

The Complete Carnivore Diet Cookbook for Beginners:

**28 Days of Simple, High-Fat, Zero-Carb Recipes to Burn Fat,
Build Muscle, and Boost Energy | Quick & Easy Meat-Based
Meal Plan for Busy People**

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Every individual is different, and results may vary. This book is based on research, experience, and the testimonies of individuals who have followed a carnivore lifestyle—but no guarantees are made regarding the health, weight loss, or fitness outcomes for readers.

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Hello,

I'm Whitney Perry—and if there's one thing you should know about me, it's this: I love meat. Always have, always will.

Growing up (and living) in Texas, it's nearly impossible not to. Around here, meat isn't just food—it's tradition. It's celebration. It's family cookouts, smoky briskets, juicy steaks, ribs that fall off the bone. Meat is part of our culture, our heritage, and honestly... it just tastes incredible.

But as much as I love the flavour, I also care deeply about health, energy, and real strength. I've seen what ultra-processed foods and fad diets do to people—sluggish energy, blood sugar crashes, inflammation, weight gain, and confusion about what's "healthy" and what's hype. I knew there had to be a simpler way. A better way. And that way led me straight to the carnivore lifestyle.

What started as a personal experiment quickly turned into a passion. I felt leaner, clearer, more energized—and surprisingly full after meals. The more I learned, the more I knew I had to share this. Not as a trend, but as a way of eating that's satisfying, powerful, and sustainable.

This book is for people like me—and maybe like you—who:

Love meat unapologetically

Want to simplify their diet

Want to eat food that tastes good and actually makes them feel good

Are you tired of the endless cycle of restriction, guilt, and "cheat days"

You don't need gimmicks. You don't need to go hungry.

You just need real food, real fat, and real results.

Whether you're here to build muscle, burn fat, heal your body, or just enjoy a no-nonsense way to eat, this 60-day carnivore plan is my way of saying: You've got this.

Let's eat well, feel strong, and live fully—one delicious bite at a time.

Here's to meat, health, and Texas-sized results,

Whitney Perry

INTRODUCTION

WHAT IS THE CARNIVORE DIET?

What if the path to better health wasn't more complicated—but far simpler?

The Carnivore Diet is a no-nonsense, animal-based way of eating that focuses on what your body is designed to **thrive on**: meat, fish, eggs, and healthy animal fats. That's it. No carbs. No sugar. No processed junk. Just real, satisfying food that fuels energy, supports fat loss, and promotes healing from the inside out.

Think of it as the ultimate elimination diet—cutting out the foods that cause inflammation, digestive issues, fatigue, and weight gain, while loading up on the most nutrient-dense foods nature provides.

It's not about restriction.

It's about **resetting**—and finally feeling in control of your body again

HEALTH BENEFITS BACKED BY SCIENCE

More and more studies—and thousands of real people—are showing how the carnivore diet can transform your health. Here's what you can expect:

- ✓ Rapid fat loss, especially around the waist
- ✓ More energy throughout the day (no crashes)
- ✓ Zero bloating or digestive discomfort
- ✓ Clearer skin, stronger nails, and thicker hair
- ✓ Reduced inflammation, joint pain, and autoimmune symptoms
- ✓ Sharper mental focus and balanced mood
- ✓ Improved strength and recovery, thanks to high-quality protein and fats

And unlike fad diets that leave you feeling hungry and deprived, the carnivore way of eating is satisfying, satiating, and sustainable

WHO IS THIS BOOK FOR?

Let's be honest. Most diet books are filled with fluff, complex meal prep, or unrealistic expectations.

This book is different. It's for real people who want real results—without spending hours in the kitchen, counting macros, or hunting down exotic ingredients.

This book is for:

- ◆ **Beginners** looking for a simple, done-for-you plan
- ◆ **Busy people** who want meals in 30 minutes or less
- ◆ **Men and women** who want to lose fat, gain strength, and eat satisfying food
- ◆ **Anyone struggling with bloating, fatigue, or blood sugar issues**
- ◆ **Skeptics** who are curious to see what the carnivore diet can do for them

If you've tried keto, paleo, or low-fat diets and nothing stuck—this book is your reset. It's practical, straightforward, and built to fit your life.

WHAT TO EXPECT OVER THE NEXT 28 DAYS

This isn't just a recipe book. It's a **28-day transformation plan**, created to help you succeed every step of the way.

Over the next 4 weeks, you'll:

Eliminate cravings and sugar dependency

Lose stubborn fat and reduce inflammation

Regain energy, mental clarity, and physical confidence

Learn how to eat simply, joyfully, and with purpose

Each week includes: ✓ A balanced, flexible **meal plan**

✓ A **shopping list** using common, affordable ingredients

✓ Easy, **30-minute recipes** that taste amazing

✓ Practical tips to keep you motivated and on track

By Day 28, you'll not only feel like a new version of yourself—you'll have the tools to **keep going** for life.

HOW THIS BOOK IS DIFFERENT

You won't find any unrealistic promises here.

No complex macros. No overpriced supplements. No strict calorie tracking.
Just a clear, doable plan based on **real food and real results**.

Here's what makes this book stand out:

- ✓ **Grocery store ingredients only** – No hunting for obscure items
- ✓ **All meals ready in 30 minutes or less** – Perfect for busy lifestyles
- ✓ **Simple, delicious recipes** – No fancy cooking skills needed
- ✓ **A complete 28-day meal plan** – No guesswork, just results
- ✓ **Support for beginners** – With tips, FAQs, and real-world guidance

Whether you're starting fresh, coming from keto, or just tired of complicated diets that don't work—this book gives you the structure, the recipes, and the momentum to **finally take control of your health**.

So grab a fork.

Fire up your skillet.

And get ready to experience how **simple, satisfying, and powerful** the carnivore lifestyle can truly be.

Your 28-day transformation starts now.

Carnivore Diet Essentials

Eat simply. Fuel deeply. Thrive naturally

The Carnivore Diet, Simplified

The Carnivore Diet strips nutrition down to its most essential, primal form: animal foods only.

At first glance, it may seem extreme—but in reality, it's one of the simplest and most biologically appropriate ways to eat. You're not counting calories. You're not chasing trends. You're eating the most nutrient-dense foods on Earth and eliminating everything that gets in your body's way.

Here's the core principle:

If it comes from an animal, it's fair game. If it doesn't, it's off the table.

No carbs. No vegetables. No grains. No sugars. No seed oils.
Just meat, eggs, fish, fats, and the occasional dairy (if tolerated).

The carnivore diet is zero-carb or near-zero-carb, naturally ketogenic, and deeply anti-inflammatory. It's built to help you burn fat, stabilize blood sugar, eliminate bloating, and fuel your body with clean, powerful energy.

Why the Carnivore Diet Works

Let's be clear—this is not a short-term gimmick. This is a reset at the cellular level. Here's why the carnivore diet is so effective:

1. You remove inflammatory triggers

Most modern health problems are driven by inflammation—caused by seed oils, refined carbs, sugar, and even many vegetables. By cutting out plants entirely, you're giving your gut, joints, and immune system a chance to calm down and heal.

2. You absorb more nutrients

Animal foods are rich in bioavailable nutrients—the kind your body can absorb and use right away. Think: B12, iron, zinc, choline, creatine, and complete protein. You're not guessing. You're getting what you need, in the most efficient form.

3. You eliminate decision fatigue

No more meal confusion. No “what should I eat tonight?” drama. When you eat carnivore, meals become simple, repeatable, and satisfying. That frees up mental space for more important things.

4. You heal your relationship with food

By eating nourishing, filling meals of steak, eggs, burgers, and roasts—you retrain your hunger cues. You stop snacking. You stop craving. You stop being controlled by food.

What You Can Eat (The Carnivore Green List)

This list is your new best friend. These are the foods you can enjoy freely on carnivore:

✓ Meat (all cuts)

Beef (ground beef, steak, roast, brisket)

Pork (chops, ribs, bacon)

Lamb, bison, veal, goat, game meats

✓ Poultry

Chicken (thighs, wings, drumsticks)

Turkey

Duck

✓ Fish & Seafood

Salmon, sardines, mackerel

Tuna, trout, cod, halibut

Shrimp, crab, oysters, mussels

✓ Eggs

Chicken, duck, quail (whole eggs, preferably pasture-raised)

✓ Animal Fats

Tallow, lard, duck fat, butter, ghee

✓ Organ Meats (optional but powerful)

Liver, heart, kidney, spleen, bone marrow

Organ meats are nutritional goldmines. Just a few servings a week can supercharge your micronutrient intake.

✓ Bone Broth

Rich in collagen, gelatin, minerals, and gut-healing compounds. Ideal for sipping, cooking, and post-workout recovery.

✓ Optional (use with caution)

Dairy: Hard cheeses, heavy cream, butter (if tolerated)

Spices: Simple salt, pepper, herbs

Coffee: Black only (some carnivores include it, others don't)

What You Should Avoid (The Carnivore Red List)

To see real results, **cut these completely** for the next 28 days:

- ❌ Vegetables (yes, even “healthy” ones)
- ❌ Fruits
- ❌ Grains and legumes
- ❌ Nuts and seeds
- ❌ Sugar in all forms
- ❌ Processed snack foods
- ❌ Plant-based oils (canola, soybean, corn, sunflower)
- ❌ Alcohol
- ❌ Supplements or powders (unless prescribed)

Do You Need Supplements?

Most people on a well-rounded carnivore diet **don’t need extra supplements**. Animal-based foods already cover:

Vitamin B12
Iron and Zinc
Omega-3s
Collagen and gelatin
All essential amino acids

However, in some cases, you may benefit from:

Electrolytes (sodium, potassium, magnesium) during the first 1–2 weeks
Vitamin D3 (if you don’t get daily sun exposure)
Digestive enzymes (if transitioning from a carb-heavy diet)

How to Set Up Your Kitchen for Carnivore Success

You don’t need fancy tools—just a few staples:

A quality **skillet** or **cast iron pan**

A **slow cooker** or **Instant Pot** (for tender meats, roasts, and broths)

Tongs, a sharp knife, and cutting board

A **meat thermometer** (optional but helpful)

Plenty of **storage containers** for meal prep and leftovers

Real-Life Tips from Real Carnivores

- **Buy in bulk:** Ground beef, roasts, and fatty cuts are cost-effective and freeze well.
- **Eat until satisfied, not stuffed:** Trust your body. Carnivore is naturally self-regulating.
- **Start simple:** No need to get fancy. Ground beef and eggs are your day-one staples.
- **Embrace fat:** Don't fear it—fat is your new fuel source. Add tallow or butter to lean cuts.
- **Drink water and salt your food:** Hydration and electrolytes are key, especially early on.

You Don't Have to Be Perfect—Just Consistent

There's no such thing as "perfect carnivore." Some include coffee, others don't. Some eat dairy, some avoid it. The key is this:

Stick to animal foods. Eliminate plants. Eat simply. Stay consistent.

The results will come—and fast.

✔ **Pro Tip: Batch Buy & Prep**

Look for sales, buy in bulk, and portion meats into freezer bags. Always keep ready-to-cook ground beef and eggs on hand for quick meals.

👉 **Tip:** The base of your diet should be red meat and animal fats. Add variety with eggs, poultry, and seafood. Use organ meats and dairy as bonus boosters—not essentials.

Mindset & Motivation

“You don’t need motivation every day—you need momentum.”

Why Mindset Matters More Than Macros

Let’s be honest: **eating carnivore is simple.**

You eat meat. You skip everything else.

The real challenge?

☛ **Breaking lifelong habits.**

☛ **Shutting down food noise.**

☛ **Rewiring your beliefs about what “healthy” looks like.**

This chapter isn’t about willpower. It’s about **mental strategy.**

Because once your mindset shifts, the results follow—and they last.

This Isn’t a Diet. It’s a Decision.

A “diet” is something you try. A “decision” is something you commit to.

When you treat carnivore like another trendy experiment, you give yourself permission to quit when it gets hard.

But when you decide—really decide—to go all in for 60 days, something powerful happens:

Your cravings quiet down.

Your focus sharpens.

You feel in control of your body—and your life.

This isn’t about being perfect. It’s about **being consistent**, even when you’re tired, busy, or tempted.

The Truth About Motivation

Here’s a secret:

Motivation is unreliable.

Some days you’ll feel fired up.

Other days you’ll want to quit, question yourself, or binge on something “just this once.”

The trick is not to rely on motivation at all. Instead, build **habits** and **systems** that make success automatic.

Set Your Environment Up to Win

You don't rise to the level of your goals—you fall to the level of your systems. Here's how to stack the deck in your favour:

✓ **Clean out your kitchen.**

If it's not carnivore, get rid of it (or box it up). Out of sight, out of mind.

✓ **Tell someone what you're doing.**

Accountability increases success dramatically. Even if it's just one friend.

✓ **Meal prep in bulk.**

Cook once. Eat twice. Always have ground beef, eggs, or steak ready to reheat.

✓ **Keep your “why” visible.**

Write down your reason for starting this journey and post it somewhere you'll see it daily—fridge, phone lock screen, bathroom mirror.

The 72-Hour Rule

If you can push through the **first 72 hours**, everything gets easier.

Cravings peak in the first 2–3 days as your body switches from carbs to fat for fuel. You may feel tired, irritable, or foggy. This is normal. It's detox. It's your system resetting.

Drink water. Salt your food. Eat fatty cuts. Sleep well.

Push through—and you'll feel like a new person by Day 4.

What If You Slip?

Then you get back up.

No guilt. No spirals. No “starting over on Monday.”

You didn't “fail.” You **learned**.

The only way to lose momentum is to stop completely.

Eat your next carnivore meal, drink some water, and move on. That's how real change happens.

Visualization: Future You vs. Old You

Close your eyes and picture this:

◆ It's Day 28. You've stuck with the plan. You're leaner, stronger, clearer, and in control. You trust your body. You feel proud.

Now picture the alternative.

◆ It's Day 28. You gave up. Again. You feel frustrated, bloated, tired. You're back at square one.

Which future feels better?

That's the one you're building—meal by meal, choice by choice.

Remember Why You Started

You didn't pick up this book because you were bored.

You picked it up because you're ready to:

Stop feeling stuck

Take control of your health

Build something solid and sustainable

Get real results without obsessing over food

You're here for change. Not comfort.

You're ready for the **simplest lifestyle that delivers the biggest wins.**

You don't need motivation.

You need movement.

Let's create it—together.

Smart Shopping on a Budget

“You don’t need a big budget to eat like a beast.”

The Myth: Carnivore Is Expensive

One of the biggest misconceptions about the carnivore diet is that it’s only for people with a deep freezer full of ribeye and a private butcher on speed dial.

Not true.

In fact, when done right, **carnivore can be one of the most affordable diets out there.**

Here’s why:

- You’re buying fewer total items
- You’re not wasting money on processed foods, snacks, or supplements
- You’re cooking simple meals—no sauces, sides, or fillers
- You’ll naturally eat fewer meals as your body adjusts to fat-fuelled satiety

This chapter will show you how to shop smart, save time, and stretch your dollars—without sacrificing quality or flavour.

Rule #1: Build Your Base with Budget Meats

Not every meal needs a \$20 steak. The secret to budget-friendly carnivore? **Ground meat, fatty cuts, and variety.**

Here are your best value staples:

\$ Top Budget Meats

- **Ground beef (80/20 or 70/30)** – High in fat, filling, and incredibly versatile.
- **Pork shoulder & pork belly** – Great for slow-cooking and high in flavour.
- **Chicken thighs, drumsticks, and wings** – Cheaper and fattier than breasts.
- **Eggs** – One of the most complete, affordable superfoods on the planet.
- **Canned fish (sardines, mackerel, salmon)** – High in omega-3s, shelf-stable, and cost-effective.
- **Beef liver** – Extremely nutrient-dense and surprisingly cheap.

Rule #2: Shop Where It Makes Sense

You don't need a fancy health food store. Some of the best carnivore finds are at your local big-box grocery or discount chain.

Best Places to Shop Carnivore on a Budget

- **Costco/Sam's Club** – Bulk packs of beef, eggs, pork, butter, and frozen seafood.
- **Walmart** – Affordable fresh meats, canned fish, eggs, and bacon.
- **Aldi** – Great for ground meat, frozen fish, butter, and basic cuts.
- **Local butchers & ethnic markets** – Excellent for organ meats, bones, and bulk deals.
- **Farmers markets or meat shares** – Ideal if you're looking for grass-fed or pasture-raised without the premium markup.

Rule #3: Buy in Bulk, Freeze with Purpose

When you find a good deal—**stock up**.

Use your freezer as your secret weapon.

Tips:

- Portion ground beef into 1-pound bags
- Wrap steaks individually
- Freeze bone broth in cubes for quick use
- Label everything with date and cut

A small chest freezer can pay for itself in savings over time.

Rule #4: Choose Fatty Cuts Over Lean

Fatty cuts not only taste better—they're more filling and **more affordable**.

You don't need to spend extra on "lean" anything.

Fatty Cuts to Look For:

- Beef chuck roast
- Short ribs
- Brisket
- Pork belly
- Chicken thighs with skin
- Ground beef 70/30
- Ribeye (buy in bulk or on sale)

Rule #5: Don't Overbuy Fancy Extras

You don't need:

- Wagyu beef
- Organic-only everything
- Supplements, powders, or “keto snacks”

Stick to the basics: meat, eggs, fat, salt. That's the foundation of real change.

You're not here to impress Instagram.

You're here to rebuild your body from the inside out.

Meal Prep Like a Carnivore Pro

Here's a weekly rhythm to save time and stay on track:

- **Day 1:** Cook 2 lbs ground beef + roast a pork shoulder
- **Day 2:** Hard-boil 12 eggs for grab-and-go meals
- **Day 3:** Pan-fry chicken thighs + bake liver with butter
- **Day 4–7:** Mix and match leftovers with fresh eggs, broth, or canned fish

Always cook extra. Leftovers are your lifeline.

Remember: Simplicity Wins

You don't need gourmet meals. You need:

- Food that satisfies
- Ingredients you trust
- A plan that fits your life

That's what this book delivers—a **practical carnivore plan** that doesn't break the bank or demand perfection.

WEEK 1

Day 1



Breakfast: Bacon & Egg Scramble Bowl



Ingredients

- 6 large eggs
- 6 slices of bacon
- 1 tbsp beef tallow or butter (optional for extra fat)
- Sea salt to taste

Instructions

1. Chop bacon into bite-sized pieces.
2. Heat skillet over medium heat. Add bacon and cook until crispy.
3. Crack eggs into the pan. Stir gently to scramble with bacon.
4. Add beef tallow if more fat is desired.
5. Cook until eggs are fluffy but not overdone. Season with salt.

Serving Suggestion

Serve hot, straight from the pan. Ideal with a cup of bone broth on the side.

Nutritional Info (per serving)

- Calories: 430
- Protein: 28g
- Fats: 35g
- Cholesterol: 400mg
- Sodium: 780mg
- Potassium: 280mg

Yield: 2 servings.
Cook Time: 10 minutes

Prep Time: 5 minutes
Method: Skillet

🍷 Lunch: Pan-Seared Ribeye with Butter

Ingredients

- 1 boneless ribeye steak (10–12 oz)
- 1 tbsp butter or tallow
- Salt to taste

Instructions

1. Let steak sit at room temp for 15 minutes.
2. Heat skillet over high heat. Add fat.
3. Season steak with salt. Sear 3–4 minutes per side.
4. Baste with butter for the last minute of cooking.
5. Rest 5 minutes before slicing.

Serving Suggestion

Top with pan juices and a pat of butter. Pairs well with bone marrow or a soft-boiled egg.

Nutritional Info (per serving)

- Calories: 700
- Protein: 55g
- Fats: 54g
- Cholesterol: 160mg
- Sodium: 250mg
- Potassium: 480mg



Yield: 1 servings. Prep Time: 2 minute

Cook Time: 8-10 minutes

Method: Cast iron or heavy skillet

🔍 Dinner: Beef & Liver Patties



Ingredients

- 8 oz ground beef (80/20)
- 2 oz beef liver (finely chopped or blended)
- 1 egg
- 1 tsp sea salt
- 1 tbsp tallow or butter for cooking

Instructions

1. Combine ground beef, liver, egg, and salt in a bowl. Mix well.
2. Form into 2 patties.
3. Heat skillet with fat. Cook patties 4–5 min per side.
4. Let rest 3 minutes before serving.

Yield: 2 servings.
Cook Time: 10 minutes

Serving Suggestion

Serve with a dollop of butter or soft yolk egg on top. Great for boosting iron and B12.

Nutritional Info (per serving)

- Calories: 420
- Protein: 35g
- Fats: 32g
- Cholesterol: 370mg
- Sodium: 550mg
- Potassium: 420mg

Prep Time: 10 minutes
Method: Skillet or grill



Day 2

🔍 **Breakfast: Beef Breakfast Patties & Fried Eggs**



Ingredients

- 8 oz ground beef (80/20)
- 1 tsp salt
- 1/2 tsp garlic powder (optional)
- 4 large eggs
- 1 tbsp beef tallow or butter

Instructions

1. Form ground beef into 4 small patties.
2. Heat skillet over medium heat with tallow.
3. Cook patties for 3–4 minutes per side. Set aside.
4. Crack eggs into same pan. Fry until yolks are set.
5. Plate with patties. Salt to taste.

Serving Suggestion

Great with bone broth or a scoop of leftover meat from dinner

Nutritional Info (per serving)

- Calories: 490
- Protein: 36g
- Fats: 39g
- Cholesterol: 430mg
- Sodium: 720mg
- Potassium: 330mg

Yield: 2 servings.
Cook Time: 10 minutes

Prep Time: 5 minutes
Method: Skillet

Lunch: Ground Beef Bowl with Tallow

Ingredients

- 1 lb ground beef (80/20)
- 1 tbsp beef tallow
- 1/2 tsp salt

Instructions

1. Heat skillet and melt tallow.
2. Add ground beef and salt. Cook until browned.
3. Stir occasionally, breaking up beef with a spoon.
4. Serve hot in a bowl. Pour over rendered fat for flavour.

Serving Suggestion

Top with a fried egg or a dollop of butter for extra fat.

Nutritional Info (per serving)

- Calories: 540
- Protein: 38g
- Fats: 43g
- Cholesterol: 125mg
- Sodium: 460mg
- Potassium: 390mg



Yield: 2 servings. Prep Time: 5 minute

Cook Time: 10 minutes

Method: Skillet

Dinner: Chicken Wings with Skin

Ingredients

- 1.5 lbs chicken wings (skin-on)
- 1 tbsp duck fat or tallow (for oven method)
- Salt to taste

Instructions

1. Preheat oven to 400°F (or air fryer to 375°F).
2. Toss wings in fat and salt.
3. Bake for 25–30 min or air fry for 20 min, flipping halfway.
4. Cook until crispy and golden brown.

Serving Suggestion

Serve hot with leftover tallow or dipping egg yolk

Nutritional Info (per serving)

- Calories: 480
- Protein: 36g
- Fats: 37g
- Cholesterol: 180mg
- Sodium: 510mg
- Potassium: 290mg

Yield: 2 servings.

Cook Time: 30 minutes

Prep Time: 5 minutes

Method: Oven or air fryer





Day 3

Breakfast: Carnivore Omelette with Ground Beef



Ingredients

- 4 large eggs
- 4 oz ground beef (80/20)
- 1 tbsp butter or tallow
- Salt to taste

Instructions

1. Brown ground beef in skillet. Set aside.
2. Whisk eggs with salt. Pour into the same skillet.
3. Cook over medium-low heat until almost set.
4. Add beef to one side of omelette. Fold and cook 1-2 min.
5. Serve hot, drizzled with melted fat.

Serving Suggestion

Pair with bone broth or crispy bacon on the side.

Nutritional Info (per serving)

- Calories: 420
- Protein: 30g
- Fats: 33g
- Cholesterol: 370mg
- Sodium: 450mg
- Potassium: 310mg

Yield: 2 servings.
Cook Time: 10 minutes

Prep Time: 5 minutes
Method: Skillet

Lunch: Pork Chops with Drippings

Ingredients

- 2 bone-in pork chops (~10 oz each)
- 1 tbsp lard or tallow
- Salt to taste

Instructions

1. Heat skillet over medium-high. Add fat.
2. Season pork chops and sear 5–6 min per side.
3. Let rest 5 min. Pour drippings over before serving.

Serving Suggestion

Serve with a poached egg or small cup of bone broth for added richness

Nutritional Info (per serving)

- Calories: 520
- Protein: 42g
- Fats: 39g
- Cholesterol: 145mg
- Sodium: 480mg
- Potassium: 400mg



Yield: 2 servings. Prep Time: 5 minute

Cook Time: 12-15 minutes

Method: Pan-fry or grill

Dinner: Pan-Fried Sardines & Eggs

Ingredients

- 2 cans sardines in olive oil or water (drain if in water)
- 4 eggs
- 1 tbsp butter or tallow
- Salt to taste

Instructions

1. Heat fat in skillet over medium heat.
2. Add sardines and warm for 2–3 min.
3. Crack eggs into pan. Fry until yolks are cooked as desired.
4. Plate sardines with eggs. Salt to taste.

Serving Suggestion

Perfect for busy nights. Add a spoon of butter or liver pate for extra nutrients.

Nutritional Info (per serving)

- Calories: 460
- Protein: 38g
- Fats: 34g
- Cholesterol: 410mg
- Sodium: 590mg
- Potassium: 370mg

Yield: 2 servings.

Cook Time: 7 minutes

Prep Time: 3 minutes

Method: Skillet



Day 4



Breakfast: Pan-Fried Liver & Eggs

Ingredients

- 4 oz beef liver (thinly sliced)
- 4 large eggs
- 1 tbsp butter or tallow
- Salt to taste

Instructions

1. Heat half the fat in skillet over medium heat.
2. Add liver slices and sear 2–3 min per side. Remove.
3. Add remaining fat, fry eggs until whites set.
4. Plate liver and eggs. Salt to taste.

Serving Suggestion

Perfect with bone broth or a spoonful of beef drippings for extra fat

Nutritional Info (per serving)

- Calories: 380
- Protein: 32g
- Carbohydrates: 1g
- Fats: 27g
- Cholesterol: 520mg
- Sodium: 410mg
- Potassium: 420mg



Yield: 2 servings.
Cook Time: 10 minutes

Prep Time: 5 minutes
Method: Skillet

Lunch: Grilled Chicken Thighs (Skin-On)

Ingredients

- 4 bone-in, skin-on chicken thighs
- 1 tbsp duck fat or butter
- Salt to taste

Instructions

1. Preheat grill to medium-high or oven to 400°F.
2. Pat thighs dry, season with salt.
3. Grill or bake for 25 minutes, skin side up first.
4. Cook until skin is crispy and internal temp hits 165°F.

Serving Suggestion

Serve with pan drippings or paired with a cup of warm bone broth.

Nutritional Info (per serving)

- Calories: 460
- Protein: 35g
- Fats: 34g
- Cholesterol: 190mg
- Sodium: 350mg
- Potassium: 300mg



Yield: 2 servings. Prep Time: 5 minute

Cook Time: 25 minutes

Method: Grill or oven bake

Dinner: Lamb Ribs or Chops



Ingredients

- 1.5 lbs lamb ribs or loin chops
- 1 tbsp tallow or lamb fat (optional)
- Salt to taste

Instructions

1. Preheat oven to 375°F or grill to medium heat.
2. Season lamb with salt and fat.
3. Cook for 30–35 minutes (ribs) or 4–5 min per side (chops).
4. Rest 5 minutes before serving.

Yield: 2 servings.
Cook Time: 30-35 minutes

Serving Suggestion

Drizzle with cooking juices. Enjoy with a slice of butter or a soft egg for bonus fat.

Nutritional Info (per serving)

- Calories: 590
- Protein: 36g
- Fats: 48g
- Cholesterol: 170mg
- Sodium: 420mg
- Potassium: 380mg

Prep Time: 5 minutes
Method: Oven or grill



Day 5

Breakfast: Soft-Boiled Eggs with Butter Dips



Ingredients

- 6 large eggs
- 2 tbsp salted butter (cut into strips or cubes)
- Sea salt to taste

Instructions

1. Bring a pot of water to a gentle boil.
2. Carefully lower in eggs. Boil for 6 minutes.
3. Remove and place in cold water for 1 min.
4. Crack the tops, serve with butter strips dipped into yolk.

Serving Suggestion

This meal is simple, fatty, and perfect with a mug of warm bone broth.

Nutritional Info (per serving)

- Calories: 340
- Protein: 18g
- Fats: 29g
- Cholesterol: 530mg
- Sodium: 290mg
- Potassium: 210mg

Yield: 2 servings.
Cook Time: 6 minutes

Prep Time: 2 minutes
Method: Boil

Lunch: Chuck Roast (Slow Cooked)

Ingredients

- 2 lbs chuck roast
- 1 tbsp beef tallow or suet
- 1 tsp salt

Instructions

1. Place chuck roast in slow cooker with tallow and salt.
2. Cook on low for 6 hrs or high for 4 hrs.
3. Shred meat with forks and stir into its own juices.

Serving Suggestion

Serve in a bowl with a spoonful of fat on top.
Great for meal prep too

Nutritional Info (per serving)

- Calories: 620
- Protein: 48g
- Fats: 46g
- Cholesterol: 180mg
- Sodium: 560mg
- Potassium: 460mg



Yield: 2 servings. Prep Time: 5 minute

Cook Time: 4-6 hours (slow cooker)

Method: Slow cooker or oven

Dinner: Tuna Steak in Butter



Ingredients

- 2 tuna steaks (~6 oz each)
- 2 tbsp butter
- Salt to taste

Instructions

1. Pat tuna dry, season lightly with salt.
2. Heat butter in skillet over medium-high.
3. Sear tuna 2–3 min per side (medium rare).
4. Spoon butter over to baste during cooking.

Serving Suggestion

Perfect topped with a poached egg or served with a slice of seared beef liver for extra nutrients.

Nutritional Info (per serving)

- Calories: 400
- Protein: 42g
- Fats: 26g
- Cholesterol: 110mg
- Sodium: 230mg
- Potassium: 520mg

Yield: 2 servings.

Cook Time: 6-8 minutes

Prep Time: 5 minutes

Method: Pan-sear



Day 6

Breakfast: Scrambled Eggs in Bone Marrow Fat



Ingredients

- 6 large eggs
- 2 tbsp rendered bone marrow fat (or substitute tallow)
- Salt to taste

Instructions

1. Heat marrow fat in skillet over low-medium heat.
2. Whisk eggs with a pinch of salt.
3. Pour eggs into skillet and scramble gently until fluffy.
4. Serve immediately with any remaining fat poured on top.

Serving Suggestion

Great paired with crispy bacon or a few slices of leftover steak

Nutritional Info (per serving)

- Calories: 360
- Protein: 22g
- Fats: 30g
- Cholesterol: 510mg
- Sodium: 280mg
- Potassium: 210mg

Yield: 2 servings.
Cook Time: 5-6 minutes

Prep Time: 5 minutes
Method: Skillet

Lunch: Salmon Fillets with Ghee

Ingredients

- 2 salmon fillets (6 oz each, skin-on)
- 2 tbsp ghee or butter
- Sea salt to taste

Instructions

1. Heat ghee in skillet over medium heat.
2. Place salmon skin-side down. Sear 4–5 min, flip, cook 2–3 min.
3. Baste with ghee and season with salt before serving.

Serving Suggestion

Serve with crispy salmon skin or a soft-boiled egg for a filling omega-3 boost.

Nutritional Info (per serving)

- Calories: 480
- Protein: 38g
- Fats: 36g
- Cholesterol: 130mg
- Sodium: 260mg
- Potassium: 600mg



Yield: 2 servings. Prep Time: 5 minute

Cook Time: 10 minutes

Method: Skillet or oven

Dinner: Carnivore Meatloaf



Ingredients

- 1 lb ground beef (80/20)
- 1/2 lb ground pork
- 2 eggs
- 1 tbsp beef tallow
- Salt to taste

Instructions

1. Preheat oven to 375°F.
2. Mix all ingredients in a bowl. Form into a loaf in a baking dish.
3. Bake for 35–40 minutes until cooked through.
4. Rest for 5 min. Slice and serve.

Yield: 2 servings.

Cook Time: 40 minutes

Serving Suggestion

Top with extra tallow or serve with a side of fried egg for extra fat and satiety

Nutritional Info (per serving)

- Calories: 520
- Protein: 38g
- Fats: 40g
- Cholesterol: 190mg
- Sodium: 480mg
- Potassium: 390mg

Prep Time: 10 minutes

Method: Oven



Day 7

Breakfast: Crispy Pork Belly & Poached Eggs



Ingredients

- 8 oz pork belly, sliced
- 4 large eggs
- 1 tbsp vinegar (for poaching water)
- Salt to taste

Instructions

1. Bake pork belly slices at 400°F for 15–20 minutes until crispy.
2. Meanwhile, boil water in a pot, add vinegar.
3. Crack eggs into the water one by one. Poach for 3–4 minutes.
4. Remove eggs gently and drain on towel.
5. Serve with crispy pork belly.

Serving Suggestion

Drizzle leftover rendered pork fat over eggs or serve with bone broth.

Nutritional Info (per serving)

- Calories: 460
- Protein: 28g
- Fats: 38g
- Cholesterol: 390mg
- Sodium: 320mg
- Potassium: 240mg

Yield: 2 servings.
Cook Time: 20 minutes

Prep Time: 5 minutes
Method: Oven + stovetop

Lunch: Bunless Burger Stack

Ingredients

- 1 lb ground beef (80/20)
- 2 tbsp butter or tallow
- 2 eggs (optional, for topping)
- Salt to taste

Instructions

1. Form 4 burger patties. Season with salt.
2. Cook in skillet 4–5 minutes per side.
3. Top with a fried egg if desired.
4. Stack burgers two high and serve with melted fat.

Serving Suggestion

Add liver slices or cheese (if tolerated) between patties for extra nutrients

Nutritional Info (per serving)

- Calories: 560
- Protein: 44g
- Fats: 42g
- Cholesterol: 280mg
- Sodium: 420mg
- Potassium: 430mg



Yield: 2 servings. Prep Time: 5 minute

Cook Time: 10 minutes

Method: Skillet or grill

Dinner: Egg & Bacon Crustless Quiche



Ingredients

- 6 large eggs
- 6 slices bacon (chopped)
- 2 tbsp butter or bacon fat
- Salt to taste

Instructions

1. Preheat oven to 375°F.
2. Cook bacon until crispy in skillet. Set aside.
3. Whisk eggs and mix in bacon and fat.
4. Pour into greased baking dish.
5. Bake 25–30 min until set and golden.

Yield: 2 servings.

Cook Time: 10 minutes

Serving Suggestion

Serve with a dollop of ghee or a small spoonful of beef liver pâté

Nutritional Info (per serving)

- Calories: 490
- Protein: 34g
- Fats: 38g
- Cholesterol: 430mg
- Sodium: 670mg
- Potassium: 310mg

Prep Time: 5 minutes

Method: Oven

WEEK 2

Day 8

Breakfast: Tallow-Fried Eggs & Steak Bites



Ingredients

- 6 large eggs
- 8 oz sirloin or chuck steak, diced
- 1 tbsp beef tallow
- Salt to taste

Instructions

1. Heat tallow in skillet over medium-high heat.
2. Add steak bites, sear 2–3 min until browned. Remove.
3. Crack eggs into skillet and fry in remaining fat.
4. Plate steak bites with eggs. Salt to taste.

Serving Suggestion

Serve with a cup of bone broth for a gut-boosting morning combo.

Nutritional Info (per serving)

- Calories: 480
- Protein: 38g
- Fats: 36g
- Cholesterol: 410mg
- Sodium: 320mg
- Potassium: 350mg

Yield: 2 servings.
Cook Time: 10 minutes

Prep Time: 5 minutes
Method: Skillet

Lunch: Seared Duck Breast with Fat

Ingredients

- 2 duck breasts, skin-on
- Salt to taste

Instructions

1. Score duck skin and season with salt.
2. Place skin-side down in cold skillet. Turn heat to medium.
3. Sear 6–8 minutes until fat renders and skin crisps.
4. Flip, cook 3–4 more minutes. Rest 5 min before slicing.

Serving Suggestion

Serve with pan fat spooned over the top. Add a soft egg if desired.

Nutritional Info (per serving)

- Calories: 600
- Protein: 40g
- Fats: 48g
- Cholesterol: 180mg
- Sodium: 280mg
- Potassium: 460mg



Yield: 2 servings. Prep Time: 5 minute

Cook Time: 10-15 minutes

Method: Skillet or oven

Dinner: Shrimp & Egg Skillet



Ingredients

- 8 oz raw shrimp (peeled & deveined)
- 4 large eggs
- 1 tbsp butter or ghee
- Salt to taste

Instructions

1. Heat butter in skillet over medium heat.
2. Add shrimp and cook 2–3 min per side.
3. Push shrimp to one side, crack eggs into pan.
4. Fry until whites are set. Salt to taste and serve.

Serving Suggestion

Optional: top with a drizzle of browned butter or serve with crispy bacon.

Nutritional Info (per serving)

- Calories: 420
- Protein: 36g
- Fats: 30g
- Cholesterol: 370mg
- Sodium: 490mg
- Potassium: 300mg

Yield: 2 servings.

Cook Time: 10 minutes

Prep Time: 5 minute

Method: Skillet



Breakfast: Boiled Eggs & Tuna Mash



Ingredients

- 6 large eggs
- 1 can tuna in water or olive oil (5 oz), drained
- 1 tbsp butter or tallow
- Salt to taste

Instructions

1. Boil eggs for 8 minutes. Cool in cold water and peel.
2. Mash eggs and tuna together in a bowl.
3. Add butter or tallow, mix until creamy.
4. Salt to taste and serve.

Serving Suggestion

Chill briefly in the fridge or enjoy warm with extra butter on top.

Nutritional Info (per serving)

- Calories: 410
- Protein: 35g
- Fats: 30g
- Cholesterol: 480mg
- Sodium: 440mg
- Potassium: 310mg

Yield: 2 servings.
Cook Time: 8 minutes

Prep Time: 3 minutes
Method: Boil+mix

🍷 Lunch: Slow-Roasted Pork Belly

Ingredients

- 1.5 lbs pork belly, skin-on
- Salt to taste

Instructions

1. Score skin, salt generously.
2. Place in baking dish, roast at 300°F for 2–2.5 hours.
3. Broil last 5 minutes to crisp skin.
4. Rest 10 minutes before slicing.

Serving Suggestion

Serve with pan drippings or a side of bone broth for hydration.

Nutritional Info (per serving)

- Calories: 650
- Protein: 36g
- Fats: 54g
- Cholesterol: 160mg
- Sodium: 520mg
- Potassium: 410mg



Yield: 2 servings. Prep Time: 5 minute

Cook Time: 2-3 hours (oven)

Method: Oven roast

🍷 Dinner: Beef Heart Stir-Fry



Ingredients

- 10 oz beef heart, sliced thin
- 2 tbsp beef tallow or butter
- Salt to taste

Instructions

1. Heat fat in skillet over medium-high heat.
2. Add heart slices, sear 3–4 min per side.
3. Stir occasionally for even browning.
4. Remove from heat, salt generously, and serve.

Serving Suggestion

Serve over a scrambled egg base or drizzle with melted butter.

Nutritional Info (per serving)

- Calories: 440
- Protein: 42g
- Fats: 30g
- Cholesterol: 290mg
- Sodium: 370mg
- Potassium: 580mg

**Yield: 2 servings.
Cook Time: 10 minutes**

**Prep Time: 10 minute
Method: Skillet or wok**



Day 10

Breakfast: Lamb Breakfast Sausage & Scrambled Eggs

Ingredients

- 8 oz ground lamb
- 1/2 tsp sea salt
- 1/2 tsp dried thyme or rosemary (optional)
- 4 large eggs
- 1 tbsps tallow or butter

Instructions

1. Form lamb into 4 sausage patties. Season with salt and herbs.
2. Heat skillet with fat over medium heat.
3. Cook patties 4–5 min per side. Remove and keep warm.
4. Scramble eggs in remaining fat. Plate with sausage.

Serving Suggestion

Top with extra butter or serve with a small scoop of liver pâté for a nutrient boost.

Nutritional Info (per serving)

- Calories: 510
- Protein: 35g
- Fats: 40g
- Cholesterol: 430mg
- Sodium: 400mg
- Potassium: 320mg



Yield: 2 servings.
Cook Time: 10-12 minutes

Prep Time: 5 minutes
Method: Skillet

Lunch: Canned Salmon Patties

Ingredients

- 1 (14 oz) can salmon, drained
- 2 eggs
- 1 tbsp tallow or butter
- Salt to taste

Instructions

1. Mix salmon, eggs, and salt in a bowl.
2. Form 4 small patties.
3. Heat fat in skillet. Fry patties 3–4 min per side until golden.
4. Serve warm with melted butter or egg yolk drizzle.

Serving Suggestion

Pair with a soft-boiled egg or crispy bacon for texture and satiety.

Nutritional Info (per serving)

- Calories: 460
- Protein: 42g
- Fats: 32g
- Cholesterol: 360mg
- Sodium: 480mg
- Potassium: 430mg



Yield: 2 servings. Prep Time: 5 minute

Cook Time: 8 minutes

Method: Skillet

Dinner: Egg Yolk Omelette with Bacon Bits



Ingredients

- 6 egg yolks
- 4 slices bacon, chopped
- 1 tbsp butter or bacon grease
- Salt to taste

Instructions

1. Cook chopped bacon until crispy. Set aside.
2. Whisk yolks with a pinch of salt.
3. Heat fat in skillet, pour in yolks.
4. Cook gently until set. Add bacon, fold, and serve.

Serving Suggestion

Serve with a spoonful of bone marrow or crumbled sausage on top.

Nutritional Info (per serving)

- Calories: 430
- Protein: 22g
- Fats: 38g
- Cholesterol: 680mg
- Sodium: 520mg
- Potassium: 270mg

Yield: 2 servings.

Cook Time: 8 minutes

Prep Time: 5 minute

Method: Skillet



Day 11

Breakfast: Bacon-Wrapped Liver Bites



Ingredients

- 6 oz beef liver, cut into bite-sized chunks
- 6 slices bacon
- Salt to taste
- Toothpicks (optional)

Instructions

1. Preheat oven to 400°F (or air fryer to 375°F).
2. Wrap each liver piece with a bacon strip. Secure with toothpicks.
3. Place on baking tray or in air fryer.
4. Bake or air fry for 12–15 min, flipping halfway until crispy.

Yield: 2 servings.

Cook Time: 15 minutes

Serving Suggestion

Pair with 1–2 boiled eggs or a tablespoon of ghee for added fat.

Nutritional Info (per serving)

- Calories: 390
- Protein: 28g
- Fats: 30g
- Cholesterol: 470mg
- Sodium: 510mg
- Potassium: 360mg

Prep Time: 10 minutes

Method: Oven or air fryer

Lunch: Oven-Baked Chicken Quarters

Ingredients

- 2 chicken leg quarters (with skin)
- 1 tbsp duck fat or tallow
- Salt to taste

Instructions

1. Preheat oven to 400°F.
2. Rub chicken with fat and salt.
3. Place skin-side up on a tray. Bake for 40–45 minutes until skin is crisp and meat is tender.
4. Let rest 5 minutes before serving.

Serving Suggestion

Serve with a drizzle of pan drippings and optional soft yolk egg.

Nutritional Info (per serving)

- Calories: 460
- Protein: 36g
- Fats: 34g
- Cholesterol: 180mg
- Sodium: 330mg
- Potassium: 290mg



Yield: 2 servings. Prep Time: 5 minute

Cook Time: 45 minutes

Method: Oven

Dinner: Salmon Cakes with Ghee



Ingredients

- 1 (14 oz) can wild-caught salmon, drained
- 2 eggs
- 1 tbsp ghee or butter
- Salt to taste

Instructions

1. Mix salmon, eggs, and salt in a bowl.
2. Form into 4 small cakes.
3. Heat ghee in skillet over medium heat.
4. Fry cakes 3–4 min per side until golden brown.

Serving Suggestion

Serve with a small scoop of bone marrow or crispy chicken skin for extra fat.

Nutritional Info (per serving)

- Calories: 470
- Protein: 40g
- Fats: 34g
- Cholesterol: 360mg
- Sodium: 480mg
- Potassium: 420mg

Yield: 2 servings.

Cook Time: 10 minutes

Prep Time: 5 minute

Method: Skillet

Day 12

Breakfast: Carnivore Egg Muffins



Ingredients

- 6 large eggs
- 4 slices bacon (cooked & chopped)
- 1/4 cup shredded cheese (optional, if dairy is tolerated)
- Salt to taste
-

Instructions

1. Preheat oven to 375°F. Grease 4 muffin cups.
2. Whisk eggs and stir in bacon and cheese (if using).
3. Pour mixture evenly into muffin cups.
4. Bake 18–20 minutes until puffed and golden.

Serving Suggestion

Serve warm with a spoon of butter or alongside crispy pork belly.

Nutritional Info (per serving)

- Calories: 420
- Protein: 30g
- Fats: 32g
- Cholesterol: 440mg
- Sodium: 500mg
- Potassium: 280mg

Yield: 2 servings.

Cook Time: 20 minutes

Prep Time: 5 minutes

Method: Oven

Lunch: Ground Beef & Bone Marrow Bowl

Ingredients

- 1 lb ground beef (80/20)
- 2 roasted marrow bones (or 2 tbsp marrow fat)
- Salt to taste

Instructions

1. Scoop marrow out of bones (if not pre-rendered).
2. Cook ground beef in skillet until browned.
3. Stir marrow into beef while hot to melt. Salt to taste.

Serving Suggestion

Serve in a bowl topped with a fried egg or crisped cheese (if using dairy).

Nutritional Info (per serving)

- Calories: 570
- Protein: 38g
- Fats: 44g
- Cholesterol: 160mg
- Sodium: 420mg
- Potassium: 390mg



Yield: 2 servings. Prep Time: 5 minute

Cook Time: 10 minutes

Method: Skillet + oven prep for marrow

Dinner: Liver & Ground Lamb Meatballs



Ingredients

- 8 oz ground lamb
- 2 oz beef liver (blended or finely chopped)
- 1 egg
- Salt to taste
- 1 tbsp tallow or ghee

Instructions

1. Mix lamb, liver, egg, and salt in a bowl.
2. Form into small meatballs.
3. Heat fat in skillet and cook 3–4 min per side OR
4. Bake at 375°F for 15 minutes until cooked through.

Yield: 2 servings.

Cook Time: 15 minutes

Serving Suggestion

Drizzle with extra fat or top with a poached egg for a rich, satisfying finish.

Nutritional Info (per serving)

- Calories: 500
- Protein: 36g
- Fats: 39g
- Cholesterol: 380mg
- Sodium: 460mg
- Potassium: 410mg

Prep Time: 10 minute

Method: Skillet or oven



Day 13

Breakfast: Butter-Basted Fried Eggs & Burger Crumbles



Ingredients

- 6 large eggs
- 8 oz ground beef (80/20)
- 2 tbsp butter
- Salt to taste

Instructions

1. Brown ground beef in a skillet. Set aside.
2. Add butter to the same pan. Crack in eggs.
3. Tilt skillet and spoon hot butter over egg whites until cooked.
4. Plate eggs over beef crumbles. Salt to taste.

Serving Suggestion

Serve with bone broth or a spoonful of marrow for extra fat.

Nutritional Info (per serving)

- Calories: 520
- Protein: 38g
- Fats: 40g
- Cholesterol: 470mg
- Sodium: 360mg
- Potassium: 310mg

Yield: 2 servings.

Cook Time: 10 minutes

Prep Time: 5 minutes

Method: Skillet

Lunch: Grilled Ribeye with Drippings

Ingredients

- 1 large ribeye steak (16 oz, bone-in or boneless)
- 1 tbsp beef tallow or butter
- Salt to taste

Instructions

1. Season steak and let sit at room temp for 15 min.
2. Grill or sear 4–5 min per side.
3. Rest 5 minutes, then slice. Pour drippings over before serving.

Serving Suggestion

Add a soft egg or roasted marrow on the side for a luxurious boost.

Nutritional Info (per serving)

- Calories: 700
- Protein: 55g
- Fats: 55g
- Cholesterol: 180mg
- Sodium: 300mg
- Potassium: 480mg



Yield: 2 servings. Prep Time: 5 minute

Cook Time: 8-10 minutes

Method: Grill or cast iron skillet

Dinner: Tuna & Egg Mash Bowl



Ingredients

- 1 can tuna in water or oil (5–6 oz), drained
- 4 boiled eggs
- 1 tbsp butter or ghee
- Salt to taste

Instructions

1. Boil eggs for 6–7 min. Peel and mash with tuna.
2. Stir in butter and salt. Mix well and serve warm.

Serving Suggestion

Top with crispy bacon crumbles or serve with bone broth.

Nutritional Info (per serving)

- Calories: 410
- Protein: 35g
- Fats: 30g
- Cholesterol: 480mg
- Sodium: 430mg
- Potassium: 330mg

Yield: 2 servings.
Cook Time: 6-8 minutes

Prep Time: 3 minute
Method: Boil+mix



Day 14

Breakfast: Crispy Chicken Skin & Soft Eggs



Ingredients

- 6 pieces of chicken skin (from thighs or drumsticks)
- 4 large eggs
- 1 tbsp duck fat or butter
- Salt to taste

Instructions

1. Bake or air fry chicken skin at 375°F for 15–20 min until crispy.
2. Soft-boil eggs for 6 minutes, then cool and peel.
3. Serve crispy skin alongside halved eggs with butter and salt.

Yield: 2 servings.
Cook Time: 20 minutes

Serving Suggestion

Dip chicken skin into soft yolks or top with ghee for extra richness.

Nutritional Info (per serving)

- Calories: 430
- Protein: 26g
- Fats: 36g
- Cholesterol: 390mg
- Sodium: 340mg
- Potassium: 270mg

Prep Time: 5 minutes
Method: Oven or air fryer

Lunch: Crispy Pork Chop Cutlets

Ingredients

- 2 pork chops (bone-in or boneless)
- 1 tbsp lard or tallow
- Salt to taste

Instructions

1. Pat pork chops dry and salt both sides.
2. Heat lard in skillet on medium-high.
3. Cook 6–7 min per side until golden and crisp at edges.
4. Let rest 5 min before serving.

Serving Suggestion

Serve with pan drippings, a poached egg, or melted butter on top.

Nutritional Info (per serving)

- Calories: 520
- Protein: 42g
- Fats: 39g
- Cholesterol: 145mg
- Sodium: 390mg
- Potassium: 410mg



Yield: 2 servings. Prep Time: 5 minute

Cook Time: 15 minutes

Method: Skillet

Dinner: Pan-Fried Sausages & Buttered Eggs



Ingredients

- 4 pork or beef sausages (check for no fillers)
- 4 large eggs
- 1 tbsp butter
- Salt to taste

Instructions

1. Pan-fry sausages until browned and cooked through.
2. Fry eggs in butter until whites are set, yolks soft.
3. Plate sausages with eggs and drizzle with leftover butter.

Serving Suggestion

Crisp cheese chips (if dairy is allowed) or bone broth makes a great side.

Nutritional Info (per serving)

- Calories: 510
- Protein: 34g
- Fats: 40g
- Cholesterol: 420mg
- Sodium: 520mg
- Potassium: 320mg

Yield: 2 servings.

Cook Time: 10 minutes

Prep Time: 5 minute

Method: Skillet

WEEK 3

Day 15



Breakfast: Bacon & Tallow Egg Cups



Ingredients

- 4 slices bacon
- 4 large eggs
- 1 tbsp beef tallow (or butter)
- Salt to taste

Instructions

1. Preheat oven to 375°F. Grease muffin tin with tallow.
2. Line 4 muffin cups with 1 bacon slice each.
3. Crack 1 egg into each bacon cup.
4. Bake 18–20 minutes until whites are set. Salt before serving.

Serving Suggestion

Serve with extra melted tallow or ghee drizzled over the top.

Nutritional Info (per serving)

- Calories: 430
- Protein: 28g
- Fats: 34g
- Cholesterol: 410mg
- Sodium: 580mg
- Potassium: 260mg

Yield: 2 servings.
Cook Time: 18-20 minutes

Prep Time: 5 minutes
Method: Oven

Lunch: Beef Ribs with Drippings

Ingredients

- 2 lbs beef short ribs
- 1 tsp salt
- Optional: 1 tbsp tallow or butter for basting

Instructions

1. Preheat oven to 300°F. Season ribs with salt.
2. Place in roasting dish, cover with foil.
3. Roast for 2.5–3 hours until meat pulls easily from bone.
4. Optional: baste with tallow or butter before serving.

Serving Suggestion

Pour pan drippings over meat for extra flavour and nutrients.

Nutritional Info (per serving)

- Calories: 620
- Protein: 45g
- Fats: 48g
- Cholesterol: 160mg
- Sodium: 500mg
- Potassium: 420mg



Yield: 2 servings. Prep Time: 10 minute

Cook Time: 2.5-3 hours

Method: Oven roast or slow cooker

Dinner: Shrimp in Tallow with Fried Egg

Ingredients

- 10 oz raw shrimp, peeled
- 4 large eggs
- 2 tbsp beef tallow or ghee
- Salt to taste

Instructions

1. Heat 1 tbsp tallow in skillet over medium heat.
2. Cook shrimp 2–3 min per side until pink. Remove.
3. Add remaining tallow, crack in eggs. Fry to desired doneness.
4. Serve shrimp with fried eggs, drizzling leftover fat on top.

Serving Suggestion

Garnish with a sprinkle of crispy bacon or pair with broth.

Nutritional Info (per serving)

- Calories: 470
- Protein: 42g
- Fats: 34g
- Cholesterol: 430mg
- Sodium: 540mg
- Potassium: 330mg



Yield: 2 servings.

Cook Time: 10 minutes

Prep Time: 5 minutes

Method: Skillet



Day 16

Breakfast: Leftover Steak & Fried Eggs



Ingredients

- 8 oz leftover steak (ribeye, sirloin, etc.), sliced
- 4 large eggs
- 1 tbs butter or tallow
- Salt to taste

Instructions

1. Warm sliced steak in skillet over medium heat. Set aside.
2. Add butter, then crack eggs into skillet.
3. Fry eggs until whites are set, yolks soft.
4. Plate eggs over steak slices and drizzle with leftover fat.

Serving Suggestion

Sprinkle with sea salt and serve with a side of bone broth or bacon.

Nutritional Info (per serving)

- Calories: 520
- Protein: 42g
- Fats: 38g
- Cholesterol: 420mg
- Sodium: 390mg
- Potassium: 440mg

Yield: 2 servings.
Cook Time: 6-8 minutes

Prep Time: 5 minutes
Method: Skillet

Lunch: Ground Beef & Egg Skillet

Ingredients

- 1 lb ground beef (80/20)
- 4 large eggs
- 1 tbsp tallow or butter
- Salt to taste

Instructions

1. Cook ground beef in skillet until browned.
2. Push beef to sides and crack eggs in centre.
3. Fry eggs in fat until set. Mix or leave whole.
4. Season with salt and serve hot.

Serving Suggestion

Top with a spoonful of ghee or egg yolk sauce for richness.

Nutritional Info (per serving)

- Calories: 580
- Protein: 44g
- Fats: 44g
- Cholesterol: 430mg
- Sodium: 420mg
- Potassium: 390mg



Yield: 2 servings. Prep Time: 5 minute

Cook Time: 10 minutes

Method: Skillet

Dinner: Egg Yolk & Sardine Mash

Ingredients

- 2 cans sardines in olive oil or water (drained)
- 4 large egg yolks (soft boiled or raw*)
- 1 tbsp butter or ghee
- Salt to taste

*Use high-quality eggs if consuming yolks raw

Instructions

1. Place sardines in a bowl and mash with butter.
2. Add egg yolks and salt. Mix until smooth and creamy.
3. Serve slightly warm or at room temp.

Serving Suggestion

Enjoy with a crispy egg crust or bacon chips for crunch.

Nutritional Info (per serving)

- Calories: 430
- Protein: 36g
- Fats: 32g
- Cholesterol: 530mg
- Sodium: 510mg
- Potassium: 410mg



Yield: 2 servings.

Cook Time: 5 minutes

Prep Time: 5 minutes

Method: Boil+mash



Day 17

Breakfast: Lamb Liver & Egg Scramble



Ingredients

- 4 oz lamb liver, finely chopped
- 4 large eggs
- 1 tbsp butter or tallow
- Salt to taste

Instructions

1. Heat fat in skillet over medium heat.
2. Add liver and cook for 2–3 minutes until no longer pink.
3. Crack eggs directly into the pan and scramble gently.
4. Cook until eggs are just set. Salt to taste and serve hot.

Serving Suggestion

Serve with bone broth or a small side of sausage for extra calories.

Nutritional Info (per serving)

- Calories: 390
- Protein: 32g
- Fats: 28g
- Cholesterol: 470mg
- Sodium: 340mg
- Potassium: 410mg

Yield: 2 servings.
Cook Time: 10 minutes

Prep Time: 5 minutes
Method: Skillet

🍷 Lunch: Grilled Pork Belly Slices

Ingredients

- 1 lb pork belly, sliced 1/4-inch thick
- Salt to taste

Instructions

1. Heat grill or skillet to medium-high.
2. Grill pork belly slices for 5–7 minutes per side until golden and crispy.
3. Rest for 5 minutes before serving.

Serving Suggestion

Serve with pan drippings or melted butter poured over top.

Nutritional Info (per serving)

- Calories: 620
- Protein: 35g
- Fats: 52g
- Cholesterol: 130mg
- Sodium: 380mg
- Potassium: 350mg



Yield: 2 servings. Prep Time: 5 minute

Cook Time: 15 minutes

Method: Grill or Skillet

🍷 Dinner: Lamb Chop with Butter



Ingredients

- 2 lamb chops (~6 oz each)
- 1 tbsp butter or tallow
- Salt to taste

Instructions

1. Heat grill or skillet over medium-high.
2. Season lamb with salt.
3. Grill or sear 4–5 minutes per side.
4. Rest 5 minutes. Top with melted butter before serving.

Serving Suggestion

Pair with soft egg yolks or serve alongside beef liver for a nutrient-packed finish.

Nutritional Info (per serving)

- Calories: 520
- Protein: 38g
- Fats: 40g
- Cholesterol: 170mg
- Sodium: 350mg
- Potassium: 370mg

Yield: 2 servings.

Prep Time: 5 minutes

Cook Time: 10-12 minutes

Method: Grill or cast iron skillet

Day 18



Breakfast: Poached Eggs & Melted Bone Marrow



Ingredients

- 4 large eggs
- 2–3 marrow bones (or 2 tbsp marrow fat)
- 1 tbsp vinegar (for poaching water)
- Salt to taste
-

Instructions

1. Roast bones at 425°F for 15 minutes or heat marrow in skillet until melted.
2. Poach eggs in gently boiling water with vinegar for 3–4 minutes.
3. Remove eggs and place in bowls. Spoon marrow over top. Salt to taste.

Serving Suggestion

Serve with crispy bacon or chicken skin for added crunch.

Nutritional Info (per serving)

- Calories: 420
- Protein: 22g
- Fats: 38g
- Cholesterol: 480mg
- Sodium: 270mg
- Potassium: 290mg

Yield: 2 servings.

Cook Time: 10 minutes

Prep Time: 5 minutes

Method: Boil + oven or skillet

Lunch: Bunless Liver Burger

Ingredients

- 8 oz ground beef (80/20)
- 2 oz beef or chicken liver, finely chopped or blended
- 1 egg
- Salt to taste
- 1 tbsp tallow or butter

Instructions

1. Mix beef, liver, egg, and salt. Form into 2 patties.
2. Heat fat in skillet. Cook burgers 4–5 minutes per side.
3. Rest for 5 minutes before serving.

Serving Suggestion

Top with butter, egg yolk, or a slice of crispy pork fat.

Nutritional Info (per serving)

- Calories: 490
- Protein: 36g
- Fats: 38g
- Cholesterol: 420mg
- Sodium: 410mg
- Potassium: 400mg



Yield: 2 servings. Prep Time: 10 minute

Cook Time: 10 minutes

Method: Grill or Skillet

Dinner: Chicken Skin & Gizzard Stir Fry



Ingredients

- 1 cup chicken gizzards, chopped
- 1 cup chicken skin, sliced
- 1 tbsp duck fat or tallow
- Salt to taste

Instructions

1. Heat fat in skillet over medium heat.
2. Add gizzards and cook for 10 minutes until tender.
3. Add chicken skin and stir-fry until golden and crispy.
4. Salt to taste and serve hot.

Serving Suggestion

Pair with soft-boiled eggs or spoonful of liver pâté for added richness.

Nutritional Info (per serving)

- Calories: 460
- Protein: 38g
- Fats: 35g
- Cholesterol: 340mg
- Sodium: 420mg
- Potassium: 370mg

Yield: 2 servings.

Cook Time: 15 minutes

Prep Time: 10 minutes

Method: Skillet



Day 19

Breakfast: Sausage Patties & Buttered Yolk Sauce



Ingredients

- 8 oz ground pork or sausage meat (no fillers)
- 4 large egg yolks
- 2 tbsp butter
- Salt to taste

Instructions

1. Form pork into 4 patties. Cook in skillet 4–5 minutes per side.
2. Meanwhile, melt butter over low heat. Stir in egg yolks until slightly thickened.
3. Plate patties and drizzle with warm yolk-butter sauce.

Yield: 2 servings.
Cook Time: 10 minutes

Serving Suggestion

Serve with bone broth or crispy pork cracklings for extra crunch.

Nutritional Info (per serving)

- Calories: 520
- Protein: 34g
- Fats: 42g
- Cholesterol: 510mg
- Sodium: 460mg
- Potassium: 300mg

Prep Time: 5 minutes
Method: Skillet and stove

Lunch: Roast Chicken Drumsticks

Ingredients

- 4 chicken drumsticks, skin-on
- 1 tbsp duck fat or tallow
- Salt to taste

Instructions

1. Preheat oven to 400°F. Rub drumsticks with fat and salt.
2. Place on a tray and roast for 40–45 minutes, flipping once.
3. Rest 5 minutes before serving.

Serving Suggestion

Serve with the pan drippings or a poached egg for added protein.

Nutritional Info (per serving)

- Calories: 480
- Protein: 36g
- Fats: 36g
- Cholesterol: 180mg
- Sodium: 340mg
- Potassium: 320mg



Yield: 2 servings. Prep Time: 5 minute

Cook Time: 40-45 minutes

Method: Oven

Dinner: Bacon-Wrapped Sausages



Ingredients

- 4 pork sausages (check for no sugar or fillers)
- 4 slices bacon
- Salt to taste

Instructions

1. Wrap each sausage in a slice of bacon.
2. Bake at 400°F or air fry at 375°F for 15–20 minutes, flipping halfway.
3. Cook until bacon is crispy and sausage is browned

Serving Suggestion

Pair with soft egg yolks or a side of ghee-drenched liver for added nutrients.

Nutritional Info (per serving)

- Calories: 540
- Protein: 35g
- Fats: 44g
- Cholesterol: 420mg
- Sodium: 580mg
- Potassium: 330mg

Yield: 2 servings.
Cook Time: 15-20 minutes

Prep Time: 5 minutes
Method: Oven or air fryer



Day 20

🔍 **Breakfast: Carnivore Pancakes** **(Egg & Pork Skin)**



Ingredients

- 4 large eggs
- 1/2 cup crushed pork rinds (fine powder)
- 1 tbsp butter or beef tallow
- Salt to taste

Instructions

1. Blend eggs and pork rind powder until smooth.
2. Heat fat in skillet over medium heat.
3. Pour small amounts of batter into pan and cook 2–3 min per side.
4. Serve hot with melted butter or ghee on top.

Serving Suggestion

Add crumbled bacon or a side of sausage for texture and extra protein.

Nutritional Info (per serving)

- Calories: 420
- Protein: 30g
- Fats: 34g
- Cholesterol: 410mg
- Sodium: 520mg
- Potassium: 240mg

Yield: 2 servings.

Cook Time: 8 minutes

Prep Time: 5 minutes

Method: Blender + skillet

Lunch: Seared Duck Thighs in Fat

Ingredients

- 2 boneless duck thighs (or skin-on chicken thighs)
- 1 tbsp duck fat or tallow
- Salt to taste

Instructions

1. Pat duck dry and season with salt.
2. Heat skillet over medium heat. Place thighs skin-side down.
3. Cook 7–8 minutes, then flip and cook 5–7 minutes more.
4. Let rest 5 minutes and spoon fat over top before serving.

Serving Suggestion

Serve with soft yolk eggs or topped with crispy skin pieces.

Nutritional Info (per serving)

- Calories: 540
- Protein: 36g
- Fats: 44g
- Cholesterol: 170mg
- Sodium: 340mg
- Potassium: 310mg



Yield: 2 servings. Prep Time: 5 minute

Cook Time: 15-18 minutes

Method: Skillet

Dinner: Broiled Salmon Belly



Ingredients

- 8 oz salmon belly or fatty salmon fillet
- 1 tbsp ghee or butter
- Salt to taste

Instructions

1. Preheat broiler to high. Place salmon on a foil-lined tray.
2. Rub with ghee and sprinkle with salt.
3. Broil 4–5 minutes per side until golden and flaky.
4. Serve hot, spooning over melted fat from tray.

Serving Suggestion

Serve with a poached egg or mashed sardines on the side for omega-3 boost.

Nutritional Info (per serving)

- Calories: 490
- Protein: 36g
- Fats: 38g
- Cholesterol: 140mg
- Sodium: 320mg
- Potassium: 520mg

Yield: 2 servings.

Cook Time: 8-10 minutes

Prep Time: 5 minutes

Method: Broiler



Day 21

Breakfast: Tuna & Egg Yolks with Ghee



Ingredients

- 1 can tuna in water or oil (5–6 oz), drained
- 4 egg yolks (soft-boiled or raw*)
- 1 tbsp ghee or butter
- Salt to taste

*Use pasture-raised, clean eggs if using raw yolks

Instructions

1. In a bowl, mash tuna and ghee together.
2. Add egg yolks and salt. Stir until smooth and creamy.
3. Serve warm or slightly chilled.

Serving Suggestion

Add crispy pork bits or a soft egg on top for extra flavour and fat.

Nutritional Info (per serving)

- Calories: 420
- Protein: 36g
- Fats: 30g
- Cholesterol: 520mg
- Sodium: 410mg
- Potassium: 330mg

Yield: 2 servings.

Prep Time: 5 minutes

Cook Time: None (or 5 mins for soft-boiled yolks)

Method: Mash + mix

Lunch: Pan-Crisped Brisket Chunks

Ingredients

- 10 oz cooked brisket, cut into cubes
- 1 tbsp beef tallow
- Salt to taste
-

Instructions

1. Heat tallow in skillet over medium-high.
2. Add brisket chunks. Sear for 3–4 minutes per side until edges crisp.
3. Salt generously and serve hot.

Serving Suggestion

Serve with a spoonful of soft butter or a soft-poached egg for richness.

Nutritional Info (per serving)

- Calories: 530
- Protein: 40g
- Fats: 42g
- Cholesterol: 160mg
- Sodium: 350mg
- Potassium: 410mg



Yield: 2 servings. Prep Time: 5 minute
Cook Time: 10 minutes (if brisket is pre-cooked)
Method: Skillet

Dinner: Egg & Beef Pâté Stack



Ingredients

- 4 large eggs
- 3 oz beef liver pâté (store-bought or homemade)
- 1 tbsp butter or tallow
- Salt to taste

Instructions

1. Fry eggs in butter to your liking.
2. Spread pâté between 2 eggs and stack.
3. Top with melted fat or crisped bacon bits if desired.

Serving Suggestion

Serve with a small scoop of bone marrow or a side of grilled sausage.

Nutritional Info (per serving)

- Calories: 470
- Protein: 33g
- Fats: 38g
- Cholesterol: 480mg
- Sodium: 420mg
- Potassium: 360mg

Yield: 2 servings. Prep Time: 5 minutes
Cook Time: 5–7 minutes (if pâté is pre-made)
Method: Stovetop

WEEK 4

Day 22



Breakfast: Fried Duck Eggs & Sausage Crumbles



Ingredients

- 4 duck eggs (or large chicken eggs)
- 8 oz pork sausage (no fillers)
- 1 tbsp beef tallow or butter
- Salt to taste

Instructions

1. Heat skillet over medium heat. Add sausage and crumble as it cooks.
2. Remove cooked sausage and set aside.
3. Add tallow and fry eggs in same pan until whites are crisp.
4. Serve eggs over sausage crumbles. Salt to taste.

Serving Suggestion

Top with melted butter or a drizzle of egg yolk sauce for added richness.

Nutritional Info (per serving)

- Calories: 530
- Protein: 36g
- Fats: 44g
- Cholesterol: 500mg
- Sodium: 480mg
- Potassium: 330mg

Yield: 2 servings.
Cook Time: 10 minutes

Prep Time: 5 minutes
Method: Skillet

Lunch: Slow-Roasted Beef Shank

Ingredients

- 2 beef shanks (about 2 lbs total)
- 1 tbsp tallow or marrow fat
- Salt to taste

Instructions

1. Preheat oven to 300°F.
2. Season beef shanks with salt and place in a roasting dish.
3. Add fat to the pan, cover tightly with foil.
4. Roast for 2.5–3 hours until fork-tender. Spoon drippings over meat to serve.

Serving Suggestion

Serve with roasted bone marrow or topped with a poached egg.

Nutritional Info (per serving)

- Calories: 640
- Protein: 44g
- Fats: 50g
- Cholesterol: 180mg
- Sodium: 400mg
- Potassium: 470mg



Yield: 2 servings. Prep Time: 10 minute

Cook Time: 3 hours

Method: Oven

Dinner: Seared Tuna Steak & Bone Broth



Ingredients

- 2 tuna steaks (6 oz each)
 - 1 tbsp butter or tallow
 - 2 cups beef bone broth
- Salt to taste

Instructions

1. Heat butter in skillet over medium-high heat.
2. Sear tuna 2–3 minutes per side until golden outside, rare in the centre.
3. Warm broth in a saucepan.
4. Serve tuna with broth on the side or poured over.

Serving Suggestion

Top tuna with melted ghee and a sprinkle of sea salt. Bone broth adds hydration and electrolytes.

Nutritional Info (per serving)

- Calories: 450
- Protein: 40g
- Fats: 32g
- Cholesterol: 130mg
- Sodium: 430mg
- Potassium: 500mg

Yield: 2 servings.
Cook Time: 8 minutes

Prep Time: 5 minute
Method: Skillet+stovetop



Day 23

🔍 **Breakfast: Bone Marrow Spread & Boiled Eggs**



Ingredients

- 4 large eggs
- 2 marrow bones or 2 tbsp rendered marrow fat
- Salt to taste

Instructions

1. Roast marrow bones at 425°F for 15–20 minutes until soft.
2. Boil eggs for 7–8 minutes, then cool and peel.
3. Scoop marrow into a bowl and mash with salt.
4. Slice eggs and serve with marrow spread on top.

Serving Suggestion

For extra satiety, drizzle marrow over the eggs and serve with crispy bacon.

Nutritional Info (per serving)

- Calories: 420
- Protein: 22g
- Fats: 36g
- Cholesterol: 460mg
- Sodium: 310mg
- Potassium: 240mg

Yield: 2 servings.

Cook Time: 20 minutes

Prep Time: 5 minutes

Method: Oven +boil

Lunch: Grilled Chicken Hearts with Tallow

Ingredients

- 12 oz chicken hearts
- 1 tbsp beef tallow or duck fat
- Salt to taste

Instructions

1. Heat fat in skillet or grill pan over medium heat.
2. Season chicken hearts with salt.
3. Cook 4–5 minutes per side until browned and cooked through.
4. Drizzle with leftover fat before serving.

Serving Suggestion

Serve with scrambled eggs or spoonful of liver pâté for bonus nutrients.

Nutritional Info (per serving)

- Calories: 460
- Protein: 38g
- Fats: 34g
- Cholesterol: 340mg
- Sodium: 390mg
- Potassium: 370mg

Yield: 2 servings.

Cook Time: 10 minutes.



Prep Time: 10 minute

Method: Grill or skillet

Dinner: Carnivore Scotch Eggs



Ingredients

- 4 large eggs (boiled and peeled)
- 1 lb ground beef or pork
- 1 extra egg (for coating, optional)
- Salt to taste

Instructions

1. Boil and peel 4 eggs.
2. Wrap each egg completely in seasoned ground meat.
3. Optional: dip in beaten egg for extra crispness.
4. Bake at 375°F or air fry at 350°F for 15–20 minutes

Yield: 2 servings.

Cook Time: 20 minutes

Serving Suggestion

Serve with melted butter or ghee and a cup of warm bone broth.

Nutritional Info (per serving)

- Calories: 530
- Protein: 42g
- Fats: 38g
- Cholesterol: 520mg
- Sodium: 460mg
- Potassium: 400mg

Prep Time: 10minute

Method: Oven or air fryer

Day 24

Breakfast: Liver Omelette with Butter



Ingredients

- 4 large eggs
- 2 oz beef or chicken liver, finely chopped or blended
- 1 tbsp butter or tallow
- Salt to taste

Instructions

1. Heat half the butter in skillet over medium heat.
2. Cook chopped liver for 2–3 min until browned.
3. Whisk eggs and pour over liver. Cook until set.
4. Fold omelette and finish with remaining butter on top.

Serving Suggestion

Top with bacon bits or a drizzle of melted tallow for a richer flavour.

Nutritional Info (per serving)

- Calories: 430
- Protein: 34g
- Fats: 32g
- Cholesterol: 490mg
- Sodium: 410mg
- Potassium: 370mg

Yield: 2 servings.
Cook Time: 10 minutes

Prep Time: 5 minutes
Method: Skillet

Lunch: Fatty Pork Shoulder Bowl

Ingredients

- 1.5 lbs pork shoulder (skin-on or boneless)
- 1 tbsp lard or pork fat
- Salt to taste

Instructions

1. Preheat oven to 300°F. Rub pork with fat and salt.
2. Roast covered for 2.5–3 hours until tender.
3. Shred pork and mix with rendered fat before serving.

Serving Suggestion

Serve in a bowl with broth or top with poached eggs for bonus protein.

Nutritional Info (per serving)

- Calories: 610
- Protein: 36g
- Fats: 50g
- Cholesterol: 160mg
- Sodium: 440mg
- Potassium: 390mg

Yield: 2 servings.
Cook Time: 3 hours



Prep Time: 10 minute
Method: Oven or slow cooker

Dinner: Pork Chop with Crispy Edges



Ingredients

- 2 pork chops (bone-in, ~8 oz each)
- 1 tbsp tallow or lard
- Salt to taste

Instructions

1. Heat skillet with fat over medium-high heat.
2. Season chops with salt. Sear 5–6 min per side until golden and crispy.
3. Rest 5 min before serving. Pour pan juices over.

Serving Suggestion

Pair with scrambled eggs or crispy pork skin for an ultra-satisfying meal.

Nutritional Info (per serving)

- Calories: 520
- Protein: 38g
- Fats: 40g
- Cholesterol: 150mg
- Sodium: 370mg
- Potassium: 350mg

Yield: 2 servings.
Cook Time: 12-15 minutes

Prep Time: 5 minute
Method: Skillet



Day 25

Breakfast: Cheesy Egg Muffins (Carnivore Style)



Ingredients

- 6 large eggs
- 1/3 cup shredded hard cheese (optional, for dairy-tolerant carnivores)
- 4 slices cooked bacon, chopped
- Salt to taste

Instructions

1. Preheat oven to 375°F. Grease muffin tin.
2. Whisk eggs with cheese and bacon. Add salt.
3. Pour mixture into 4 muffin cups.
4. Bake 18–20 minutes until set and golden

Serving Suggestion

Top with a pat of butter or eat with crispy pork belly on the side

Nutritional Info (per serving)

- Calories: 430
- Protein: 30g
- Fats: 34g
- Cholesterol: 450mg
- Sodium: 520mg
- Potassium: 280mg

Yield: 2 servings.
Cook Time: 20 minutes

Prep Time: 5 minutes
Method: Oven

Lunch: Shrimp Scramble in Duck Fat

Ingredients

- 8 oz shrimp, peeled
- 4 large eggs
- 1 tbsp duck fat (or tallow)
- Salt to taste

Instructions

1. Heat duck fat in skillet over medium.
2. Add shrimp and cook 2–3 minutes until pink.
3. Crack in eggs and scramble until just set.
4. Salt and serve hot.

Serving Suggestion

Top with a drizzle of ghee or crumbled bacon.

Nutritional Info (per serving)

- Calories: 440
- Protein: 38g
- Fats: 32g
- Cholesterol: 400mg
- Sodium: 460mg
- Potassium: 350mg



Yield: 2 servings.

Cook Time: 10 minutes

Prep Time: 5 minutes

Method: Skillet

Dinner: Egg Yolk & Beef Mash Bowl



Ingredients

- 1 lb ground beef (80/20)
- 4 raw or soft-boiled egg yolks
- 1 tbsp butter or tallow
- Salt to taste

Instructions

1. Brown ground beef in skillet with butter or tallow.
2. Portion into bowls and stir in yolks immediately.
3. Mix until creamy. Add salt and serve warm.

Serving Suggestion

Top with extra marrow or a soft egg for luxurious texture and nutrients.

Nutritional Info (per serving)

- Calories: 560
- Protein: 42g
- Fats: 44g
- Cholesterol: 580mg
- Sodium: 420mg
- Potassium: 420mg

Yield: 2 servings.

Cook Time: 10 minutes

Prep Time: 5 minute

Method: Skillet+mixing



Day 26

Breakfast: Seared Steak & Scrambled Eggs



Ingredients

- 10 oz sirloin or ribeye steak
- 4 large eggs
- 1 tbsp beef tallow or butter
- Salt to taste

Instructions

1. Heat skillet over medium-high. Add fat.
2. Sear steak 3–4 min per side. Let rest.
3. Lower heat, scramble eggs in remaining fat.
4. Slice steak and serve with eggs.

Serving Suggestion

Top with marrow or serve with bacon for extra fat.

Nutritional Info (per serving)

- Calories: 540
- Protein: 45g
- Fats: 40g
- Cholesterol: 410mg
- Sodium: 370mg
- Potassium: 460mg

Yield: 2 servings.
Cook Time: 10 minutes

Prep Time: 5 minutes
Method: Skillet

Lunch: Ground Lamb Patties with Poached Eggs

Ingredients

- 8 oz ground lamb
- 1/2 tsp dried rosemary (optional)
- 4 eggs
- 1 tbsp tallow or ghee
- 1 tsp vinegar (for poaching)
- Salt to taste

Instructions

1. Form lamb into 4 patties. Cook in skillet 4–5 min per side.
2. Boil water with vinegar. Crack eggs and poach for 3–4 minutes.
3. Serve patties topped with poached eggs. Add salt.

Serving Suggestion

Drizzle with melted ghee or top with a spoonful of liver pâté.

Nutritional Info (per serving)

- Calories: 520
- Protein: 40g
- Fats: 38g
- Cholesterol: 470mg
- Sodium: 430mg
- Potassium: 370mg



Yield: 2 servings.
Cook Time: 10 minutes

Prep Time: 10 minutes
Method: Skillet+boil

Dinner: Roasted Turkey Legs with Skin



Ingredients

- 2 turkey legs (bone-in, skin-on)
- 1 tbsp duck fat or butter
- Salt to taste

Instructions

1. Preheat oven to 325°F. Rub turkey legs with fat and salt.
2. Place in baking dish and roast for 1.5–2 hours until skin is crisp and meat is tender.
3. Rest 10 minutes before serving.

Serving Suggestion

Serve with pan drippings or a side of scrambled eggs for added richness.

Nutritional Info (per serving)

- Calories: 580
- Protein: 48g
- Fats: 42g
- Cholesterol: 200mg
- Sodium: 410mg
- Potassium: 430mg

Yield: 2 servings.
Cook Time: 1-2 hours

Prep Time: 5 minute
Method: Oven

Day 27

🔍 **Breakfast: Egg Yolk Butter Sauce & Bacon**



Ingredients

- 4 egg yolks
- 2 tbsp butter or ghee
- 6 slices bacon
- Salt to taste

Instructions

1. Cook bacon in skillet until crispy. Set aside.
2. In a saucepan, melt butter on low heat.
3. Stir in egg yolks and cook gently for 2–3 minutes, stirring constantly until thickened (like hollandaise).
4. Pour over bacon or serve as a dip.

Serving Suggestion

Serve with soft-boiled eggs or crispy chicken skin for extra richness.

Nutritional Info (per serving)

- Calories: 470
- Protein: 22g
- Fats: 42g
- Cholesterol: 560mg
- Sodium: 580mg
- Potassium: 260mg

Yield: 2 servings.
Cook Time: 10 minutes

Prep Time: 5 minutes
Method: Stove+Skillet

Lunch: Smoked Salmon & Soft Eggs

Ingredients

- 6 oz smoked salmon
- 4 large eggs
- 1 tbsp butter (optional)
- Salt to taste

Instructions

1. Soft-boil eggs for 6 minutes. Cool and peel.
2. Plate salmon with halved soft-boiled eggs.
3. Add butter or drizzle with egg yolk sauce, if desired.

Serving Suggestion

Serve chilled or warm with bone broth for extra minerals

Nutritional Info (per serving)

- Calories: 440
- Protein: 34g
- Fats: 32g
- Cholesterol: 420mg
- Sodium: 560mg
- Potassium: 310mg



Yield: 2 servings.

Cook Time: 6 minutes

Prep Time: 5 minutes

Method: Boil

Dinner: Beef & Butter Fritters



Ingredients

- 1 lb ground beef (80/20)
- 2 eggs
- 2 tbsp butter
- Salt to taste

Instructions

1. In a bowl, mix ground beef, eggs, and salt.
2. Heat butter in a skillet over medium heat.
3. Form 4 small patties or "fritters" and fry 4–5 minutes per side.
4. Spoon melted butter over top before serving.

Yield: 2 servings.

Cook Time: 10 minutes

Serving Suggestion

Top with poached eggs or add chopped liver to the mix for a nutrient boost.

Nutritional Info (per serving)

- Calories: 560
- Protein: 42g
- Fats: 44g
- Cholesterol: 450mg
- Sodium: 420mg
- Potassium: 430mg

Prep Time: 10 minutes

Method: Skillet



Day 28

Breakfast: Carnivore Nibbles Platter (Eggs, Sardines, Cracklings)



Ingredients

- 4 large eggs
- 1 can sardines in olive oil or water (drained)
- 1/2 cup pork cracklings or chicken skin crisps
- Salt to taste

Serving Suggestion

Drizzle ghee or bacon fat over eggs for a warm, fatty finish.

Instructions

1. Soft- or hard-boil eggs (6–8 minutes). Cool and peel.
2. Plate sardines, eggs, and cracklings together.
3. Salt everything to taste and enjoy.

Nutritional Info (per serving)

- Calories: 470
- Protein: 35g
- Fats: 36g
- Cholesterol: 480mg
- Sodium: 520mg
- Potassium: 340mg

Yield: 2 servings.
Cook Time: 6 minutes

Prep Time: 5 minutes
Method: Boil+assembly 75

Lunch: Crispy Beef Skin & Liver Bites

Ingredients

- 1 cup beef skin strips or pork crackling
- 4 oz beef liver, chopped
- 1 tbsp tallow or butter
- Salt to taste

Instructions

1. Roast or air fry beef skin until crispy (375°F for 10–15 min).
2. Sear chopped liver in skillet with fat for 2–3 min until browned.
3. Plate liver with crispy skin. Add salt to taste.

Serving Suggestion

Serve with bone broth or a poached egg for bonus flavour and nutrients.

Nutritional Info (per serving)

- Calories: 490
- Protein: 34g
- Fats: 38g
- Cholesterol: 480mg
- Sodium: 460mg
- Potassium: 400mg



Yield: 2 servings.
Cook Time: 15 minutes

Prep Time: 10 minutes
Method: Oven+Skillet

Dinner: Sardines & Egg Stack with Ghee



Ingredients

- 2 cans sardines (in olive oil or water, drained)
- 4 large eggs
- 1 tbsp ghee or butter
- Salt to taste

Instructions

1. Fry or soft-boil eggs to preference.
2. Stack sardines with eggs on a plate.
3. Drizzle with melted ghee and add salt to taste.

Yield: 2 servings.
Cook Time: 6 minutes

Serving Suggestion

Serve warm or chilled. Add liver pâté for a nutrient punch.

Nutritional Info (per serving)

- Calories: 450
- Protein: 36g
- Fats: 34g
- Cholesterol: 460mg
- Sodium: 540mg
- Potassium: 350mg

Prep Time: 5 minutes
Method: Skillet or no-cook

Long-Term Carnivore Lifestyle

What to Do After the 28 Days

So you made it through 28 days of nose-to-tail, no-nonsense eating—and you feel amazing. Maybe your cravings are gone, your energy is up, your body looks leaner, and your brain feels sharper.

Now what?

The next step is all about **long-term sustainability**.

That doesn't mean going backward. It means **evolving your approach** in a way that fits your goals, lifestyle, and mindset.

Transition Options: Stay Strict, Go Keto, or Add Plants?.

You've earned options. Here are the three most common ways people move forward after completing the plan:

1. Stay Carnivore (Strict or Modified)

Many people find carnivore so simple and effective, they just keep going. You can:

- Stick to strict carnivore (meat, fat, salt, water)
- Add in occasional dairy or eggs (if tolerated)
- Incorporate more variety in cuts, cooking styles, or nose-to-tail eating

Best for: autoimmune healing, digestive reset, food sensitivity management, fat loss, mental clarity.

2. Transition to Ketovore / Clean Keto

Some choose to add back low-toxin, nutrient-dense keto-friendly foods like:

- Avocados, olives, coconut oil
- Leafy greens (spinach, arugula)
- Fermented veggies (if tolerated)
- Herbs and spices for flavour

Best for: those who want more flexibility and long-term food freedom while keeping carbs low.

🌿 3. Add Back Strategic Plants (Carnivore-ish)

Want to add fruit, honey, or occasional tubers? Start slow. Reintroduce **one item at a time**, and monitor how your body responds.

Tips:

- Stick to seasonal, whole foods
- Avoid seed oils and processed carbs
- Use a “symptom log” if you’re watching for inflammation or digestive issues

Best for: metabolically healthy individuals, athletes, or those experimenting with animal-based eating.

Maintenance Tips & Favourite Meal Rotation

Long-term success isn’t about eating new meals every day. It’s about building a **real-life rhythm** that keeps you nourished, strong, and satisfied.


🧠 Keep It Simple:

- Find 5–7 favourite go-to meals (rotate weekly)
- Batch-cook fatty cuts like chuck roast or pork belly
- Always keep eggs, ground meat, and broth in the fridge
-

🍖 Whitney’s Favourite Maintenance Meals:

- Ribeye + poached eggs
- Pork belly with bone broth
- Lamb shoulder & crispy duck skin
- Ground beef scrambled with yolks & butter
- Liver & bacon
- Marrow spooned over seared steak


Success Stories from Real People

 Justin, 42 – Austin, TX

"After 30 years of yo-yo diets, this was the first way of eating that felt effortless. I lost 27 lbs, my joint pain disappeared, and I haven't had a crash at work since week 2."

 Amanda, 33 – Dallas, TX

"I started carnivore for PCOS and stubborn belly fat. Not only did I lean out, but my skin cleared and I'm finally sleeping through the night. I'm never going back."

 Marcus, 58 – Lubbock, TX

"I thought I was just old and tired. Turns out I was inflamed and underfed. Now I feel like I'm 35 again. Steak, eggs, and liver gave me my life back."

Final Advice

No matter how you move forward, the most important thing is this:

Keep listening to your body.

You've learned what real nourishment feels like. You've built discipline, awareness, and momentum. That doesn't go away after 28 days—it **becomes part of who you are.**

Fuel your body. Stay consistent.

And don't forget to enjoy every bite.

Here's to your continued strength, health, and carnivore-powered life.

— **Whitney Perry**

Metric & US Conversion Charts

US Measure	Metric Equivalent
1 teaspoon (tsp)	5 mL
1 tablespoon (tbsp)	15 mL
1 cup	240 mL
1 fluid ounce (fl oz)	30 mL
1 ounce (oz, weight)	28 grams
1 pound (lb)	454 grams
1 inch	2.54 cm
Oven: 350°F	175°C
Oven: 400°F	200°C

Thank you so much for joining me on this 28-day carnivore journey. Whether this was your first experience with an all-meat lifestyle or you're a seasoned carnivore looking for fresh inspiration, I hope this book gave you exactly what you needed—structure, simplicity, and flavor that makes you feel strong, energized, and in control of your health.

This cookbook was a labor of love, built around real-world meals, real results, and a real passion for helping people fuel their bodies without confusion or compromise.

If you enjoyed this book or found it helpful, please take a moment to leave a quick review on Amazon. Your feedback helps more people discover the benefits of this lifestyle and supports me as I continue creating honest, high-quality resources you can rely on.

📧 Follow me on Amazon to stay updated on new releases, special editions, and bonus content: ➡



Your support truly means the world.
Stay healthy. Stay strong. Stay carnivore.

With gratitude,

Whitney Perry