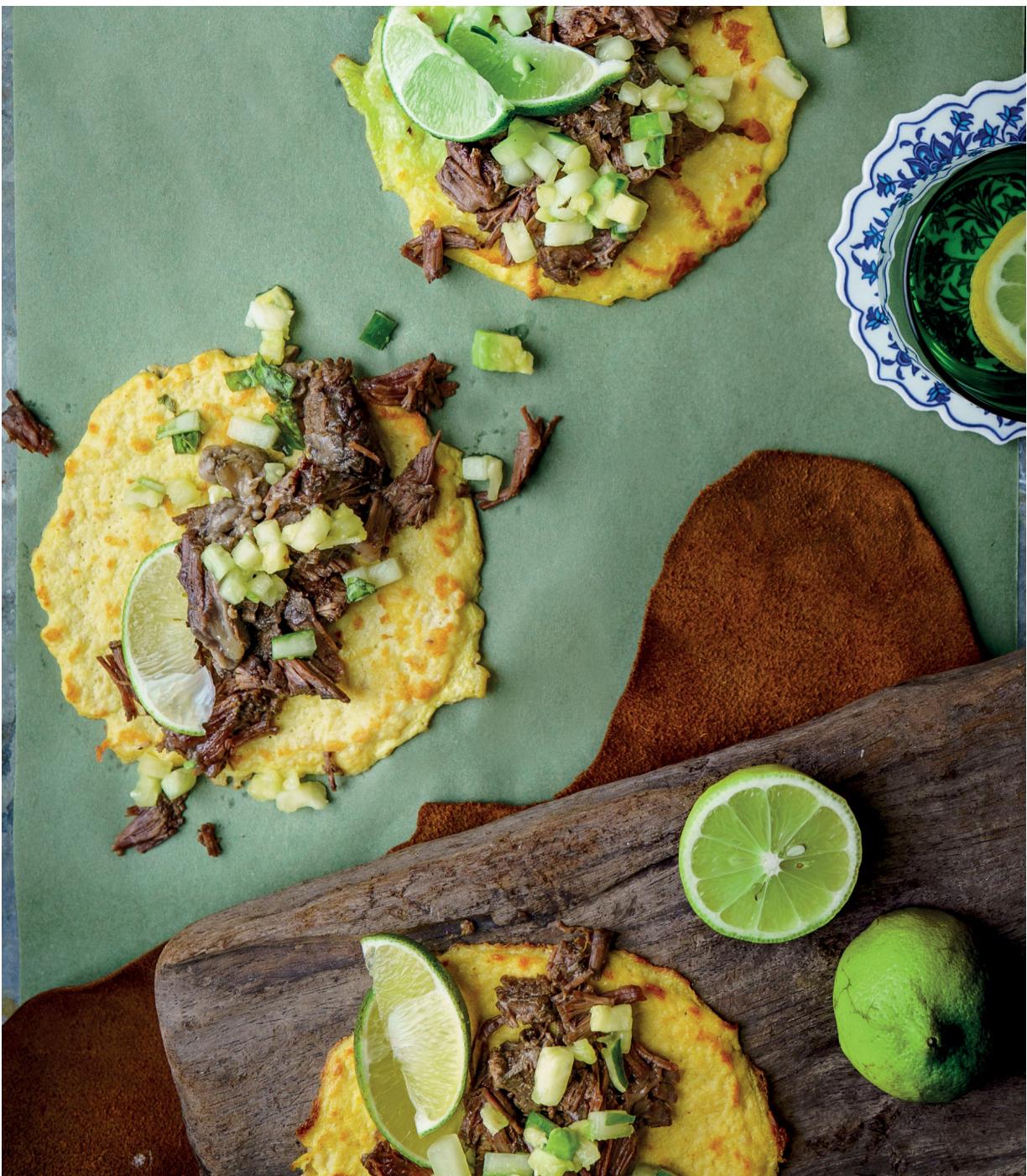
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**NUTRITION PER 1 SERVING (OF 8)**

Calories, 200 • Fat, 12g • Carbs, 4g • Protein, 19g



Ham and Egg Quiche with Butternut Squash Crust



Beef Cheek Tacos with Avocado and Pineapple-Basil Salsa

# BEEF CHEEK TACOS WITH AVOCADO AND PINEAPPLE-BASIL SALSA

---

**SERVES 3**

**ACTIVE TIME:** 20 MINUTES

**TOTAL TIME:** 18 HOURS

A soak in a simple citrus marinade followed by low and slow cooking transforms beef cheek from a tough and intimidating cut to light and tender shredded meat—perfect for piling inside soft carnivore tortillas and topping with a fresh nightshade-free salsa.

---

## **FOR THE BEEF CHEEK**

2 quarts water

¼ cup distilled white vinegar

¼ cup glycine

2 tablespoons kosher salt

1 tablespoon fresh lime juice

1 tablespoon fresh lemon juice

1 beef cheek (1 to 1½ pounds)

## **FOR THE SALSA**

2 cups diced pineapple

1 medium cucumber, peeled, seeded, and diced

2 small avocados, halved, seeded, peeled, and diced (see Note)

¼ cup loosely packed fresh basil, chopped

1 tablespoon fresh lime juice

½ teaspoon kosher salt

Carnivore Tortillas

**Prepare the beef cheek:** The day before, in a large pot, combine the water, vinegar, glycine, salt, lime juice, and lemon juice. Bring to

a boil. Remove from the heat; cool completely. Add the cheek to the brine; chill for at least 12 hours.

Remove the pot from the refrigerator. Bring to a boil. Reduce the heat, cover, and simmer for 6 hours.

Remove the cheek and let cool. Shred the meat using two forks.

**Make the salsa:** In a medium bowl, stir together all ingredients. Cover and chill for at least 1 hour.

Serve the shredded meat and salsa on carnivore tortillas.

Store leftover meat in a tightly covered container in the refrigerator for up 4 days.

**Note:** If you are making the salsa ahead of time, omit the avocado. Cut it up and stir into the salsa just before serving.

**Substitutions:** In place of the glycine powder, you may use 2 tablespoons honey in the cheek brine. In place of the cheek meat, you may use beef chuck roast.

---

#### NUTRITION FOR CHEEK MEAT, SALSA, AND TORTILLAS PER 1 SERVING (OF 3)

Calories, 431 • Fat, 19g • Carbs, 25g • Protein, 40g

# HONEY CINNAMON BAGELS

---

## MAKES 10 SMALL BAGELS

**ACTIVE TIME:** 15 MINUTES

**TOTAL TIME:** 35 MINUTES

Pork rinds and egg yolks give these bagels rich flavor, while beaten egg whites—a whole dozen—help them puff up in the oven to create a light and airy texture.

---

1 tablespoon butter, plus more for greasing pan

2 (4.5-ounce) bags pork rinds

1 teaspoon salt

½ teaspoon baking powder

10 large whole eggs, room temperature

2 large egg whites, room temperature

1 tablespoon plus 2 teaspoons honey

Ground Ceylon cinnamon (optional)

Salt (optional)

Preheat the oven to 350°F. Grease 10 cups of a doughnut pan with butter.

Place the pork rinds in a blender or food processor. Cover and blend or process until finely crushed. In a medium bowl, combine the pork rinds, salt, and baking powder.

Separate the eggs. In a medium bowl, lightly beat the yolks. Combine all 12 whites in the bowl of a stand mixer. Beat on high until stiff peaks form. Fold half of the pork rind mixture into the egg whites. Gradually fold in the remaining rind mixture. Gently stir in the yolks. Pour the batter into doughnut pan, filling to the top of each cup.

Bake for 10 minutes; remove from the oven. Turn the oven to 450°F. Melt the 1 tablespoon butter and brush over bagels. Drizzle ½

teaspoon honey over each bagel. If desired, immediately sprinkle with cinnamon and/or salt. Bake until the tops are light brown, 8 to 10 minutes longer.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

**Tip:** Serve bagels with Cream Cheese.

---

**NUTRITION PER 1 BAGEL (OF 10) WITH GLAZE**

Calories, 152 • Fat, 8g • Carbs, 3g • Protein, 17g



Honey Cinnamon Bagels

# CARNIVORE TORTILLAS

---

**SERVES 3  
(9 TO 10 TORTILLAS)**

**ACTIVE TIME:** 25 MINUTES

**TOTAL TIME:** 35 MINUTES

These rich-tasting chicken-based tortillas are the perfect substitute for grain tortillas and are most similar to corn tortillas. Try them for breakfast topped with fried eggs or in one of our taco recipes (see Beef Cheek Tacos with Avocado and Pineapple-Basil Salsa and Tongue and Sweetbread Tacos).

---

1 boneless, skinless chicken breast (5 ounces) (see Tip)

3 large or 4 small egg whites

2 large whole eggs

1 teaspoon fine salt

1 to 2 tablespoons tallow

Place the chicken in a medium pot and add enough water to cover. Bring to a boil. Reduce the heat and simmer, covered, until the chicken is no longer pink, about 10 minutes. Remove the chicken and let cool. Discard the cooking liquid.

Cut or shred the chicken into chunks. In a blender or food processor, combine the chicken, egg whites, whole eggs, and salt. Cover and blend or process until smooth. The batter should be similar to a thin pancake batter.

**Make the tortillas:** Heat a griddle or a large frying pan over medium-high heat and lightly grease with about  $\frac{1}{2}$  teaspoon tallow. Reduce the heat to low. For each tortilla, add 2 tablespoons batter to the griddle and use the back of the spoon to gently spread the batter into a circle,  $5\frac{1}{2}$  to 6 inches in diameter (about the size of a street taco). Cook the tortillas until almost done, about  $2\frac{1}{2}$  minutes

before flipping. To flip, carefully nudge one side of the tortilla with a spatula; if the tortilla does not easily lift onto the spatula, wait 30 seconds and try to flip again. Cook the second sides for about 1½ minutes, until lightly cooked through. Transfer to a plate and keep warm while cooking the remaining tortillas. Before cooking a second batch, turn off the heat and allow the griddle to cool for 1 minute. If the pan is too hot, the batter will not spread into a circle well.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

**Tip:** You may skip a step and use precooked chicken to make the tortillas. You'll need 4 ounces of cooked light or dark meat (or a mix of both).

**Tip:** Double your tortilla batch! Double or triple the tortilla recipe to make enough tortillas for the next few weeks. If frozen, leave the tortillas in the fridge for a few hours to thaw.

**Tip:** If you are using an electric stove, remove the griddle from the heat between batches to allow the pan to cool.

**Substitution:** In place of the tallow, you may use lard, butter, or ghee.

---

#### NUTRITION PER 1 SERVING (OF 3)

Calories, 100 • Fat, 4g • Carbs, 0g • Protein, 16g



# **NOSE TO TAIL**

Designed with the carnivore in mind and ideal for anyone who wants to up their nutrient intake, the recipes in this chapter are the most adventurous and undeniably nutritious in this entire book.

**MINCED BEEF, BACON, AND HEART ON FLATBREADS**

**SIMPLE BRAISED BEEF HEART**

**CRISPY BEEF TONGUE WITH BONE-MARROW SABAYON**

**THE SALADINO SPECIALTY**

**TONGUE AND SWEETBREAD TACOS**

**POWERHOUSE BURGERS**

**OXTAIL COTTAGE PIE**

**GLAZED MEATLOAF**

**BEEF CHEEK OFFAL STEW**

**CORNED LAMB HEARTS**

**BRAISED BACON-WRAPPED LAMB HEARTS**

**TROTTER GEAR**

**IRISH TENDON STEW**

**STUFFED SPLEEN “SPLURRITO”**

**LAMB AND KABOCHA SHEPHERD’S PIE**

# **MINCED BEEF, BACON, AND HEART ON FLATBREADS**

---

**SERVES 4**

**ACTIVE TIME:** 10 MINUTES

**TOTAL TIME:** 20 MINUTES

Cooking ground beef, a generous amount of bacon, and beef or lamb in tallow until crispy creates a delicious topping for meat flatbreads.

---

1 pound grass-fed ground beef

½ pound bacon, coarsely chopped

6 ounces beef or lamb heart

2 tablespoons coconut aminos

1 teaspoon kosher salt

1 tablespoon tallow

2 Meat Flatbreads, warmed

2 tablespoons finely chopped fresh parsley or basil

Place the ground beef, bacon, heart, coconut aminos, and salt in a food processor; pulse until finely chopped. (Be careful to not overprocess or you'll toughen the meat mixture.)

Heat the tallow in a large skillet over medium-high heat. Add the meat mixture and cook, stirring occasionally, until the meat is crispy and browned, about 10 minutes.

Spoon the crispy meat on top of the flatbreads and top with the fresh herbs.

Store any leftover meat tightly covered in the refrigerator for up to 5 days.

---

**NUTRITION PER 1 SERVING (OF 4)**

Calories, 753 • Fat, 57g • Carbs, 1g • Protein, 59g

# SIMPLE BRAISED BEEF HEART

---

SERVES 2

**ACTIVE TIME:** 10 MINUTES

**TOTAL TIME:** 1 HOUR 40 MINUTES

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. Browning the heart in tallow or butter gives it a nice crispy exterior. Braising it slowly in stock makes it meltingly tender.

---

1 pound beef heart, cut into 2-inch chunks or strips

1 teaspoon salt, plus more to taste

1 tablespoon tallow

1½ teaspoons fresh lemon juice

1 cup Ruminant Stock or beef stock

1 teaspoon fresh thyme leaves

1 sprig fresh rosemary

Season the beef heart with the salt. In a Dutch oven, melt the tallow over medium-high heat. Brown the beef heart in the hot tallow, stirring to brown evenly. Add the lemon juice and some of the stock and stir to scrape up the browned bits from the bottom of the pan. Add the remaining stock, thyme, and rosemary. Bring to a boil; reduce the heat. Simmer, covered, until the heart is tender, about 1½ hours. Discard the rosemary. Season to taste with additional salt.

Store any leftovers tightly covered in the refrigerator for up to 5 days.

**Substitution:** In place of the tallow, you may use butter.

NUTRITION PER 1 SERVING (OF 2)

Calories, 332 • Fat, 13g • Carbs, 0g • Protein, 40g

# **CRISPY BEEF TONGUE WITH BONE-MARROW SABAYON**

---

**SERVES 8**

**ACTIVE TIME:** 20 MINUTES

**TOTAL TIME:** 8 HOURS 20 MINUTES

Sabayon is a light, foamy Italian custard-like sauce that is usually sweetened with sugar and used as a topping for fresh fruit. Here, it gets a savory carnivore treatment—made with egg yolks, marrow, and salt and served with thin slices of crispy beef tongue.

---

## **FOR THE BEEF TONGUE**

1 beef tongue (2 to 3 pounds)

Salt, to taste

2 tablespoons tallow

## **FOR THE BONE-MARROW SABAYON**

6 large egg yolks

3 tablespoons boiling water

2½ ounces bone marrow

½ teaspoon salt

**Prepare the beef tongue:** Place the tongue in a slow cooker and add enough water to cover. Cover and cook on low for 8 hours, or until tongue is tender when tested with a fork.

Remove the tongue from the broth and let cool. When cool enough to handle, slit the skin with a knife and use your fingers to peel back and remove the skin. Slice the tongue ½ inch thick. Season with the salt.

In a large skillet, melt the tallow over medium heat. Add the tongue slices, a few at a time, to the hot tallow and cook, flipping once, until crisp, 6 to 8 minutes.

**Make the bone-marrow sabayon:** Fill the bottom pan of a double boiler with 1 to 2 inches water (or see Note). Bring to a boil.

In the double boiler insert, lightly beat the egg yolks. Beat in the boiling water in a thin stream to temper the yolks. Place the insert in the pan over the boiling water, making sure the bottom does not touch the water. Cook, stirring constantly, until the yolks thicken. Whisk in the bone marrow until melted; stir in the salt.

Serve the tongue with the sauce.

Store the tongue and sauce in separate containers in the refrigerator for up to 5 days.

**Note:** If you don't have a double boiler, you may use a saucepan and stainless-steel bowl for the insert.

**Substitution:** In place of the tallow and bone marrow, you may use butter.

---

**NUTRITION PER 1 SERVING (4½ OUNCES) BEEF TONGUE, COOKED IN TALLOW**  
Calories, 366 • Fat, 30g • Carbs, 0g • Protein, 24g

**NUTRITION PER 1 SERVING (OF 6) SABAYON**  
Calories, 153 • Fat, 15g • Carbs, 1g • Protein, 3.5g

# **THE SALADINO SPECIALTY**

---

## **SERVES 4, PLUS EXTRA BROTH**

**ACTIVE TIME:** 10 MINUTES

**TOTAL TIME:** 24 HOURS (BROTH) 30 MINUTES

This is my staple meal—blanched stew meat, bone broth, tendon, and liver. I eat it frequently because it covers a wide variety of nutrients and because blanching meat is a quick and easy prep that leaves it nearly raw but with a browned outer layer.

---

2 ounces beef liver

Beef Bone Broth, plus the trotters from making the broth (see Note)

1 pound beef stew meat, cut into 1-inch pieces

Salt, to taste

Cut the liver into ¼-inch pieces and freeze until firm.

Bring the broth to a simmer over medium heat. Use tongs to hold each piece of stew meat in the hot broth to blanch, about 45 seconds.

When the beef trotters are cool enough to handle, trim the tendons away and cut into bite-size pieces. Place the tendons, stew meat, and frozen liver on plates and serve with cups of hot broth. Season to taste with salt and enjoy!

Store any leftovers tightly covered in the refrigerator for up to 5 days.

**Note:** If you cannot find beef trotters for the beef bone broth, make Chicken Bone Broth and sub in 2 to 3 beef tendons for the chicken feet in the recipe.

**Tip:** If your liver comes frozen, allow to thaw in the fridge before cutting into pieces, and then refreeze the pieces.

---

**NUTRITION FOR STEW MEAT, BROTH, LIVER, AND 2 OUNCES COOKED TENDON  
PER 1 SERVING (OF 4)**

Calories, 295 • Fat, 7g • Carbs, 1g • Protein, 57g



Tongue and Sweetbread Tacos

# TONGUE AND SWEETBREAD TACOS

---

SERVES 6

ACTIVE TIME: 1 HOUR

TOTAL TIME: 8 HOURS

*Tacos de lengua* (beef tongue tacos) is a classic Mexican dish made with long-braised meat to counteract the natural toughness of the tongue. After 8 hours of cooking, it gets melt-in-your-mouth tender. This taco-remake combines two offals, tongue and sweetbread, for an undeniably nutritious meal packed full of flavor from the chimichurri and paired with a familiar side dish of root-based rice—a combination that will please everyone, even those who are weary of offal meat!

---

## FOR THE BEEF TONGUE

2 to 3 pounds beef tongue

1 tablespoon salt

3 bay leaves

## FOR THE AVOCADO CHIMICHURRI

1 medium avocado, halved, seeded, and peeled

¼ cup Ruminant Stock or beef stock

2 tablespoons chopped fresh cilantro

1½ tablespoons chopped fresh parsley

1 teaspoon salt

1 teaspoon fresh lemon juice

1 teaspoon fresh lime juice

1 teaspoon white vinegar

½ teaspoon chopped fresh oregano

## FOR THE SWEETBREADS

5 to 6 ounces sweetbreads (thymus or pancreas)

1 tablespoon cider vinegar

$\frac{1}{4}$  teaspoon salt, plus more to taste

1 tablespoon tallow

### **FOR THE CILANTRO-CELERIAC RICE**

1 large celeriac, peeled and cut into chunks

2 tablespoons tallow

$\frac{1}{4}$  cup chopped fresh cilantro

2 teaspoons fresh lime juice

$\frac{1}{2}$  teaspoon salt, plus more to taste

### Carnivore Tortillas

Chopped fresh cilantro, for garnish

**Prepare the beef tongue:** In a slow cooker, combine the tongue, salt, and bay leaves. Add enough water to completely cover the tongue. Cover and cook on low for 8 hours, or until tongue is tender when poked with a fork.

Remove the tongue from the broth, reserving the broth for serving and storing the tongue. Let cool. When cool enough to handle, slit the skin with a knife and use your fingers to peel back and remove the skin. Shred the tongue using two forks, starting with the thickest part of the tongue and working down to the tip. Transfer the shredded meat to a medium bowl. Add 3 to 4 tablespoons of the broth to keep the tongue moist until serving.

**Meanwhile, make the avocado chimichurri:** In a blender or food processor, combine all the ingredients. Cover and blend or process until smooth. Transfer to a bowl. Cover and chill until needed.

**Make the sweetbreads:** Rinse the sweetbreads under cold running water. Place in a medium bowl and add enough cold water to cover and the vinegar. Let soak for 5 minutes. Drain the sweetbreads and transfer to a large saucepan. Sprinkle with the salt and add enough water to cover. Bring to a boil; reduce the heat to low. Simmer, covered, until the sweetbreads are firm and light beige in color, about 15 minutes. Drain and let cool.

Pat the cooled sweetbreads dry with paper towels. Cut into  $\frac{1}{2}$ -inch pieces. In a skillet, melt the tallow over medium-high heat. Cook

and stir the sweetbreads until lightly browned and crisp, about 5 minutes. If desired, season with additional salt.

**Make the celeriac rice:** Place the celeriac in a blender or food processor. Cover and blend or process until pieces are the size of rice. In a large skillet, heat the tallow over medium heat. Sauté the riced celeriac in the hot tallow until tender, about 5 minutes. Transfer the celeriac to a bowl. Stir in the cilantro, lime juice, and salt.

**To assemble the tacos:** Spread a spoonful of the chimichurri onto each tortilla. Top with tongue and sweetbreads. To keep meat juicy, drizzle with a little broth. Serve with celeriac rice, garnish with additional cilantro, and season to taste with salt.

Store any leftovers tightly covered in the refrigerator for up to 5 days for the sweetbread and beef tongue (with the broth) and up to 3 days for the Cilantro-Celeriac Rice and Avocado Chimichurri.

**Note:** We love using the crispy sweetbreads instead of traditional cheese in the tacos. However, feel free to top them with your favorite shredded cheese for additional flavor.

**Substitutions:** In place of the tallow, you may use butter, ghee, or duck fat.

---

#### NUTRITION FOR TACOS WITH CELERIAC RICE PER 1 SERVING (OF 6)

Calories, 526 • Fat, 38g • Carbs, 11g • Protein, 35g

# POWERHOUSE BURGERS

---

SERVES 6

**ACTIVE TIME:** 25 MINUTES

**TOTAL TIME:** 55 MINUTES

These nutrient-rich offal burgers are a blank canvas. They can be served in (or on) a variety of buns or other vehicles and topped with just about anything you can think of—get some ideas in the box below!

---

1½ pounds ground beef

8 ounces beef heart

4 ounces beef liver

1 teaspoon salt

1 teaspoon fish sauce

Run the ground beef, heart, and liver through a meat grinder (or see Note). Transfer the meat mixture to a large bowl, add the salt and fish sauce, and mix well. Cover and chill for 30 minutes.

Shape the chilled meat mixture into six patties. Make a small indent in the middle of each patty with your thumb. (This prevents the burgers from swelling in the middle when cooked.)

**To grill:** Preheat the grill to medium (350°F to 375°F). Line a large grill basket with foil. Place the patties in the grill basket and grill for 6 minutes. Flip the patties and grill until done (160°F), about 6 minutes longer, or to desired doneness.

**To cook on stovetop:** Preheat a large skillet over medium-high heat. Add the patties to the hot skillet and cook for 3 minutes. Flip the patties and cook until done (160°F), or to desired doneness. Transfer the patties to plates and enjoy!

Store any leftovers tightly covered in the refrigerator for up to 5 days.

**Note:** If you do not have a meat grinder, place the liver and heart in the freezer for 30 minutes to stiffen. Then, pulse the liver and heart in a blender. Transfer to a large bowl and add the ground beef, salt, and fish sauce.

#### NUTRITION PER 1 SERVING (OF 6)

Calories, 303 • Fat, 19g • Carbs, 1g • Protein, 32g

## BYOB (BUILD YOUR OWN BURGER)!

---

Serve the powerhouse burgers on the bun of your choice, and add any toppings for more flavor! Here are some ideas . . .

### BUN IDEAS

Plantain Buns (in [Teriyaki Bone-Marrow Burgers](#))

Slider Buns (in [Lamb Sliders with Minted Kiwi Sauce](#))

[Carnivore Waffles](#)

Grilled or baked sweet potato rounds

A wedge of lettuce

### TOPPING IDEAS

Over-easy eggs

Avocado slices

Grilled pineapple slices

[Homemade BBQ Sauce](#)

# OXTAIL COTTAGE PIE

---

SERVES 6

**ACTIVE TIME:** 45 MINUTES

**TOTAL TIME:** 3 HOURS 45 MINUTES

Because of the high amount of bone and cartilage in oxtail, it is packed with collagen. It's a tough cut, so it's always best braised. It has a deep, rich beef flavor and makes awesome broth. (Save the bones and add them to your next batch of bone broth for extra collagen!) Because there's only one tail per animal, it can sometimes be tricky to find. Be sure to put your order in with the butcher or farmer well in advance of when you want to use it.

---

## FOR THE OXTAIL FILLING

2 to 2½ pounds oxtail

2 teaspoons salt

1 tablespoon tallow

4½ cups Beef Bone Broth

1 cup apple juice

3 sprigs fresh rosemary

¼ teaspoon ground cloves

3 medium apples, peeled, cored, and cubed

## FOR THE MASHED SQUASH TOPPING

1 small acorn squash

2 tablespoons bone marrow

2 tablespoons milk

¼ teaspoon salt

**Make the oxtail filling:** Sprinkle the oxtails with the salt. In a large 6-quart Dutch oven, heat the tallow over medium-high heat. Add the

oxtails and cook, stirring occasionally, until browned on all sides, about 6 minutes.

Add 4 cups of the broth, the apple juice, rosemary, and cloves and bring to a boil. Reduce the heat to low, cover, and simmer for 3 hours. Add the apples and remaining ½ cup broth. Cover and cook until the meat is tender, about 30 minutes longer.

Remove the oxtails, reserving the cooking liquid in pot. When cool enough to handle, remove the meat from the bones. Discard the bones. Shred the meat with two forks. If the cooking liquid has not thickened, remove the apples and bring the liquid to a boil over high heat. Cook until the consistency of a thick sauce. Discard the rosemary sprigs. Return the meat and apples to sauce.

While the oxtails are cooking, make the mashed squash topping: Preheat the oven to 350°F. Line a shallow baking pan with foil.

Halve the acorn squash lengthwise and remove the seeds. Place the squash halves, cut-sides down, in the foil-lined pan. Bake until tender, 45 to 60 minutes. Let cool.

Scoop the cooled squash from the skins and place in a medium bowl. Add the bone marrow, milk, and salt and stir to combine.

**Assemble the pie:** Preheat the oven to 450°F. Transfer the filling to a 9-inch pie plate. Use the back of spoon to spread in an even layer. Spoon the topping over the filling, spreading evenly. Use a spoon to swirl peaks in the topping. Bake until the topping browns, 12 to 15 minutes. Let stand for 5 to 10 minutes before serving.

Store any leftovers tightly covered in the refrigerator for up to 5 days.

**Note:** The filling becomes solid when cooled due to the gelatin in the oxtails. It is a great, cool “meat Jell-O” for leftovers!

**Tip:** To make the topping dairy-free, use broth in place of the milk.

**Substitutions:** In the filling, in place of the apple juice, you may use broth; and in place of the tallow, you may use butter. In the topping, you may use butter in place of the tallow.

---

**NUTRITION PER 1 SERVING (OF 6)**

Calories, 339 • Fat, 15g • Carbs, 25g • Protein, 26g



Oxtail Cottage Pie

# GLAZED MEATLOAF

---

SERVES 6

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 1 HOUR 15 MINUTES

This may not be your mama's meatloaf—she probably didn't use beef heart—but it's still comfort food in a high-protein package, with more nutrients than ever before.

---

Butter

1 (2.5-ounce) bag pork rinds

$\frac{1}{2}$  cup milk

1 pound ground beef

8 ounces beef heart, cubed

1 large egg

$\frac{1}{4}$  cup glycine

1½ tablespoons fish sauce

2 teaspoons salt

$\frac{1}{2}$  cup Homemade BBQ Sauce

Preheat the oven to 350°F. Grease the bottom and sides of an 8 × 4-inch loaf pan with the butter.

Place the pork rinds in a blender or food processor. Cover and blend or process until finely crushed. Transfer to a small bowl, stir in the milk, and let sit for 5 minutes.

In a blender or food processor, combine the ground beef, heart, egg, glycine, fish sauce, and salt. Cover and blend or process until well mixed. Transfer the meat mixture to prepared loaf pan and pat into a loaf shape in the pan. Brush with  $\frac{1}{4}$  cup of the BBQ sauce.

Cover with foil and bake for 30 minutes. Remove the foil and brush with the remaining  $\frac{1}{4}$  cup sauce. Bake, uncovered, until the internal temperature is 150°F and the top is firm, 15 to 30 minutes longer.

Let rest for 15 minutes. Remove the loaf from the pan, slice, and serve.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

**Substitutions:** In place of the milk, you may use Beef Bone Broth or other broth. In place of the glycine, you may use honey.

---

**NUTRITION PER 1 SERVING (OF 6)**

Calories, 276 • Fat, 16g • Carbs, 1g • Protein, 32g

# BEEF CHEEK OFFAL STEW

---

SERVES 6

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 4 HOURS

Delicata squash is a winter squash nicknamed “sweet potato squash” since it has a sweet flesh that caramelizes beautifully in the oven. Its small size makes it much easier to handle than other squashes, and it cooks much more quickly. It has a fairly short season, so if you can’t find it, substitute butternut. The squash pairs nicely, in both texture and taste, with the varying organs in this stew, resulting in a comforting, nutrient-dense dish—perfect for cooler temps and for times when extra nourishment is needed.

---

2 ounces suet, diced

1 pound beef cheeks

4 cups Beef Bone Broth

2 teaspoons honey

1½ teaspoons apple cider vinegar

3 bay leaves

1½ teaspoons salt, plus more to taste

1 teaspoon chopped fresh oregano

1 teaspoon chopped fresh thyme

7 ounces beef heart

4 ounces beef liver

4 ounces beef kidney

1 medium delicata squash, peeled, halved, seeded, and diced (optional)

Chopped fresh parsley, for garnish

In a Dutch oven or large saucepan, heat three or four pieces of the suet over high heat until melted. Add the beef cheeks and cook until

browned on both sides, 3 to 4 minutes. Add the broth, honey, vinegar, bay leaves, salt, oregano, and thyme and bring to a boil. Reduce the heat to low. Cook, with the lid partially off, for about 3 hours (there will only be a small amount of liquid left in the pot).

Meanwhile, rinse the heart, liver, and kidney under cold water and cut into 1-inch pieces. Transfer all to a blender, cover, and pulse until almost smooth.

Remove the cheeks from the cooking liquid and set aside until cool enough to handle. Using two forks, coarsely shred the cheeks.

To the Dutch oven, add the remaining suet, shredded cheeks, heart mixture, and squash (if using) and stir to combine. Cook, covered, over medium-low heat until the squash is tender, 20 to 30 minutes. Season with salt to taste. Discard the bay leaves. Sprinkle with the parsley and serve.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

**Substitutions:** In place of the beef cheeks, heart, liver, and kidney, you may use lamb. In place of the apple cider vinegar, you may use white vinegar.

---

#### NUTRITION PER 1 SERVING (OF 6)

Calories, 266 • Fat, 14g • Carbs, 8g • Protein, 27g



Corned Lamb Hearts

# CORNED LAMB HEARTS

---

SERVES 4

**ACTIVE TIME:** 15 MINUTES

**TOTAL TIME:** 72 HOURS

“Corning” is the process of pickling or brining a piece of meat. It got its name from Anglo-Saxon times, when meat was dry-cured with coarse grains of salt—some the size of kernels of corn. Brining—soaking in salt water—has since replaced the dry salt cure (and of course there’s refrigeration), but the name stuck. While corning is usually applied to beef brisket to tenderize it and give it flavor, it does the same for lamb heart.

---

3 cups water, plus more if needed

2 tablespoons honey

2 tablespoons salt

½ teaspoon ground Ceylon cinnamon

½ teaspoon dried thyme

½ teaspoon dried rosemary

2 bay leaves

4 lamb hearts (1 pound total)

In a small saucepan, combine 2 cups of the water, the honey, salt, cinnamon, thyme, rosemary, and bay leaves. Bring to a boil; reduce the heat. Simmer, uncovered, for 5 minutes. Cool completely.

Place the hearts in a food storage container and pour the brine over. If necessary, add water to completely cover the hearts. Cover and brine in the refrigerator for 3 days.

Transfer the hearts and brine to a medium pot. Add the remaining 1 cup water. Bring to a boil; reduce the heat. Simmer, covered, until tender, 2 to 2½ hours.

Let the hearts cool in brine. When cool enough to handle, remove the hearts from brine and slice into lengthwise strips. Reserve the brine to store any leftover heart.

Store the heart and some of the brine in a tightly covered container in the refrigerator for up to 5 days.

**Substitution:** In place of the honey, you may use glycine.

---

**NUTRITION PER 1 SERVING (OF 4)**

Calories, 180 • Fat, 8g • Carbs, 2g • Protein, 25g

# BRAISED BACON-WRAPPED LAMB HEARTS

---

SERVES 2

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 2 HOURS 15 MINUTES

Aromatic, piney rosemary is a classic flavoring for lamb chops and lamb roast—and it works the same magic on lamb heart. Plus, you can't go wrong with anything wrapped in bacon.

---

6 ounces lamb bacon

2 lamb hearts (6 to 7 ounces each)

1½ teaspoons chopped fresh thyme

1½ teaspoons chopped fresh rosemary

2 cups Beef Bone Broth

Salt, to taste

Preheat the oven to 285°F.

Place the bacon slices, side by side with edges touching, on a clean work surface. Place the lamb hearts on the bacon and sprinkle with the thyme and rosemary. Wrap the bacon around hearts and tie with 100%-cotton kitchen string.

Heat a large skillet over medium-high heat. Cook the bacon-wrapped hearts in the hot skillet until browned on all sides. Transfer to a casserole dish.

Drain the excess fat from the skillet. Add the broth to the skillet and bring to a boil, scraping up any browned bits. Pour the hot broth over the lamb hearts.

Bake until tender, 1½ to 2 hours. Remove the hearts from the broth and slice into medallions. Spoon the broth over the medallions, season to taste with salt, and serve.

Store the cooked lamb hearts and broth in a tightly covered container in the refrigerator for up to 5 days.

**Substitution:** In place of the lamb bacon, you may use beef or pork bacon.

---

**NUTRITION PER 1 SERVING (OF 2)**

Calories, 525 • Fat, 41g • Carbs, 0g • Protein, 39g

# TROTTER GEAR

---

(see photo)

**SERVES 8**

**ACTIVE TIME: 15 MINUTES**

**TOTAL TIME: 17 HOURS**

Our Trotter Gear is named because of its convenience and storage. Once cut into slices (or cubes), it can be used as a quick grab-and-go snack, perfect as part of one's "gear" when traveling. In more practical terms, it's great to have on hand to add a flavorful, collagenous boost to other recipes calling for stock or broth. Celeriac—also called celery root—is a knotty root with a crisp texture and light celery-like flavor. It can be used in soups and stews and, when mashed, makes a healthy substitute for mashed potatoes. In Trotter Gear, it adds an additional texture and flavor to the "meat Jell-O," which is great as a broth or a collagenous snack.

---

3 pig trotters

6 cups chicken stock

1 small celeriac, peeled and cut into ½-inch cubes

1 apple, peeled, cored, and cut into ½-inch cubes

2 medium carrots, cut into ½-inch cubes

¼ cup red wine vinegar

1½ teaspoons salt

3 bay leaves

2 sprigs fresh thyme

Rinse the pig feet under cold water to remove any impurities. Place in a large pot with all the remaining ingredients. Bring to a boil.

Reduce the heat and simmer, covered, until the meat pulls away from the bones, 4 to 5 hours.

Remove the trotters from the broth and let stand until cool enough to handle. Remove the meat, tendons, and skin from the bones. Discard the bones and tendons. Cut the meat into bite-size pieces and stir back into the broth in the pot.

Cover the pot and chill in the refrigerator for at least 12 hours, until the mixture sets. To serve, cut into 8 slices.

Store any leftovers tightly covered in the refrigerator for up to 4 days, or store as described in the Bone Broth recipes for longer use in the freezer.

**Note:** If you prefer to serve the trotter gear warm, heat a slice in a small saucepan over low heat until it becomes liquid.

**Note:** You can transfer the trotter gear to a different storage container before placing it in the fridge to cool. It will take the shape of whatever container it is stored in.

---

#### NUTRITION PER 1 SERVING (OF 8)

Calories, 234 • Fat, 14g • Carbs, 7g • Protein, 20g

# IRISH TENDON STEW

---

SERVES 8

**ACTIVE TIME:** 25 MINUTES

**TOTAL TIME:** 5½ HOURS FOR WARM STEW, OVERNIGHT FOR “MEAT JELL-O”

Beef tendons add lots of beefy flavor and a big shot of collagen to this hearty stew filled with purple sweet potatoes and other rustic flavors. On a cold night, 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.

---

2 slices bacon, chopped

1 pound beef tendons

1 pound carrots, cut into 1-inch pieces

6 cups Ruminant Stock or beef stock, plus more if needed

2 tablespoons balsamic vinegar

2 sprigs fresh rosemary

1 sprig fresh thyme

2 bay leaves

1 teaspoon salt, plus more to taste

1 tablespoon tallow

1 pound beef stew meat, cut into 1-inch cubes

1 pound purple sweet potatoes, peeled and cut into 1-inch pieces

2 apples, peeled, cored, and cut into 1-inch pieces

Preheat the oven to 325°F.

In a Dutch oven, cook the bacon over medium heat until crisp. Remove the bacon, reserving the drippings in pan. Drain the bacon on paper towels. Brown the tendons in the reserved drippings, about 3 minutes per side. Add the carrots and cook until lightly browned, 4 to 5 minutes. Add the stock, vinegar, rosemary, thyme,

bay leaves, and salt. Crumble the bacon and stir into the stew.

Bake, covered, for 4 hours.

Discard the rosemary, thyme, and bay leaves. Use a slotted spoon to remove the tendons to a cutting board. Let cool. Cut the tendons into bite-size pieces.

In a large skillet, heat the tallow over medium-high heat. Cook the stew meat in the hot tallow until browned on all sides. Transfer the meat to the stock in Dutch oven and stir in the tendon pieces, sweet potatoes, and apples. If necessary, stir in additional stock to come halfway up the meat and vegetables. Bake, covered, for 1½ hours longer. Season to taste with salt.

Store in an airtight container in the fridge for up to 4 days.

**Tip:** If desired, chill the stew in the fridge overnight—it will solidify into a meat Jell-O, so you can enjoy it as a “slice” of stew.

**Substitutes:** You may omit the bacon step and cook the tendons and carrots in 1 tablespoon tallow. In place of the purple sweet potatoes, you may use Japanese sweet potatoes or yams.

---

#### NUTRITION PER 1 SERVING (OF 8)

Calories, 300 • Fat, 4g • Carbs, 24g • Protein, 42g



Irish Tendon Stew

# **STUFFED SPLEEN “SPLURRITO”**

---

**SERVES 8**

**ACTIVE TIME:** 30 MINUTES

**TOTAL TIME:** 1 HOUR 15 MINUTES

In Morocco, stuffed beef spleen filled with highly seasoned ground beef filling is often enjoyed at the Muslim holiday Eid al-Adha. 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. You can do the same to any leftovers you have from this “splurrito”—a spleen burrito.

---

## **FOR THE FILLING**

1 small celeriac, peeled and cut into chunks

1 tablespoon butter

½ teaspoon coconut aminos

1 pound ground beef

3 ounces suet, chopped into ¼-inch pieces

2 large eggs, lightly beaten

½ cup Nomato Sauce

1 tablespoon fresh lemon juice

½ teaspoon salt

1 beef spleen (1 to 2 pounds)

Salt, to taste

**Make the filling:** Place the celeriac in a blender or food processor. Cover and pulse until the pieces are the size of rice grains. In a medium skillet, melt the butter over medium-high heat. Add the celeriac and cook, stirring occasionally, until lightly browned and crisp. Stir in the coconut aminos. Transfer to a large bowl. Stir in the ground beef, suet, eggs, nomato sauce, lemon juice, and salt. Mix with your hands until combined.

Preheat the oven to 400°F. Line a large rimmed baking sheet with parchment paper.

**Prepare the spleen:** Trim any excess fat from the spleen, wash gently, and pat dry with paper towels. Cut a slit large enough to fit your hand through one side of the spleen. Insert your hand into the spleen and work your way gently toward the opposite end to form a cavity that runs the length of the spleen, but leave the other end closed. Avoid poking any holes through the spleen.

Use your hands to insert the filling into the spleen, pushing the filling toward the closed end. Leave about 1 inch at the top to close. Use as much filling as you can, but do not overstuff the spleen or it may burst. The filling should fit firmly in the spleen. To seal, fold over the open end and secure with wooden toothpicks, or sew shut with 100%-cotton kitchen string. Place the stuffed spleen on the prepared baking sheet.

Bake the spleen until browned and firm, about 45 minutes, flipping after 20 minutes. Let cool completely before slicing. Season to taste with salt.

Store in an airtight container in the fridge for up to 4 days.

**Tip:** This dish is amazing as leftovers. Lightly fry the slices in some butter for a few minutes to reheat.

**Substitution:** You may use tallow to replace the butter.

---

#### NUTRITION PER 1 SERVING (OF 8)

Calories, 278 • Fat, 18g • Carbs, 5g • Protein, 24g



Lamb and Kabocha Shepherd's Pie

# LAMB AND KABOCHA SHEPHERD'S PIE

---

SERVES 6

**ACTIVE TIME:** 30 MINUTES

**TOTAL TIME:** 1 HOUR 45 MINUTES

Kabocha squash—also called Japanese pumpkin—is a large, dark green globe-shaped winter squash with pale green speckles and bright orange flesh. It tastes a bit like a cross between pumpkin and sweet potato, with a creamy, velvety texture. If you can't find it, butternut makes a good substitute in this hearty bake. The kabocha makes for a hearty, creamy topping on this nutrient-packed take on Shepherd's Pie. Despite containing both heart and liver, this pie is packed with so much flavor, we're certain you won't even taste the organs.

---

## FOR THE FILLING

1 slice bacon

2 medium carrots, chopped

8 ounces lamb heart, cut into ½-inch cubes

4 ounces lamb liver, cut into ½-inch cubes

1 pound ground lamb

½ cup Nomato Sauce

1½ teaspoons coconut aminos

1½ teaspoons red wine vinegar

1 tablespoon chopped fresh rosemary

1 tablespoon fresh thyme leaves

1 teaspoon salt, plus more to taste

## FOR THE TOPPING

1 medium kabocha squash (2½ pounds), peeled, seeded, and cut into cubes

¼ cup heavy cream

2 tablespoons butter

2 tablespoons bone marrow

1 teaspoon salt, plus more to taste

**Make the filling:** Cook the bacon in a large sauté pan or skillet over medium-high heat until browned but still soft, about 1½ minutes per side. Remove the bacon and drain on paper towels. Drain off half of the rendered bacon fat.

Add the carrots to the pan and cook until lightly browned, 3 to 4 minutes. Push the carrots to one side of the pan. Add the heart and liver and cook for 2 minutes. Stir in the ground lamb and cook, breaking the meat up with a wooden spoon, until browned, 6 to 8 minutes. Stir in the bacon, nomato sauce, coconut aminos, vinegar, rosemary, thyme, and salt. Cook for 2 minutes. Season to taste with additional salt. Transfer the filling to a 1½- or 2-quart casserole dish and set aside to cool.

Preheat the oven to 375°F.

**Make the topping:** In a large pot, cook the squash in enough boiling water to cover until very tender, about 15 minutes. Drain; mash the squash with a potato masher or handheld mixer. Add the cream, butter, bone marrow, and salt and mash until combined.

Spread the squash topping over the lamb filling. Use a spatula to swirl the topping to make peaks. Bake until the squash has started to turn golden brown, about 45 minutes. Let sit for 10 minutes before serving.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

**Note:** Only half a batch of nomato sauce is required for this recipe.

**Tip:** To keep the layers separate, it's important to allow the filling to cool to room temperature before adding the pumpkin.

**Substitutions:** In place of the bone marrow, you may use additional butter (or vice versa), and in place of the lamb heart and liver, you may use additional ground lamb.

---

**NUTRITION PER 1 SERVING (OF 6)**

Calories, 425 • Fat, 25g • Carbs, 23g • Protein, 27g



Lamb and Kabocha Shepherd's Pie



# **DESSERTS**

From ice cream, to cheesecake, and even pie, this chapter is filled with beautiful dessert options to satisfy any sweet craving.

**“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**

**“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**

# **“TAPIOCA” PUDDING**

---

**SERVES 4**

**ACTIVE TIME: 15 MINUTES**

**TOTAL TIME: 16 HOURS**

Even dessert can provide a great amount of protein and collagen. This honey-sweetened pudding gets thickened with collagen from tendons the same way traditional tapioca pudding is thickened with starch from tapioca pearls made from cassava root.

---

12 ounces beef tendons

4 large egg yolks

½ cup heavy cream

3 tablespoons honey

2 tablespoons butter, softened

¾ teaspoon salt

¼ cup raisins (optional)

The day before, place the tendons in a 3½- or 4-quart slow cooker and add enough water to cover. Cover and cook on low until the tendons can be cut with a knife but are still firm, about 6 hours. Remove the tendons from the liquid and cool overnight in the fridge.

Cut the tendons into chunks. Place in a blender with multiple blades (or see Note). Cover and blend until the pieces are the size of rice grains (⅛-inch pieces).

Add the egg yolks, cream, honey, butter, and salt. Cover and blend just until combined, 15 to 20 seconds. Transfer to a medium bowl. If desired, stir in the raisins. Cover and chill for at least 30 minutes. The pudding will thicken with chilling.

Store in a tightly covered container in the refrigerator for up to 4 days.

**Note:** If you do not have a blender with multiple blades, chop the tendons (or snip with scissors) into  $\frac{1}{8}$ - to  $\frac{1}{4}$ -inch pieces.

---

**NUTRITION PER 1 SERVING (OF 4)**

Calories, 382 • Fat, 22g • Carbs, 15g • Protein, 31g

# CARNIVORE FROSTING

---

SERVES 4

**ACTIVE TIME:** 5 MINUTES

**TOTAL TIME:** 1 HOUR 30 MINUTES

Most frostings found at the store are packed full of vegetable oils and preservatives. In this version, I've taken out all of the junk and simply combined two nutrient-dense items to make a rich, creamy treat. Spread on the Honey Cinnamon Bagels or Plantain Bread, or consume straight from the bowl.

---

1 beef femur bone, canoe cut (2 canoe-cut bones)

1 tablespoon honey

½ teaspoon salt

Preheat the oven to 400°F. Line a roasting pan with foil or parchment paper.

Place the bones, marrow-side up, in the roasting pan. Roast until the marrow is soft, 20 to 30 minutes. Let cool.

When cool enough to handle, scoop the marrow from the bones and place in a mixing bowl. Chill in the fridge until the consistency of soft butter, about 30 minutes.

Beat the marrow with an electric mixer on medium-high until thick and fluffy. Beat in the honey and salt.

Store any leftovers tightly covered in the refrigerator for up to 5 days, or in the freezer for up to 6 months. If frozen, allow to thaw in the refrigerator overnight before use.

---

## NUTRITION PER 1 SERVING (OF 4)

Calories, 197 • Fat, 21g • Carbs, 4g • Protein, 2g

# ALASKAN ICE CREAM

---

SERVES 3

**ACTIVE TIME:** 10 MINUTES

**TOTAL TIME:** 3 HOURS

This is a very rich, dense “ice cream” that is a remake of Alaskan ice cream (also called Eskimo ice cream), but more properly known as *akutaq* in the language of the Yupik, a group of Indigenous people of parts of Alaska and far eastern Russia. It is traditionally made with dried fish, caribou, and moose fat (no sweetener) and was taken on hunting and fishing expeditions as a convenient source of energy. While you could use moose fat in this recipe, tallow works just as well and packs just as much nutritional benefit—especially when combined with egg yolks. Enjoy a few spoonfuls of this “ice cream” from time to time as a cool, nutrient-dense treat.

---

**1/2 cup tallow, room temperature**

**1/2 cup honey**

**2 large egg yolks (optional)**

**2 cups mixed berries**

In the mixing bowl of a stand mixer, combine the tallow and honey. Beat on medium speed until fluffed. Beat in the egg yolks, if using. Fold in the berries.

Transfer the ice cream to a tightly covered freezer container and freeze until chilled, at least 2 to 3 hours.

Store any leftovers tightly covered in the freezer for up to 1 month.

**Note:** If tallow has been stored in the fridge, allow it to sit at room temperature until soft, about 2 hours.

---

**NUTRITION PER 1 SERVING (OF 6)**

Calories, 302 • Fat, 18g • Carbs, 29g • Protein, 1.5g

# PUMPKIN CUSTARD

---

SERVES 6

**ACTIVE TIME:** 5 MINUTES

**TOTAL TIME:** 1 HOUR

This creamy pumpkin bake—prepared in a water bath to help ensure even cooking and no cracking—will surely remind you of a cozy fall night.

---

1 tablespoon butter

4 large egg yolks

1½ cups fresh or canned pumpkin puree

½ cup heavy cream

2 tablespoons honey

¼ teaspoon ground Ceylon cinnamon

¼ teaspoon salt

⅛ teaspoon ground nutmeg

Preheat the oven to 350°F. Grease a 1½-quart baking dish with the butter.

In a large bowl, whisk the egg yolks and pumpkin until combined. Whisk in the cream, honey, cinnamon, salt, and nutmeg. Pour into the prepared baking dish. Place the baking dish in a roasting pan. Add enough hot water to the roasting pan to reach halfway up the sides of the baking dish.

Bake until the custard is set and a knife inserted in the center comes out clean, 45 to 50 minutes. Remove the custard from water and let cool on a wire rack. Chill until serving.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

---

**NUTRITION PER 1 SERVING (6)**

Calories, 145 • Fat, 9g • Carbs, 12g • Protein, 4g

# **PEACHES AND CREAM ICE CREAM**

---

**SERVES 6**

**ACTIVE TIME:** 25 MINUTES

**TOTAL TIME:** 1 HOUR 25 MINUTES

Late July to early September—when peaches are at peak season—is the best (it could be argued the only) time to make this fresh-peach ice cream. There is no substitute for a perfectly ripe peach, dripping with sweetness and juice.

---

3 medium peaches, peeled, pitted, and chopped into  $\frac{1}{2}$ -inch pieces

$\frac{1}{4}$  cup plus 2 tablespoons honey

$\frac{1}{2}$  teaspoon fresh lemon juice

2 large egg yolks

2 cups milk

1 $\frac{1}{2}$  cups heavy cream

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

$\frac{1}{4}$  teaspoon vanilla extract

In a small saucepan, cook the peaches over low heat until starting to release their juice. In a small bowl, combine the peaches, 2 tablespoons of the honey, and the lemon juice. Cover and chill.

In a large bowl, lightly beat the egg yolks. Whisk in the milk, cream, salt, vanilla, and remaining  $\frac{1}{4}$  cup honey. Cover and chill for at least 1 hour.

Stir the peaches into the cream mixture. Pour into a 1 $\frac{1}{2}$ - or 2-quart ice cream maker and churn according to manufacturer's directions. Transfer the ice cream to a freezer container, cover, and freeze until firm, at least 30 minutes.

Store any leftovers tightly covered in the freezer for up to 2 weeks.

**Note:** If you don't have an ice cream maker, pour the cream mixture into a freezer container. Stir in peaches. Freeze, stirring every 30 minutes, until firm, about 3 hours.

**Note:** You may use a blender instead of whisking the ingredients. The milk and cream will froth a little, but the froth reduces when frozen.

**Substitution:** In place of the honey, you may use pure maple syrup.

---

**NUTRITION PER 1 SERVING (OF 6)**

Calories, 344 • Fat, 20g • Carbs, 33g • Protein, 8g

# HONEY AND BLACKBERRY ICE CREAM

---

SERVES 6

**ACTIVE TIME:** 15 MINUTES

**TOTAL TIME:** 1 HOUR

If you can access it, definitely seek out raw milk for this ice cream. Raw milk from cows grazing on spring and summer grasses has a very subtle, natural sweetness. When paired with raw honey and fresh blackberries, there's nothing quite like it. You can make this with or without an ice cream maker (see Note).

---

2 cups fresh or frozen blackberries

3 large egg yolks

3 cups plus 2 tablespoons heavy cream

1 cup milk

6 tablespoons honey

In a small saucepan, cook the blackberries over low heat until they start to release juice but are still intact. Transfer the berries to a small bowl. Cover and chill.

In a large bowl, whisk together the egg yolks, cream, milk, and honey. Cover and chill for at least 1 hour.

Stir the berries into the cream mixture. Pour into a 1½- or 2-quart ice cream maker and churn according to manufacturer's directions. Transfer the ice cream to a freezer container. Cover and freeze until firm, at least 30 minutes.

Store any leftovers tightly covered in the freezer for up to 2 weeks.

**Note:** If you don't have an ice cream maker, pour the cream mixture into a freezer container. Stir in berries. Freeze, stirring every 30 minutes, until firm, about 3 hours.

**Note:** You may use a blender instead of whisking the ingredients. The milk and cream will froth a little, but the froth reduces when frozen.

**Substitution:** In place of the honey, you may use pure maple syrup.

---

**NUTRITION PER 1 SERVING (OF 6)**

Calories, 529 • Fat, 37g • Carbs, 37g • Protein, 12g



Ice Cream Cookie Sandwiches

# **ICE CREAM COOKIE SANDWICHES**

---

## **MAKES 3 LARGE COOKIE SANDWICHES**

**ACTIVE TIME:** 15 MINUTES

**TOTAL TIME:** 45 MINUTES

No matter how carefully we eat and watch what we put into our bodies, we all crave a treat once in a while. These carnivore ice cream sandwiches will satisfy that craving without the nefarious effects of grain or loads of sugar. A small amount of butter adds flavor, but the tenderness of the cookie comes mostly from suet.

---

### **FOR THE SUET CHIP COOKIES**

1 (2.5-ounce) bag pork rinds

½ teaspoon baking powder

⅛ teaspoon salt

2 large eggs

2 tablespoons honey

2 tablespoons butter

½ teaspoon vanilla extract

½ cup suet cubes (¼-inch pieces)

1 to 2 cups ice cream (see Tip)

**Make the cookies:** Place the pork rinds in a blender or food processor. Cover and blend or process until finely crushed. Transfer the pork rinds to a medium bowl and stir in the baking powder and salt.

In another bowl, whisk together the eggs, honey, butter, and vanilla. Add the egg mixture to the pork rinds and mix well. Stir in the suet cubes, cover, and chill until the batter thickens, about 20 minutes.

Preheat the oven to 350°F. Line a baking sheet with parchment paper.

Drop the batter onto the baking sheet in six portions. Spread each portion to a ½-inch thickness. Bake just until golden, 10 to 12 minutes. Transfer the cookies to a plate and let cool.

**Make the ice cream sandwiches:** Place the cookies in the freezer until firm. Remove the ice cream from freezer, and let sit until softened. Place a scoop of ice cream on the bottom sides of three cookies. Top with the remaining cookies, bottom-sides down, and press together. Scrape away any ice cream to even edges. Place in a tightly covered container and freeze. When you are ready to enjoy them, allow the sandwiches to thaw for a few minutes before consuming.

Store any leftovers tightly covered in the freezer for up to 2 weeks. The cookies can be stored in the refrigerator for up to 4 days.

**Tip:** For an easy vanilla ice cream, make the Cherry-Vanilla Ice Cream, but omit the cherries and add an additional ½ teaspoon vanilla extract.

---

#### NUTRITION FOR THE COOKIES PER 1 SERVING (OF 6)

Calories, 214 • Fat, 13g • Carbs, 6g • Protein, 11g

#### NUTRITION FOR 1 LARGE COOKIE SANDWICH (2 COOKIES + ½ SERVING OF ICE CREAM) PER 1 SERVING (OF 3)

Calories, 530 • Fat, 36g • Carbs, 26g • Protein, 25.5g

# **CHERRY-VANILLA ICE CREAM**

---

**SERVES 6**

**ACTIVE TIME:** 5 MINUTES

**TOTAL TIME:** 1 HOUR 45 MINUTES

Unless you pit a lot of cherries, you probably don't have a cherry pitter in your kitchen tools drawer. But there's a fast, easy way to pit a cherry without destroying it using something you likely have on hand: a paper clip. Unfold the paper clip lengthwise so that it forms a skinny "S" shape. Insert one end of the clip into the cherry and dig around until the pit pops out. It's worth the effort to create this rich, nutrient-dense ice cream. Raw milk makes it extra nutritious, but you can use pasteurized if preferred. You can make this with or without an ice cream maker (see Note).

---

**1½ cups heavy cream**

**1½ cups milk**

**2 large egg yolks, lightly beaten**

**¼ cup honey**

**1 teaspoon vanilla extract**

**⅛ teaspoon salt**

**3 cups sweet cherries, halved and pitted**

In a large bowl, whisk together the cream and milk. Whisk in the egg yolks, honey, vanilla, and salt until combined. Stir in the cherries.

If using an ice cream maker, chill the cream mixture for at least 1 hour, then pour into an ice cream maker and churn according to the manufacturer's directions. Transfer ice cream to a freezer container and freeze until firm, at least 30 minutes.

Store any leftovers tightly covered in the freezer for up to 2 weeks.

**Note:** If you don't have an ice cream maker, pour the cream mixture into a freezer container. Freeze, stirring every 30 minutes, until firm, 5 to 6 hours.

**Substitution:** In place of the honey, you may use pure maple syrup.

**Get Adventurous!**

Try using ½ cup colostrum in place of ½ cup of the milk.

---

**NUTRITION PER 1 SERVING (OF 6)**

Calories, 320 • Fat, 20g • Carbs, 28g • Protein, 7g



Cherry-Vanilla Ice Cream

# **STRAWBERRY-LEMON SHERBET**

---

**SERVES 6**

**ACTIVE TIME:** 10 MINUTES

**TOTAL TIME:** 6 HOURS

This frozen dessert is based on kefir, a fermented milk that has the texture of thin yogurt but many more gut-friendly probiotics. Not only does kefir reduce flatulence, promote regularity, and offer relief to upset stomachs right after you eat it—the benefits continue long after it's been digested. The helpful bacteria and yeast actually colonize in your GI tract to provide protection over the long term. Researchers have also found in animal studies that kefir contains a polysaccharide that can lower blood pressure and cholesterol. You can make this with or without an ice cream maker (see Note).

---

2 cups strawberries, hulled and chopped

2 large lemons

3 cups kefir

¼ cup pure maple syrup

3 large egg yolks

Cook the strawberries in a small saucepan over low heat just until starting to soften. Let cool.

Grate 2 teaspoons zest and squeeze ½ cup juice from the lemons. In a large bowl, mix together the lemon zest, juice, kefir, and maple syrup. Whisk in the egg yolks until smooth. Cover and chill for at least 1 hour.

Stir the strawberries into the kefir mixture. Pour into a 1½- or 2-quart ice cream maker and churn according to manufacturer's directions.

Store any leftovers tightly covered in the freezer for up to 2 weeks.

**Note:** If you do not have an ice cream maker, pour the kefir mixture into a freezer container and stir in strawberries. Freeze, stirring every 30 minutes, until firm, 5 to 6 hours.

**Note:** Before serving, let the sherbet sit at room temperature about 15 minutes. This sherbet is a bit icy due to the lack of heavy cream and artificial thickening agents, but tastes just as good as the unhealthy stuff.

**Tip:** The recipe results in a pleasant, tart taste, but if you prefer a sweeter dessert, add a few more tablespoons of maple syrup.

---

**NUTRITION PER 1 SERVING (OF 6)**

Calories, 154 • Fat, 6g • Carbs, 20g • Protein, 5g

# EGGNOG

---

**SERVES 6**  
**MAKES ABOUT 3 CUPS**

**ACTIVE TIME:** 5 MINUTES

**TOTAL TIME:** 1 HOUR

You can make this rich, spiced eggnog two ways. For a light and frothy eggnog, follow the recipe as directed, separating the eggs, whipping the whites, and then folding them into the rest of the ingredients. But if you'd like a creamy, more liquid eggnog (and less work), simply beat the whole eggs and stir in the remaining ingredients, then chill for 1 hour.

---

4 large eggs  
1½ cups milk  
1 cup cream  
¼ cup pure maple syrup  
1 teaspoon vanilla extract  
½ teaspoon ground Ceylon cinnamon  
¼ teaspoon ground nutmeg  
¼ teaspoon salt  
⅛ teaspoon ground cloves

Separate the eggs. Set the whites aside. In a large bowl, whisk together the egg yolks and remaining ingredients. Cover and chill for at least 1 hour.

In another large mixing bowl, beat the egg whites with an electric mixer on high speed until stiff peaks form. Whisk the egg whites into the chilled cream mixture. Chill until ready to serve.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

**Tip:** To make an eggnog milkshake, combine 1 cup ice cream and  $\frac{1}{2}$  cup eggnog in a blender, cover, and blend until smooth.

---

**NUTRITION PER 1 SERVING (OF 6)**

Calories, 291 • Fat, 23g • Carbs, 15g • Protein, 6g

# **“COOKIE DOUGH” BOATS**

---

**MAKES 8**

**ACTIVE TIME:** 5 MINUTES

**TOTAL TIME:** 25 MINUTES

When you need a single bite (or two) of something rich and sweet, these dates, stuffed with an unctuous honey-sweetened bone marrow filling “dough,” hit the spot. It’s almost like you’re eating traditional cookie dough . . . but better, and jam-packed with nutrients!

---

**3 ounces bone marrow**

**1 large egg yolk**

**1½ tablespoons honey**

**¼ teaspoon salt**

**8 dates, pitted**

In a small blender or food processor, combine the bone marrow, egg yolk, honey, and salt. Cover and blend or process until smooth. Transfer to a small bowl and chill until firm, about 20 minutes.

Split each date in half without completely separating the sides. Scoop about 1 tablespoon of the cookie dough into each date, folding the date around filling to make a boat.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

---

**NUTRITION PER 1 SERVING (OF 8)**

Calories, 167 • Fat, 9g • Carbs, 20g • Protein, 1.5g

# **VANILLA-MAPLE MARSHMALLOWS**

---

## **MAKES 16 MARSHMALLOWS**

**ACTIVE TIME:** 15 MINUTES

**TOTAL TIME:** 2 HOURS 15 MINUTES

The carnivore diet is packed with nutrient-dense and—let's face it—texturally dense foods. Meat is dense! But once in a while you might find yourself craving a bite of something light and airy and, yes, sweet.

---

2 tablespoons unflavored gelatin

1 cup cold water

¾ cup pure maple syrup

¼ teaspoon salt

1½ teaspoons vanilla extract

In a mixing bowl, sprinkle the gelatin over ½ cup of the water. Let stand for 5 minutes.

In a small saucepan, combine the maple syrup, salt, and remaining ½ cup water. Bring to a boil; remove from the heat. With mixer on low, beat the gelatin mixture while adding the boiling syrup mixture. Add the vanilla. Beat on high speed until creamy and fluffy, 7 to 10 minutes. (Increase mixer speed gradually to avoid splatters.)

Spread the marshmallow in an 8-inch square baking dish. Cover with plastic wrap and chill until firm, at least 2 hours. Cut into squares and serve.

Store any leftovers tightly covered in the refrigerator for up to 1 week.

---

### **NUTRITION PER 1 SERVING (OF 16)**

Calories, 46 • Fat, 0g • Carbs, 10g • Protein, 1.5g

# **SUPERCHARGED ICE POPS**

---

**MAKES 4 TO 6 (SEE NOTE)**

**ACTIVE TIME:** 5 MINUTES

**TOTAL TIME:** 4 HOURS

Cool down and charge up after a sweaty workout with these nutrient-dense frozen treats!

---

1 cup fresh mixed blueberries, blackberries, raspberries, and halved strawberries

1 large banana

2 large egg yolks

¼ cup milk

1 tablespoon pure maple syrup

1 teaspoon fresh lemon juice

In a blender or food processor, combine all the ingredients. Blend or process until smooth. Pour into ice pop molds and insert sticks. Freeze until firm, at least 4 hours.

Store any leftovers tightly covered in the freezer for up to 2 weeks.

**Note:** The number of ice pops depends on the size of the molds.

**Get Adventurous!**

Add 1 ounce uncooked liver to the recipe to really supercharge these ice pops! You can increase the amount of liver to 2 ounces once you're accustomed to the taste.

---

**NUTRITION PER 1 SERVING (OF 4)**

Calories, 111 • Fat, 3g • Carbs, 17g • Protein, 4g

# **NO-BAKE PUMPKIN PIE**

---

**SERVES 8**

**ACTIVE TIME: 15 MINUTES**

**TOTAL TIME: 4 HOURS**

This nicely spiced, honey-sweetened pie can be made with all raw ingredients—raw egg yolks, raw milk, and raw honey—so it is quick and easy to make and packed with nutrients that aren't compromised or destroyed by the heat of an oven.

---

## **FOR THE CRUST (OPTIONAL)**

1 (2.5-ounce) bag pork rinds

6.5 ounces Medjool dates, pitted (7 or 8 dates)

½ cup milk

## **FOR THE PUMPKIN FILLING**

2 tablespoons unflavored gelatin

½ cup cold water

3 cups fresh or canned pumpkin puree

½ teaspoon salt

½ teaspoon ground Ceylon cinnamon

¼ teaspoon ground nutmeg

½ cup milk

6 large egg yolks

½ cup honey

1 teaspoon vanilla extract

Whipped cream (optional)

**Make the crust (if using):** Place the pork rinds, dates, and milk in a blender or food processor. Cover and blend or process until fully combined. Press the crust over the bottom and up the sides of a 9-inch pie dish. Set aside while preparing the filling.

**Make the pumpkin filling:** In a medium saucepan, sprinkle the gelatin over the water. Let stand for 5 minutes.

Bring the water and gelatin to a simmer over medium heat and whisk in the pumpkin. Remove from the heat. Whisk in the salt, cinnamon, and nutmeg. Transfer to a large bowl. Let cool to 110°F.

Whisk the milk, egg yolks, honey, and vanilla into the pumpkin mixture. Pour the filling into the prepared crust (if using) or into a 9-inch pie plate, spreading evenly. Cover the surface with plastic wrap. Chill until set, 3 to 4 hours or overnight. If desired, serve with whipped cream.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

**Substitutions:** To make this recipe dairy-free, use coconut milk in place of the milk.

---

**NUTRITION (WITH CRUST) PER 1 SERVING (OF 8)**

Calories, 274 • Fat, 6g • Carbs, 43g • Protein, 12g

**NUTRITION (CRUSTLESS) PER 1 SERVING (OF 8)**

Calories, 156 • Fat, 4g • Carbs, 24g • Protein, 6g



[Yogurt Cheesecake with Blueberry-Lemon Compote](#)

# **YOGURT CHEESECAKE WITH BLUEBERRY-LEMON COMPOTE**

---

**SERVES 8**

**ACTIVE TIME:** 15 MINUTES

**TOTAL TIME:** 5 HOURS 15 MINUTES

Once you bake the crispy pork-rinds crust, this super-easy cheesecake just sets up in the fridge. It should be made the day before you plan to eat it.

---

## **FOR THE CRUST (OPTIONAL)**

5 ounces pork rinds

2 tablespoons butter, melted

2 tablespoons honey

## **FOR THE CHEESECAKE FILLING**

1 tablespoon unflavored gelatin

¼ cup cold water

1½ cups Cream Cheese

1½ cups Greek yogurt

4 to 5 tablespoons honey

2 to 3 tablespoons fresh lemon juice

2 teaspoons vanilla extract

1 batch of Blueberry-Lemon Compote

**Make the crust (if using):** Preheat the oven to 350°F.

Place the pork rinds in a blender or food processor. Cover and blend or process until finely crushed. Transfer the crushed pork rinds to a bowl and stir in the butter and honey until well mixed. Cover and chill for 10 to 15 minutes. Press the crumb mixture over the bottom and up the sides of a 9-inch pie dish. Bake until the crust is lightly golden, 8 to 10 minutes. Cool completely.

**Make the filling:** Sprinkle the gelatin over the cold water in a small saucepan. Let stand for 3 minutes. Stir over low heat until the gelatin is completely dissolved, about 5 minutes.

In a large bowl, whisk together the cream cheese, yogurt, honey, lemon juice, and vanilla until smooth. Whisk in the gelatin mixture. Pour the filling into the prepared crust (if using) or into a 9-inch pie plate. Chill for at least 5 hours or until set.

To serve, run a knife around the outside edge of the cheesecake to loosen it from pie plate. Cut into 8 wedges. Serve with compote.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

**Tip:** Choose your flavor! Use any of the fruit compotes in the [Carnivore Waffle recipe](#).

---

**NUTRITION FOR CHEESECAKE (WITH CRUST) WITH COMPOTE PER 1 SERVING (OF 8)**

Calories, 360 • Fat, 20g • Carbs, 23g • Protein, 22g

**NUTRITION FOR CHEESECAKE (CRUSTLESS) WITH COMPOTE PER 1 SERVING (OF 8)**

Calories, 248 • Fat, 16g • Carbs, 18g • Protein, 8g

# **BAVARIAN CREAM PIE WITH APPLE AND PEAR**

---

**SERVES 8**

**ACTIVE TIME:** 30 MINUTES

**TOTAL TIME:** 3 HOURS 30 MINUTES

The filling for this no-bake pie is classic Bavarian cream—milk thickened with eggs and gelatin into which whipped cream is folded. The only difference between the traditional version and this one is that ours swaps out sugar for raw honey. You can enjoy it two ways: Chill it for a creamy, fluffy filling or freeze it for a frozen-custard pie.

---

1½ teaspoons tallow

1 medium pear, peeled, cored, and sliced

1 medium apple, peeled, cored, and sliced

1 tablespoon unflavored gelatin

½ cup milk

½ cup boiling water

2 large egg yolks

3 tablespoons honey

½ teaspoon salt

¼ teaspoon vanilla extract

¾ cup heavy whipping cream

In a medium skillet, heat the tallow over medium heat. Add the pear and apple to the hot tallow and cook and stir until the fruit has softened, 7 to 8 minutes.

In a 7-inch pie plate, arrange the apple and pear slices in an even layer. Place in the freezer to cool quickly.

In a small bowl, sprinkle the gelatin over the milk. Let stand for 5 minutes. Pour the boiling water into a bowl and whisk in the gelatin mixture.

In another bowl, whisk together the egg yolks, honey, salt, and vanilla. Add to the gelatin mixture, whisking until combined.

In a medium bowl, whip the cream with an electric mixer on medium until stiff peaks form. Fold the whipped cream into the gelatin mixture. Spread the filling evenly over the fruit in the pie plate.

Chill the pie until set, 2 to 3 hours. Serve chilled. Or, for an ice cream pie, freeze the pie. Let the frozen pie sit at room temperature for 5 to 10 minutes before serving.

Store any leftovers tightly covered in the refrigerator for up to 4 days or in the freezer for up to 2 weeks.

**Substitution:** In place of the tallow, you may use butter.

---

**NUTRITION PER 1 SERVING (OF 8)**

Calories, 148 • Fat, 8g • Carbs, 15g • Protein, 4g



Bavarian Cream Pie with Apple and Pear



## APPENDIX



## **RESOURCES AND RECOMMENDED PRODUCTS**

**Following is a list of my top recommendations for products that make it easy to follow the Carnivore Code plan and make the recipes in this book.**

# RECOMMENDED SUPPLIERS

A local farmer is always best, but if you don't have a local farmer, here is my list of recommended suppliers and brands for different products:

PRODUCT	SUPPLIER/BRAND
Grass-fed beef	White Oak Pastures
Grass-fed lamb	White Oak Pastures
Pastured poultry (chicken, turkey, guinea)	White Oak Pastures
Pastured pork	White Oak Pastures
Pastured rabbit	White Oak Pastures
Pastured eggs	White Oak Pastures
Raw beef suet	White Oak Pastures
Raw lamb suet	White Oak Pastures
Iberico pork fat	White Oak Pastures
Pastured lard	White Oak Pastures
Tallow	White Oak Pastures
Collagen	Great Lakes Gelatin Company
Gelatin	Great Lakes Gelatin Company
Ghee	Gold Nugget Ghee
Seafood	Vital Choice
Glycine	Bulk Supplements
Cultures (for cheesemaking, yogurt, etc.)	New England Cheesemaking Supply Co.
	Cultures for Health
Pork rinds	Epic Baked Pink Himalayan Sea Salt Pork Rinds

Baking powder (corn-free)	Hain Featherweight
Salt	Maldon or Redmond
Desiccated organ supplements	Heart and Soil

## THE NUTRITION CODE APP

The Nutrition Code app was created to help you succeed on the Carnivore Code program by providing you the code to optimize your nutrition. It features a macronutrient calculator that is specific to a carnivore and/or animal-based diet and includes the plant-toxicity spectrum. Our custom algorithms will take into consideration all important factors that go into understanding your current metabolic rate and output a target macronutrient intake to help you reach your goals. The app also allows you to track your meals and add your own food items and recipes to allow for flexibility within the meal plans. Further, our app provides information beyond just macronutrients for every single food item an animal-based diet encompasses (yes, including all organ meats from all animals!). It breaks down each food into the specific micronutrients included, amino acid profile, fatty acid profile, etc.

The app also calculates your estimated methionine-to-glycine ratio, which you can learn the importance of in *The Carnivore Code*, chapter 12 under the section “Why Methionine/Glycine Balance Matters,” as well as the percent of polyunsaturated fatty acids in your diet, which Paul discusses the importance of under “What Really Causes Us to Get Sick” in this cookbook.

You can download the app by visiting the App Store or Play Store and searching “Nutrition Code.”



## **WHITE OAK PASTURES**

**WHAT IS WHITE OAK PASTURES?**

White Oak Pastures is a six-generation, 154-year-old family farm in Bluffton, Georgia, committed to returning the farm to its ancestral roots in regenerative farming. White Oak Pastures' regenerative farming practices focus on regenerative land management, humane animal husbandry, and revitalizing their rural community. Their radically traditional farming practices create products that are better for the land, livestock, and village. White Oak Pastures raises ten species of livestock: cattle, goats, sheep, hogs, rabbits, chickens, turkeys, ducks, geese, and guinea fowl, each of which plays a unique role in improving the health of the soil. Using rotational grazing and regenerative farming principles, White Oak Pastures takes great pride in providing customers with humane meat and poultry while regenerating dead soil into healthy, thriving grasslands.

They have a zero-waste production system that utilizes each part of the animals they pasture-raise and hand-butcher on their farm. They produce skincare products, soap, and candles from beef tallow, along with pet chews and leather items from cow hides.

Recognized as a leader in regenerative farming, White Oak Pastures received the Governor's Award for Environmental Stewardship in 2011 and the University of Georgia's Award of Excellence in 2008; was named the Most Respected Business Leader in Georgia; and received the Growing Green Award in 2014 and the Georgia Organics Land Steward Award in 2016.

All of the animal products in this book can be purchased on their website [whiteoakpastures.com](http://whiteoakpastures.com), where they ship across the US.

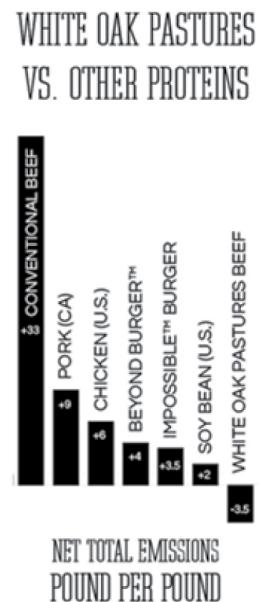
## **MORE INFORMATION ABOUT WHITE OAK'S REGENERATIVE FARM**

Many consumers are aware that carbon emissions from industrialized beef production contribute a significant amount to man-made climate change. The Food and Agriculture Organization (FAO) of the United Nations has estimated that livestock is responsible for at least 14.5 percent of greenhouse gases being released worldwide. With numbers like that, conventional wisdom

holds that a diet containing meat isn't compatible with climate change activism.

However, a Life Cycle Assessment (LCA) study conducted by a third-party sustainability science firm, Quantis, confirmed that White Oak Pastures is storing more carbon in its soil than its pasture-raised cows emit during their lifetime. The LCA analyzed the greenhouse gas footprint of White Oak Pastures, which included enteric emissions (belches and gas) from cattle, manure emissions, farm activities, slaughter and transport, and carbon sequestration through soil and plant matter.

*White Oak Pastures offsets at least 100 percent of their grass-fed beef carbon emissions and as much as 85 percent of the farm's total carbon emissions.* In other words, White Oak Pastures' grass-fed cattle sequester more carbon than they produce. This flies in the face of "conventional wisdom," showing that grass-fed beef and holistic land and animal management can be tools to help reverse climate change. A summary of the study can be found at <https://quantis-intl.com/casestudy/general-mills/>.





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With an understanding of the importance of sourcing high-quality ingredients, they've started their own regenerative farm (as first-generation, female farmers), where they raise their own livestock, providing themselves and others with high-quality nutrients. They're also passionate about sharing their farming journey in hopes of inspiring others to support regenerative agricultural practices or possibly begin farming themselves.

Through the creation of the delicious, nutritious, and animal-based recipes in this book, they're honored to be a part of your own health journey. May you never settle for average or give up on yourself or your health; and be open to learn, grow, and evolve along the way.



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