

The UK Carnivore Diet Cookbook for Beginners:

**Fast Results with Over 2,500 Super Easy, Delicious
& Effortless Recipe Variations. A 61-Day High-
Protein Meal Plan to Boost Energy, Lose Weight &
Improve Your Health**

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This cookbook is for informational purposes only. The recipes and dietary guidance are based on the author's research and experience. They are not a substitute for professional medical or nutritional advice.

Before making any major dietary changes, including following a carnivore diet, consult a qualified healthcare professional, especially if you have existing health conditions, are pregnant, or take medication.

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Dietary needs vary, and readers should make informed choices based on their own circumstances.

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Introduction

Welcome to **The UK Carnivore Diet Cookbook for Beginners**, a simple and practical guide to enjoying an all-meat lifestyle. Whether you're curious about the carnivore diet, looking to improve your health, or just want delicious, protein-packed meals, this book has you covered.

The carnivore diet is exactly what it sounds like—a way of eating that focuses on animal-based foods such as meat, fish, eggs, and dairy. Many people turn to this diet for benefits such as weight loss, improved digestion, better energy levels, and even relief from certain health conditions. But while the idea is straightforward, knowing what to eat, where to buy quality meat in the UK, and how to prepare satisfying meals can make all the difference.

This cookbook is designed to make the carnivore diet **easy, enjoyable, and sustainable**. You'll find a variety of recipes using UK ingredients, from quick weekday meals to slow-cooked favourites. There's something here for everyone, whether you're keeping things simple with steak and eggs or trying traditional British meats like lamb, venison, and offal.

Beyond the recipes, you'll also find **practical tips** on sourcing meat, shopping on a budget, meal planning, and dealing with social situations. The aim is to give you **realistic, no-fuss** ways to follow the carnivore diet without overcomplicating things.

This is not about strict rules or one-size-fits-all approaches. It's about finding what works for you, enjoying **delicious, nourishing food**, and making the most of what's available here in the UK.

So, let's get started—fire up the grill, grab your favourite cut of meat, and enjoy the journey!

Chapter 1: Understanding the Carnivore Diet

The **carnivore diet** is a way of eating that focuses entirely on animal-based foods, including meat, fish, eggs, and some dairy. It eliminates all plant-based foods, such as vegetables, fruit, grains, nuts, and legumes. The idea is to simplify nutrition, remove potential irritants, and rely on nutrient-dense animal products for energy and health.

Many people turn to the carnivore diet for benefits such as **weight loss, improved digestion, better energy levels, and reduced inflammation**. By cutting out processed foods, sugar, and plant fibres, some find relief from issues like bloating, autoimmune conditions, and blood sugar fluctuations.

The diet is **simple to follow**—you eat when you're hungry, focus on high-quality animal proteins and fats, and avoid non-animal foods. Some include dairy, while others keep it strictly to meat and water. While the carnivore diet is controversial, proponents argue that it provides **all essential nutrients** when done properly, particularly when incorporating a variety of meats, fish, and organ meats.

For those looking for a **straightforward, filling, and effective** way of eating, the carnivore diet offers an alternative approach to traditional nutrition.

Is the Carnivore Diet Right for Me?

Before starting the carnivore diet, it's important to assess whether it's suitable for your personal health goals and lifestyle. While many people see positive results, it's not for everyone. Here's how you can determine if the carnivore diet is worth trying:

Are you looking for simplicity?

The carnivore diet is straightforward—no complicated meal plans, calorie counting, or balancing macronutrients. If you prefer a **simple, no-fuss approach to eating**, this diet could be a good fit.

Do you struggle with digestive issues?

If you often experience bloating, gas, or other digestive discomforts, some find that cutting out plant-based foods helps alleviate these symptoms. The carnivore diet removes many potential irritants, which may improve digestion for some.

Are you looking to lose weight?

The carnivore diet can naturally reduce calorie intake, as protein and fat tend to be more filling. If weight loss is one of your goals, the diet's high-protein, low-carb nature may help you feel fuller for longer and curb cravings.

Do you have specific health conditions?

Individuals with **autoimmune diseases, arthritis, or inflammatory conditions** often report relief after adopting the carnivore diet. If you're dealing with any of these concerns, it's worth discussing with your doctor whether this way of eating could benefit you.

Are you ready for a big change?

Starting the carnivore diet involves eliminating most of the foods you might be accustomed to, such as fruits, vegetables, and grains. It's a significant change, and you'll need to be prepared to stick with it, at least in the initial stages, to see any benefits.

How's your current health?

If you're already in good health, the carnivore diet may offer **extra benefits**, but it's also important to ensure you don't have any underlying health conditions that could be affected by such a restrictive diet. It's always a good idea to consult a healthcare professional before making any major dietary changes.

Benefits and Risks of the Carnivore Diet

Like any diet, the carnivore diet comes with both potential **benefits** and **risks**. It's important to weigh these carefully before deciding whether this way of eating is right for you.

Benefits of the Carnivore Diet

1. **Simplicity**

The carnivore diet is incredibly straightforward. There are no complicated meal plans or calorie counting to worry about—just meat, fish, eggs, and sometimes dairy. This simplicity makes it easy for many to follow and stick with.

2. **Weight Loss**

Many people report weight loss on the carnivore diet due to its high-protein and high-fat nature. Protein and fat are more filling, which can help control hunger and reduce overall calorie intake. Additionally, cutting out processed foods and carbohydrates can support fat burning.

3. **Improved Digestion**

Some people find that cutting out plant-based foods helps with digestive issues like bloating, gas, and discomfort. The absence of fibre from plants can give the digestive system a break, particularly for those with conditions like **irritable bowel syndrome (IBS)**.

4. **Reduced Inflammation**

Eliminating plant-based foods and focusing solely on animal products may help reduce inflammation for some people. This can be beneficial for those with inflammatory conditions like **arthritis** or autoimmune disorders.

5. **Increased Mental Clarity**

A high-protein, low-carb diet can help regulate blood sugar levels, which may lead to **more stable energy levels** and improved mental clarity throughout the day. Many followers of the carnivore diet report feeling more focused and alert.

Risks of the Carnivore Diet

1. **Nutrient Deficiencies**

While animal-based foods are nutrient-dense, the carnivore diet eliminates entire food groups, including fruits, vegetables, and grains, which provide essential vitamins, minerals, and fibre. Without careful planning, this can lead to deficiencies in nutrients like **vitamin C, fibre, and some B vitamins**.

2. **Potential for High Saturated Fat Intake**

The carnivore diet can be high in saturated fats, particularly if it includes fatty cuts of meat. While some studies suggest that saturated fat intake doesn't necessarily raise cholesterol for everyone, there is ongoing debate about the long-term effects of a high-saturated-fat diet, especially for those with existing heart conditions.

3. **Kidney Stress**

High-protein diets can put additional strain on the kidneys, especially for those with pre-existing kidney conditions. It's important to ensure you're staying hydrated and monitoring your kidney health while following the carnivore diet.

4. **Social and Lifestyle Challenges**

The restrictive nature of the carnivore diet can make it difficult to eat out or socialise around food. Many traditional meals in the UK include plant-based foods, and it may take extra effort to find carnivore-friendly options in restaurants or at social gatherings.

5. **Sustainability**

The long-term sustainability of the carnivore diet is still uncertain. Some people find it challenging to stick to such a restrictive eating plan, and the lack of variety may eventually lead to **boredom** or **nutritional imbalances**.

Challenges of The Carnivore Diet

While the carnivore diet offers several benefits, it also comes with its own set of challenges that you should consider before fully committing. Here are some of the common hurdles people face when starting and maintaining the carnivore diet:

1. Limited Food Variety

One of the main challenges of the carnivore diet is its **restrictive nature**. With no plant-based foods allowed, the range of foods you can eat is quite narrow. While meat, fish, eggs, and dairy offer plenty of options, the lack of variety can lead to **monotony** and make it harder to stay motivated long-term.

2. Social Situations and Eating Out

Social events, family gatherings, and dining out can be tricky on the carnivore diet. In the UK, most meals include vegetables, grains, or carbohydrates, and it can be difficult to find carnivore-friendly options at restaurants. You may need to plan ahead, pack your own meals, or explain your dietary choices to friends and family. However, in the bonus section of this book, you'll find useful tips on how to manage social situations and navigate eating out while sticking to the carnivore diet.

3. Possible Nutrient Imbalances

Because the carnivore diet excludes plant-based foods, there's a risk of **nutrient deficiencies**, especially in vitamins and minerals that are commonly found in fruits, vegetables, and grains. While animal products are rich in many essential nutrients, you may need to be mindful of supplementing certain vitamins, such as **vitamin C**, which isn't found in significant amounts in animal foods.

4. The Adjustment Period

When transitioning to the carnivore diet, your body will need time to adjust. You may experience symptoms like **fatigue**, **digestive discomfort**, or **headaches** as your body adapts to a high-protein, low-carb diet. These symptoms typically improve after a few days or weeks, but the initial adjustment can be challenging for some people.

5. The Cost of Meat

Quality meat, particularly **grass-fed beef**, **free-range chicken**, and **wild-caught fish**, can be expensive. If you're on a budget, sourcing high-quality animal products regularly may be difficult. While there are affordable meat options available, particularly in supermarkets, the cost of buying fresh, high-quality meat for the carnivore diet can add up. Don't worry though—there are tips on how to reduce costs in the bonus section of this book, including suggestions for finding deals and alternatives.

6. Health Monitoring

The carnivore diet can be hard on your body in some ways, particularly for those with existing health conditions. It's important to **monitor your health** regularly, especially your cholesterol levels, kidney function, and overall nutrient intake. Some people choose to have regular check-ups with their doctor or a nutritionist to ensure they're on the right track.

Myths and Facts About the Carnivore Diet

There's a lot of confusion surrounding the carnivore diet, often due to **misunderstandings** and **misinformation**. In this section, we'll debunk some common myths and highlight the facts so you can make a well-informed decision about whether this way of eating is right for you.

Myth 1: The Carnivore Diet Is Unhealthy

Fact: When followed properly, the carnivore diet can provide all the nutrients your body needs. It focuses on nutrient-dense animal products such as **meat**, **fish**, **eggs**, and **dairy**, which are packed with essential vitamins, minerals, and healthy fats. Many proponents of the diet report improved health markers, such as better digestion, weight loss, and increased energy levels. However, it's important to include a variety of animal products, such as organ meats, to ensure you're getting a full range of nutrients.

Myth 2: You'll Get Nutrient Deficiencies on the Carnivore Diet

Fact: While it's true that the carnivore diet eliminates plant-based foods, it's possible to get all the essential nutrients by carefully choosing the right cuts of meat, fish, and dairy. For instance, **organ meats** (like liver and kidneys) are incredibly nutrient-dense and help fill any potential gaps in the diet. Supplementing with certain vitamins, such as **vitamin C**, may be necessary for some individuals, but many report thriving on the diet with no issues.

Myth 3: Eating Only Meat Will Raise Your Cholesterol

Fact: There is no one-size-fits-all answer when it comes to cholesterol levels. While some people might experience a rise in cholesterol when eating a diet rich in animal products, many others see improvements in their lipid profile. Recent studies show that dietary cholesterol has less of an impact on blood cholesterol levels than once thought, and a high-fat, high-protein diet can be beneficial for **metabolic health** in some individuals. It's important to monitor your health markers and consult with a healthcare professional if you have concerns.

Myth 4: The Carnivore Diet Is Just a Fad

Fact: The carnivore diet isn't a new concept. While it may have gained more attention in recent years, eating an animal-based diet is something humans have done for centuries. Historically, many indigenous cultures relied primarily on animal products for their sustenance, and their diets were highly effective for maintaining overall health. The modern-day carnivore diet simply brings this back into focus in the context of contemporary nutrition.

Myth 5: You'll Be Lacking Energy on the Carnivore Diet

Fact: Many people experience **increased energy levels** once their bodies adapt to the carnivore diet. This is because the body shifts from using carbohydrates for energy to burning fat for fuel (a state known as **ketosis**). Once your body becomes efficient at burning fat, you may feel more sustained energy throughout the day, without the crashes that can come from high-carb meals.

Myth 6: The Carnivore Diet Is Bad for Your Kidneys

Fact: While it's true that high-protein diets can put strain on the kidneys, the carnivore diet is generally safe for healthy individuals. However, those with pre-existing kidney issues should consult a doctor before adopting this way of eating. Staying well-hydrated and eating a balanced amount of protein can help mitigate any potential risks.

Facts You Might Not Know About the Carnivore Diet

The carnivore diet is often misunderstood, with many people only knowing the basics. But there are some lesser-known facts that could surprise you and help you understand the full picture of this unique way of eating. Here are a few interesting things you might not know:

1. The Carnivore Diet Can Be Very Satiating

One of the reasons people find it easy to stick with the carnivore diet is that animal products are naturally more filling. The **high protein** and **healthy fats** found in meat, fish, and eggs can keep you satisfied for hours, which means you're less likely to snack or overeat. For many, this results in **spontaneous calorie restriction**, helping with weight loss without feeling hungry.

2. It's Rich in Creatine

Meat, especially **red meat**, is an excellent source of **creatine**, which is a compound that supports muscle growth, strength, and recovery. While many people associate creatine with athletes or bodybuilders, it's also beneficial for general health, cognitive function, and energy production. If you're on the carnivore diet, you may be getting more creatine than the average person.

3. Carnivores Don't Have to Worry About Protein Deficiency

Unlike other restrictive diets, protein deficiency is rarely a concern on the carnivore diet. Animal products are packed with **complete proteins**, which contain all nine essential amino acids needed by the body. This makes it much easier to meet your protein needs compared to plant-based diets, where it can sometimes be trickier to get all the essential amino acids.

4. Organ Meats Are Nutrient Powerhouses

Organ meats, like liver and kidneys, are some of the most **nutrient-dense** foods you can eat. They are packed with vitamins and minerals that are hard to get from muscle meat alone. For example, **liver** is an excellent source of **vitamin A**, **iron**, and **folate**, all of which are essential for maintaining good health. Incorporating these into your diet can help fill in any gaps and provide you with a wider range of nutrients.

5. The Carnivore Diet Might Improve Skin Health

Some people have reported **improved skin conditions** like **acne** and **eczema** after switching to the carnivore diet. The diet's focus on whole, unprocessed animal products and its elimination of potential allergens like dairy, gluten, and sugars may help reduce inflammation and improve skin clarity. While results can vary, this diet might be worth considering if you're looking to improve skin health.

6. It's Naturally Low in Carbs

The carnivore diet is naturally very low in carbohydrates, which means it can put your body into a state of **ketosis**—where your body burns fat for fuel instead of glucose. This state can lead to enhanced **fat burning**, improved energy levels, and better mental clarity. If you've ever tried a low-carb or ketogenic diet, you may find the carnivore diet is a more **extreme** version with similar benefits but without the need to carefully track carb intake.

7. It's Not Just for Weight Loss

While many people turn to the carnivore diet for weight loss, it can also offer other health benefits. Some people find that it helps reduce **inflammation**, improve **mental clarity**, and even alleviate symptoms of conditions like **autoimmune diseases** and **irritable bowel syndrome (IBS)**. The diet's simplicity and elimination of processed foods may help you feel better in more ways than just shedding pounds.

The Science Behind the Carnivore Diet

The carnivore diet, though often considered unconventional, is grounded in scientific principles that support its potential health benefits. While research on the diet specifically is still emerging, several established areas of science can help explain why it works for some people. Let's take a closer look at the science behind this way of eating.

1. Ketosis and Fat Burning

The carnivore diet is essentially a very low-carb diet, which leads the body into a state known as **ketosis**. In ketosis, your body begins to burn **fat** for fuel instead of glucose (the sugar derived from carbohydrates). This shift can lead to **fat loss**, improved **energy levels**, and even better **mental clarity**. Studies show that when the body runs on fat as a primary energy source, it can become more efficient at burning stored fat, making it easier to lose weight and maintain stable energy throughout the day.

2. High-Protein Diet and Muscle Maintenance

Protein plays a crucial role in the body, especially when it comes to muscle maintenance, repair, and growth. The carnivore diet, rich in animal proteins, provides all the **essential amino acids** necessary for these processes. Unlike plant-based proteins, animal proteins are **complete proteins**, meaning they contain all the amino acids your body cannot produce on its own. This makes them more effective at supporting **muscle health**, **immune function**, and **tissue repair**.

3. Reducing Inflammation

The elimination of processed foods, sugars, and carbohydrates on the carnivore diet can significantly reduce **systemic inflammation** in the body. Research suggests that a high intake of processed foods and refined sugars can contribute to chronic inflammation, which is linked to a range of health issues such as heart disease, arthritis, and autoimmune conditions. By focusing on nutrient-dense animal products, many people find that they experience a reduction in **joint pain**, **digestive issues**, and other inflammatory symptoms.

4. Impact on Blood Sugar Levels

The carnivore diet is naturally very low in **carbohydrates**, which has a direct effect on **blood sugar regulation**. By removing carbs from the diet, the carnivore approach helps stabilise blood sugar levels and prevents the blood sugar spikes and crashes that can come from eating sugary or starchy foods. This can be especially beneficial for those with insulin resistance or type 2 diabetes, as a low-carb diet may improve **insulin sensitivity**.

5. Hormonal Balance

There is also evidence to suggest that a diet high in **healthy fats** and **protein**—which the carnivore diet provides—can have a positive impact on **hormonal balance**. Healthy fats are crucial for the production of many hormones, including

testosterone, estrogen, and growth hormone. By ensuring the body has a steady supply of these fats, the carnivore diet may support overall **hormonal health** and contribute to better energy, mood, and muscle development.

6. Evolutionary Perspective

From an evolutionary standpoint, human beings have been consuming animal-based diets for thousands of years. Early human ancestors primarily relied on meat for sustenance, with some periods of plant-based eating. The carnivore diet, in some ways, mirrors these ancient eating patterns. While the modern world offers a wide variety of foods, many proponents of the carnivore diet argue that our bodies are still adapted to a meat-based diet, which is why it can provide such positive effects for some people.

7. Gut Health and the Microbiome

There's growing evidence that the gut microbiome—the vast community of microbes living in our digestive tract—responds differently to animal-based diets compared to plant-based ones. While plant-based diets are known to feed a variety of beneficial gut bacteria, carnivores typically support a microbiome that thrives on proteins and fats. Though the long-term impact of a carnivore diet on the gut microbiome is still being studied, some individuals report improvements in **digestive health** and a reduction in symptoms like **bloating, gas, and IBS.**

The science behind the carnivore diet offers a fascinating look at how our bodies respond to an all-animal-based food intake. While the research is still evolving, the mechanisms at play offer promising insights into why this diet might work well for certain people. Always consult with a healthcare professional to ensure it's the right choice for your individual needs.

Nutrition Optimisation on the Carnivore Diet

One of the primary goals of any diet is to ensure that you're providing your body with the nutrients it needs to function optimally. The carnivore diet, despite being highly restrictive, can actually be quite effective in **optimising nutrition** when done correctly. By focusing on high-quality animal products, you can meet your body's nutritional requirements while avoiding common nutrient imbalances. Here's how to make the most of the carnivore diet in terms of nutrition.

1. Include a Variety of Animal Products

The key to optimising nutrition on the carnivore diet is **diversifying** the types of animal products you consume. While **meat, fish, eggs, and dairy** are all staples, including a variety of different cuts and types of animal products ensures that you're getting a wide range of nutrients. For example, **organ meats** like liver, kidney, and heart are rich in vitamins and minerals, especially **iron, vitamin A, and B vitamins**—nutrients that are often lacking in standard muscle meats.

2. Focus on Healthy Fats

Animal fats, such as those found in fatty cuts of **beef, lamb, pork, and fish**, are crucial for providing long-lasting energy and supporting various bodily functions. These fats help maintain healthy skin, produce vital hormones, and support brain function. Including a mix of **monounsaturated fats** (like those found in **pork belly or duck**), **polyunsaturated fats** (from oily fish like **salmon and mackerel**), and **saturated fats** (from beef, lamb, and **butter**) can help optimise your fat intake and provide balanced energy levels throughout the day.

3. Don't Forget About Protein

Protein is the building block of muscles, tissues, and many other vital processes in the body. The carnivore diet, with its focus on animal-based products, is naturally rich in **complete proteins**—those that contain all nine essential amino acids that your body can't produce. To optimise protein intake, aim to eat a **range of meats and fish**, ensuring that you get a broad spectrum of amino acids.

4. Incorporate Collagen and Gelatin

Collagen is a protein found in connective tissues like skin, bones, and cartilage. When you're on the carnivore diet, you can optimise your nutrition by including cuts of meat that are high in collagen, such as **shank, oxtail, soup bones, and organ meats.** Collagen is particularly beneficial for **joint health, skin elasticity,** and supporting a strong gut lining. Additionally, consuming gelatin (from slow-cooked bones) can help with **digestive health** and reduce inflammation.

5. Stay Hydrated

Hydration is essential on any diet, but it's especially important on the carnivore diet. Because the diet is naturally low in carbohydrates, you may experience some initial water loss as your body adjusts to burning fat for fuel. This can lead to dehydration if you're not careful. To optimise hydration, ensure that you're drinking plenty of water throughout the day. It's also worth considering adding a pinch of **salt** to your meals to help maintain proper electrolyte balance, especially in the early stages of the diet.

6. Supplements: A Consideration for Some

While the carnivore diet is incredibly nutrient-dense, there may still be some nutrients you'll need to supplement. **Vitamin C** is one common supplement people on the carnivore diet consider, as it's primarily found in fruits and vegetables. While some animal products contain small amounts of vitamin C, organ meats like **liver** can help meet your needs. However, if you find you're not getting enough, it's worth considering a vitamin C supplement.

7. Listen to Your Body

Lastly, the best way to optimise nutrition on the carnivore diet is by **listening to your body**. As you continue with the diet, pay attention to how you feel. If you experience signs of nutrient deficiencies—such as fatigue, muscle weakness, or skin issues—it may indicate that you need to adjust your food choices. You may also need to tailor the diet to your unique nutritional needs by including more or less of certain foods based on how your body responds.

By focusing on the variety of animal products you consume, balancing your fat intake, and being mindful of potential nutrient gaps, you can optimise your nutrition and make the most of the carnivore diet. It's all about finding the right balance and ensuring that your body is getting the nutrients it needs to thrive.

Chapter 2: Starting the Carnivore Diet

Transitioning to the carnivore diet is a process that requires patience and gradual adjustment. While jumping straight in is an option for some, easing into the diet can help minimise any discomfort. Start by reducing processed foods, sugars, and carbohydrates in your diet, replacing them with more animal-based options. This will allow your body to adapt to burning fat for energy instead of carbohydrates. In the early days, you may experience some initial side effects like fatigue or digestive changes, but these are usually temporary as your body adjusts. Focus on eating a variety of **meat, fish, eggs, and dairy** to ensure you're getting a full spectrum of nutrients. Remember, the key to a successful transition is consistency and listening to your body, giving it time to adapt to the new way of eating.

How to Prepare for the Carnivore Diet

Successfully preparing for the carnivore diet involves a few key steps to make the transition smoother and more manageable. Here's how to get ready:

1. Clear Out Non-Carnivore Foods

Remove processed foods, sugary snacks, grains, and anything high in carbohydrates from your kitchen. This will help you avoid temptation and make it easier to stick to your new diet.

2. Stock Up on Animal-Based Foods

Fill your kitchen with a variety of **meats, fish, eggs, and dairy**. Opt for high-quality, nutrient-dense options like grass-fed beef, wild-caught fish, and organic eggs to get the best nutritional value.

3. Plan Your Meals

Take the time to plan your meals for the week. Prepping simple, easy-to-make meals like grilled meats, eggs, and fish can help save time and keep you on track, especially on busy days.

4. Mentally Prepare for the Transition

Be aware that your body may take time to adjust to the new way of eating. You may experience temporary side effects, such as fatigue or digestive changes, so stay patient and give your body time to adapt.

5. Build a Support System

Whether it's family, friends, or an online community, having support during your transition to the carnivore diet can help keep you motivated and committed to the changes you're making.

Choosing the Right Meat and Other Products for the Carnivore Diet

When it comes to the carnivore diet, selecting the right types of meat and other animal-based products is essential for ensuring you get the full range of nutrients your body needs. Here's how to choose the best options:

1. Focus on High-Quality Meats

The quality of the meat you consume makes a significant difference. **Grass-fed beef, free-range chicken, wild-caught fish, and pasture-raised pork** tend to be higher in nutrients and healthier fats compared to conventionally raised animals. Look for meats that are **free from hormones and antibiotics** for a cleaner, more nutrient-dense option. Organic, sustainable options are often your best bet for quality and health.

2. Choose a Variety of Cuts

To optimise your nutrition, it's important to include a variety of cuts of meat. **Fatty cuts** like **ribeye steak, lamb chops, and pork belly** are excellent for providing healthy fats and energy. Meanwhile, **leaner cuts** such as **sirloin steak and chicken breasts** can be included in moderation. Also, don't overlook **organ meats** like **liver, kidney, and heart**, which are rich in vitamins and minerals, particularly **vitamin A, iron, and B vitamins**.

3. Don't Forget About Fish

Fish, especially **oily fish** such as **salmon, mackerel, and sardines**, are an excellent source of healthy omega-3 fatty acids and vitamin D. If possible, choose **wild-caught fish** as they tend to have a higher nutritional profile compared to farmed varieties. Fish also provides a variety of amino acids and helps diversify the protein sources in your diet.

4. Incorporate Eggs and Dairy

Eggs are a fantastic, nutrient-rich option that should be a staple in your diet. They're high in protein, fat, and a variety of vitamins, especially if you choose **free-range eggs**. Dairy can also be a valuable source of nutrition, providing calcium, protein, and healthy fats. However, it's important to choose high-quality, full-fat dairy products like **butter**—opt for organic or grass-fed options whenever possible to maximise the nutritional benefits.

5. Bone Broths and Gelatin

Bone broth made from **beef bones, chicken bones, or pork bones** is a great addition to the carnivore diet. It's rich in **collagen**, which supports joint health, digestion, and skin. Additionally, gelatin from slow-cooked bones helps to promote gut health and provides a different texture and variety to your meals.

6. Avoid Processed Meats

While processed meats like **sausages, bacon, and deli meats** may seem convenient, they can often contain preservatives, additives, and unhealthy fats. Try to minimise your intake of processed meats, as they may not offer the same health benefits as fresh cuts of meat and fish.

Where to Buy Quality Animal Products in the UK

When following the carnivore diet, sourcing high-quality animal-based products is essential to ensure you're getting the best nutritional value. Whether you prefer shopping locally or online, there are various places across the UK where you can find top-notch meats, eggs, dairy, and other essentials for your diet:

1. Local Butchers and Farmers' Markets

Local butchers and farmers' markets are great options for finding fresh, high-quality meat and other animal products. Many butchers offer grass-fed, free-range, and organic meats that are free from hormones and antibiotics. Farmers' markets often have local farmers who raise animals sustainably, offering fresh eggs, dairy, and a range of cuts of meat, including offal, which is an excellent addition to a carnivore diet.

2. Online Meat and Food Delivery Services

For convenience, many online services deliver high-quality meat and other animal products directly to your door. These services often focus on ethically sourced, grass-fed, and free-range options. You can also find specialised services that offer products like **bone broth**, **organ meats**, and **butter**—all of which are important for a well-rounded carnivore diet.

3. Specialist Farm Shops

Farm shops across the UK are known for offering locally raised, organic, and hormone-free meats, eggs, and dairy. They often stock high-quality cuts of meat and may have a selection of other essential items such as **bone broth** or **gelatin**. Purchasing directly from a farm shop allows you to support small-scale producers while ensuring your products are ethically sourced.

4. Supermarkets with Premium Ranges

Many supermarkets in the UK now carry higher-quality meat, eggs, and dairy products in their premium ranges. Look for labels such as **free-range**, **organic**, and **grass-fed** when selecting meat, eggs, and dairy products. While supermarkets may not always carry speciality items like **organ meats** or **bone broth**, they often have a good selection of everyday products like **beef**, **chicken**, **eggs**, and **butter**.

5. Community Supported Agriculture (CSA) Programs

In some areas of the UK, Community Supported Agriculture (CSA) schemes allow you to subscribe to receive regular deliveries of locally sourced animal products. These programs often offer a range of **meat**, **eggs**, and **dairy** directly from the farm, ensuring you're getting fresh, ethically sourced foods. It's also a good way to support local, sustainable farming practices.

By purchasing from these trusted sources, you'll ensure your carnivore diet is built on quality, ethically sourced products. From high-quality meats to dairy and eggs, you can find everything you need to thrive on this diet while supporting sustainable and local farming.

Essential Tools for the Carnivore Diet

While the carnivore diet is simple in its focus on animal-based foods, having the right tools can make meal preparation and cooking much easier. Here are some essential tools to help you make the most of your carnivore diet:

1. Sharp Knives

A good-quality, sharp knife is essential for cutting and preparing meat efficiently. Whether you're chopping, slicing, or deboning, having a sharp knife ensures precision and safety while preparing your meals. Consider investing in a **chef's knife** and a **paring knife** for different tasks.

2. Cast Iron Skillet

A cast iron skillet is one of the most versatile tools in the kitchen for cooking meats. Its ability to retain heat makes it perfect for searing steaks, frying eggs, or roasting cuts of meat. It's also excellent for cooking at high temperatures, which helps to achieve a beautifully caramelised exterior on meats.

3. Slow Cooker or Pressure Cooker

For preparing tougher cuts of meat, a slow cooker or pressure cooker can make life much easier. These devices allow you to cook large cuts of meat like **brisket**, **shanks**, or **roast joints** slowly over time, resulting in tender, flavourful dishes. A slow cooker is also handy for making **bone broth** or cooking meats on days when you don't have time for active cooking.

4. Meat Thermometer

To ensure that meat is cooked perfectly every time, a **meat thermometer** is an essential tool. It helps you check the internal temperature of your meat without guessing, ensuring it is cooked to your desired level, whether you prefer it rare, medium, or well-done. This is particularly helpful when cooking large cuts of meat or whole roasts.

5. Roasting Tray

A sturdy **roasting tray** is useful for roasting large cuts of meat like whole chickens, racks of lamb, or beef joints. It's important to choose a tray that is easy to clean and can withstand high temperatures. Using a roasting tray can also help to collect the delicious drippings, which can be used for making sauces or added to meals for extra flavour.

6. Food Storage Containers

Since the carnivore diet often involves batch cooking or preparing meals in advance, having **food storage containers** on hand is essential. Glass or BPA-free plastic containers are perfect for storing pre-cooked meats, eggs, and dairy, helping you stay organised and avoid food waste.

7. Bone Broth Strainer

If you're making **bone broth** (which is highly recommended for the carnivore diet), a **bone broth strainer** is essential. This tool helps separate the liquid from the solid bones, giving you a smooth, nutrient-dense broth to use in soups, stews, or as a base for other dishes.

8. Blender or Food Processor

While the carnivore diet is mostly about whole animal products, having a **blender** or **food processor** can be useful for creating smooth textures for dishes such as **bone broth**, **liver pâté**, or even mixing ground meat. It also helps when preparing smoothies or shakes if you're including dairy-based drinks in your diet.

Chapter 3: 61-Day Carnivore Meal Plan

How Often Should You Eat on the Carnivore Diet?

On the carnivore diet, most people eat two to three meals per day, depending on hunger, energy needs, and personal routine. There's no need to snack unless you genuinely feel hungry between meals. Meals should be satisfying and rich in fat and protein to keep you full for longer.

- Two meals a day (lunch and dinner) works well for many.
- Three meals (breakfast, lunch, and dinner) is also fine, especially early on.
- Snacks like jerky, crackling, or boiled eggs can be enjoyed if needed.
- Use sauces and dips made from animal fats to boost flavour without adding carbs.

Hydration and salt intake are important. Drink water throughout the day and add a pinch of sea salt if needed.

Week 1

Day 1: Slow-Cooked Brisket in Beef Tallow

Day 2: Seared Rib-Eye with Bone Marrow Butter

Day 3: Crispy Beef Fat Trimmings with Pan-Fried Steak

Day 4: Carnivore Mince and Egg Skillet

Day 5: Salt-Crusted Sirloin with Dripping Jus

Day 6: Liver and Mince Fry-Up

Day 7: Beef Heart Steaks with Melted Butter

**Week

You said:

breakfast + one meal + one snack

ChatGPT said:

Excellent — now you want a **strict carnivore structure** with:

- Breakfast
- Main meal
- Snack

Using *all your recipes*, fully distributed across 61 days.

I will make sure you get full variety from all your breakfast, main dishes, snacks, fish, pork, beef, lamb, poultry, and sauces.

Let's build your **61-Day Carnivore Meal Plan** (breakfast + main + snack), organised week by week, clean list format:

Week 1

Day 1

Breakfast: Carnivore Shakshuka Skillet
Main: Slow-Cooked Brisket in Beef Tallow
Snack: Beef Jerky with Sea Salt

Day 2

Breakfast: Bacon and Egg Muffins
Main: Seared Rib-Eye with Bone Marrow Butter
Snack: Crispy Pork Crackling Bites

Day 3

Breakfast: Carnivore Omelette
Main: Crispy Beef Fat Trimmings with Pan-Fried Steak
Snack: Tallow-Fried Bacon Crisps

Day 4

Breakfast: Steak and Fried Eggs
Main: Carnivore Mince and Egg Skillet
Snack: Chicken Skin Chips

Day 5

Breakfast: Bone Broth Breakfast Bowl
Main: Salt-Crusted Sirloin with Dripping Jus
Snack: Hard-Boiled Eggs with Butter

Day 6

Breakfast: Pork Sausages and Buttered Scrambled Eggs
Main: Liver and Mince Fry-Up
Snack: Chicken Meatballs

Day 7

Breakfast: Eggs in Beef Fat with Crispy Ham
Main: Beef Heart Steaks with Melted Butter
Snack: Crispy Fish Skin Chips

Week 2

Day 8

Breakfast: Salmon and Scrambled Eggs in Beef Tallow
Main: Rich Beef and Bone Marrow Soup
Snack: Pork Belly Bites with Crispy Skin

Day 9

Breakfast: Carnivore Breakfast Burgers
Main: Carnivore Smash Burgers with Crispy Fat
Snack: Venison Sausages with Black Pepper

Day 10

Breakfast: Creamy Egg and Liver Pâté
Main: Oxtail Stew with Beef Dripping
Snack: Smoked Duck Breast Slices

Day 11

Breakfast: Crispy Skin Roast Duck
Main: Crispy Chicken Mince Pancakes
Snack: Butter Sauce

Day 12

Breakfast: Pan-Seared Pheasant Breasts
Main: Grilled Chicken Drumsticks with Sea Salt
Snack: Beef Dripping Gravy

Day 13

Breakfast: Roast Chicken Thighs

Main: Smoked Turkey Wings

Snack: Pan-Seared Steak Jus

Day 14

Breakfast: Carnivore-Stuffed Chicken Thigh with Beef Fat Trimmings

Main: Grilled Quail

Snack: Smoked Duck Fat Sauce

Week 3

Day 15

Breakfast: Crispy Goose Leg with Rich Dripping Gravy

Main: Crispy Turkey Cutlets

Snack: Tallow Glaze

Day 16

Breakfast: Crispy Pan-Seared Salmon with Butter Drizzle

Main: Salt-Crusted Sea Bass with Rendered Fat

Snack: Spiced Beef Dripping Sauce

Day 17

Breakfast: Pan-Seared Tuna Steaks

Main: Smoked Mackerel with Crispy Skin

Snack: Egg Yolk Butter Sauce

Day 18

Breakfast: Grilled Sardines with Beef Dripping

Main: Pan-Fried Scallops in Beef Dripping (Not Strictly Carnivore)

Snack: Bacon Fat Hollandaise

Day 19

Breakfast: Pan-Seared Black Cod with Bone Marrow Butter

Main: Baked Cod with Duck Fat Glaze

Snack: Beef Jerky with Sea Salt

Day 20

Breakfast: Slow-Roasted Halibut in Beef Dripping

Main: Crispy Sardines Fried in Tallow

Snack: Crispy Pork Crackling Bites

Day 21

Breakfast: Slow-Roasted Pork Shoulder with Butter

Main: Crispy Pork Belly with Perfect Crackling

Snack: Tallow-Fried Bacon Crisps

Week 4

Day 22

Breakfast: Pork Ribs with Spicy Dry Rub

Main: Pan-Seared Pork Chop with Crispy Skin

Snack: Chicken Skin Chips

Day 23

Breakfast: Grilled Pork Steaks with Sea Salt

Main: Tender Braised Pork Knuckles in Pork Fat

Snack: Hard-Boiled Eggs with Butter

Day 24

Breakfast: Oven-Roasted Pork Belly Bites with Crackling

Main: Pork Tenderloin Wrapped in Bacon

Snack: Chicken Meatballs

Day 25

Breakfast: Smoked Pork Shoulder with a Smoky Glaze

Main: Crispy Pork Skin with Beef Dripping

Snack: Crispy Fish Skin Chips

Day 26

Breakfast: Slow-Roasted Lamb Shoulder in Beef Dripping

Main: Lamb Chops with Crispy Fat

Snack: Pork Belly Bites with Crispy Skin

Day 27

Breakfast: Crispy Minced Lamb Patties in Rendered Fat

Main: Chargrilled Lamb Cutlets with Sea Salt

Snack: Venison Sausages with Black Pepper

Day 28

Breakfast: Pan-Seared Lamb Steaks with Tallow Glaze

Main: Lamb Ribs with Crispy Skin and Salt

Snack: Smoked Duck Breast Slices

Week 5

Day 29

Breakfast: Braised Lamb Shanks in Bone Broth

Main: Grilled Lamb Burgers with Melted Beef Suet

Snack: Butter Sauce

Day 30

Breakfast: Tallow-Fried Lamb Liver with Sea Salt

Main: Smoked Lamb Leg with a Buttery Crust

Snack: Beef Dripping Gravy

Day 31

Breakfast: Carnivore Shakshuka Skillet

Main: Crispy Skin Roast Duck

Snack: Pan-Seared Steak Jus

Day 32

Breakfast: Bacon and Egg Muffins

Main: Pan-Seared Pheasant Breasts

Snack: Smoked Duck Fat Sauce

Day 33

Breakfast: Carnivore Omelette

Main: Grilled Chicken Drumsticks with Sea Salt

Snack: Tallow Glaze

Day 34

Breakfast: Steak and Fried Eggs

Main: Roast Chicken Thighs

Snack: Spiced Beef Dripping Sauce

Day 35

Breakfast: Bone Broth Breakfast Bowl

Main: Smoked Turkey Wings

Snack: Egg Yolk Butter Sauce

Week 6

Day 36

Breakfast: Pork Sausages and Buttered Scrambled Eggs

Main: Grilled Quail

Snack: Bacon Fat Hollandaise

Day 37

Breakfast: Eggs in Beef Fat with Crispy Ham

Main: Crispy Goose Leg with Rich Dripping Gravy

Snack: Beef Jerky with Sea Salt

Day 38

Breakfast: Salmon and Scrambled Eggs in Beef Tallow

Main: Crispy Turkey Cutlets

Snack: Crispy Pork Crackling Bites

Day 39

Breakfast: Carnivore Breakfast Burgers

Main: Salt-Crusted Sea Bass with Rendered Fat

Snack: Tallow-Fried Bacon Crisps

Day 40

Breakfast: Creamy Egg and Liver Pâté

Main: Smoked Mackerel with Crispy Skin

Snack: Chicken Skin Chips

Day 41

Breakfast: Carnivore Mince and Egg Skillet

Main: Pan-Fried Scallops in Beef Dripping (Not Strictly Carnivore)

Snack: Hard-Boiled Eggs with Butter

Day 42

Breakfast: Liver and Mince Fry-Up

Main: Baked Cod with Duck Fat Glaze

Snack: Chicken Meatballs

Week 7

Day 43

Breakfast: Beef Heart Steaks with Melted Butter

Main: Crispy Sardines Fried in Tallow

Snack: Crispy Fish Skin Chips

Day 44

Breakfast: Rich Beef and Bone Marrow Soup

Main: Slow-Roasted Pork Shoulder with Butter

Snack: Pork Belly Bites with Crispy Skin

Day 45

Breakfast: Carnivore Smash Burgers with Crispy Fat

Main: Crispy Pork Belly with Perfect Crackling

Snack: Venison Sausages with Black Pepper

Day 46

Breakfast: Oxtail Stew with Beef Dripping

Main: Pan-Seared Pork Chop with Crispy Skin

Snack: Smoked Duck Breast Slices

Day 47

Breakfast: Salt-Crusted Sirloin with Dripping Jus

Main: Tender Braised Pork Knuckles in Pork Fat

Snack: Butter Sauce

Day 48

Breakfast: Crispy Beef Fat Trimmings with Pan-Fried Steak

Main: Pork Tenderloin Wrapped in Bacon

Snack: Beef Dripping Gravy

Day 49

Breakfast: Pan-Seared Black Cod with Bone Marrow Butter

Main: Crispy Pork Skin with Beef Dripping

Snack: Pan-Seared Steak Jus

Week 8

Day 50

Breakfast: Slow-Roasted Halibut in Beef Dripping

Main: Slow-Roasted Lamb Shoulder in Beef Dripping

Snack: Smoked Duck Fat Sauce

Day 51

Breakfast: Lamb Chops with Crispy Fat

Main: Chargrilled Lamb Cutlets with Sea Salt

Snack: Tallow Glaze

Day 52

Breakfast: Crispy Minced Lamb Patties in Rendered Fat

Main: Pan-Seared Lamb Steaks with Tallow Glaze

Snack: Spiced Beef Dripping Sauce

Day 53

Breakfast: Braised Lamb Shanks in Bone Broth

Main: Lamb Ribs with Crispy Skin and Salt

Snack: Egg Yolk Butter Sauce

Day 54

Breakfast: Grilled Lamb Burgers with Melted Beef Suet

Main: Smoked Lamb Leg with a Buttery Crust

Snack: Bacon Fat Hollandaise

Day 55

Breakfast: Tallow-Fried Lamb Liver with Sea Salt

Main: Crispy Skin Roast Duck

Snack: Beef Jerky with Sea Salt

Day 56

Breakfast: Bacon and Egg Muffins

Main: Pan-Seared Pheasant Breasts

Snack: Crispy Pork Crackling Bites

Week 9

Day 57

Breakfast: Carnivore Omelette

Main: Grilled Chicken Drumsticks with Sea Salt

Snack: Tallow-Fried Bacon Crisps

Day 58

Breakfast: Steak and Fried Eggs

Main: Roast Chicken Thighs

Snack: Chicken Skin Chips

Day 59

Breakfast: Bone Broth Breakfast Bowl

Main: Smoked Turkey Wings

Snack: Hard-Boiled Eggs with Butter

Day 60

Breakfast: Pork Sausages and Buttered Scrambled Eggs

Main: Grilled Quail

Snack: Chicken Meatballs

Day 61

Breakfast: Eggs in Beef Fat with Crispy Ham

Main: Crispy Goose Leg with Rich Dripping Gravy

Snack: Crispy Fish Skin Chips

Chapter 4: Carnivore Diet Recipes – Simple, Satisfying, and Nutrient-Dense

Get ready to explore a mouth-watering collection of carnivore-friendly recipes that prove eating meat doesn't have to be boring. From perfectly seared steaks and slow-cooked roasts to rich bone broths and satisfying egg dishes, this chapter is packed with flavourful, nourishing meals to keep you feeling strong and satisfied. Whether you're after a quick bite, a hearty feast, or a comforting classic, you'll find plenty of inspiration to make the carnivore diet both exciting and sustainable.

Breakfast

Why Breakfast Matters on the Carnivore Diet

Breakfast sets the tone for your day, providing the nourishment your body needs to stay energised and focused. On the carnivore diet, your first meal is a chance to fuel yourself with high-quality proteins and healthy fats that keep you full for hours. Without the blood sugar spikes and energy crashes caused by carbohydrates, many people find their mornings feel more stable, with improved concentration and sustained energy.

What to Include in a Carnivore Breakfast

- **Eggs:** A nutrient-dense option, packed with protein, healthy fats, and essential vitamins.
- **Meat:** From bacon and sausages to steak and mince, protein-rich meats keep you satisfied.
- **Dairy (if tolerated):** Butter adds flavour and valuable nutrients.

Tips for a Satisfying Carnivore Breakfast

- **Choose fatty cuts of meat** to keep hunger at bay and maintain energy.
- **Cook with butter or beef dripping** for added flavour and nutrition.
- **Prepare in advance**—batch-cook meats or boil eggs for quick and easy meals.

With these filling, protein-packed breakfasts, you'll start your day feeling strong, focused, and ready to take on whatever comes your way.

Carnivore Shakshuka Skillet

Preparation Time: 5 minutes | **Cooking Time:** 10-12 minutes | **Servings:** 1

Ingredients:

150 g lamb or beef mince (or a mixture of both)
50 g beef liver or heart, finely chopped (optional)
2-3 eggs
Beef dripping or tallow
Pinch of salt (optional)

Instructions:

1. Heat a good spoonful of beef dripping in a frying pan over a medium heat.
2. Add the mince (and offal if using) and cook, breaking it up with a wooden spoon, for 5-7 minutes, until nicely browned.
3. Use the spoon to make 2 or 3 small dips in the meat.
4. Crack an egg into each dip.
5. Pop a lid on the pan and turn the heat down low. Let the eggs cook gently for about 4-5 minutes, or until the whites are set and the yolks are still runny.
6. Serve straight from the pan.

Serving Suggestions:

Scoop up a bit of egg with some hot, juicy meat – rich, warming, and perfect to start the day.

Nutritional Information (Per Serving):

Calories: 520 kcal | Total Fat: 38 g (Saturated Fat: 16 g) | Cholesterol: 770 mg | Fibre: 0 g | Protein: 42 g

Bacon and Egg Muffins

Preparation Time: 5 minutes | **Cooking Time:** 15 minutes | **Serves:** 1

Ingredients:

2 slices of bacon
2 eggs
A pinch of salt (optional)

Instructions:

1. Preheat your oven to 180°C (160°C fan) or gas mark 4.
2. Line a muffin tin with the bacon slices, wrapping each slice around the edges of the cup.
3. Crack an egg into the bacon-lined cup.
4. Season with a pinch of salt, if desired.
5. Bake in the preheated oven for 12-15 minutes, or until the egg whites are set but the yolk remains slightly runny.
6. Carefully remove from the tin and serve immediately.

Serving Suggestions:

These bacon and egg muffins are perfect on their own, but you could also add a dollop of melted butter or drizzle with beef tallow for extra richness.

Nutritional Information (Per Serving):

Calories: 360 kcal | Total Fat: 30 g (Saturated Fat: 12 g) | Cholesterol: 365 mg | Fibre: 0 g | Protein: 28 g

Steak and Fried Eggs

Preparation Time: 5 minutes | **Cooking Time:** 10 minutes | **Servings:** 1

Ingredients:

1 sirloin or rib-eye steak (about 200-250 g)
2 eggs
1 tbsp butter or animal fat
A pinch of salt (optional)
Freshly ground black pepper (optional)

Instructions:

1. Heat a frying pan over medium-high heat and melt the butter or animal fat.
2. Season the steak with a pinch of salt and freshly ground black pepper, if desired.
3. Once the pan is hot, add the steak and cook for 3-4 minutes on each side for medium-rare, or longer if preferred.
4. While the steak is cooking, heat another pan over a medium heat and fry the eggs in a little butter or fat until the whites are set but the yolks remain runny, or cook to your preference.
5. Once the steak is cooked to your liking, remove from the pan and let it rest for a couple of minutes.
6. Serve the steak with the fried eggs on top or alongside.

Serving Suggestions:

For extra flavour, top with a knob of butter or a few slices of bacon.

Nutritional Information (Per Serving):

Calories: 600 kcal | Total Fat: 45 g (Saturated Fat: 18 g) | Cholesterol: 420 mg | Fibre: 0 g | Protein: 45 g

Carnivore Omelette

Preparation Time: 5 minutes | **Cooking Time:** 5 minutes | **Servings:** 1

Ingredients:

3 large eggs
50 g cooked bacon or sausage, chopped
1 tbsp butter or animal fat
A pinch of salt (optional)
Freshly ground black pepper (optional)

Instructions:

1. Crack the eggs into a bowl and whisk until smooth.
2. Heat the butter or animal fat in a frying pan over medium heat.
3. Add the chopped bacon or sausage to the pan and cook for 1-2 minutes, until slightly crispy.
4. Pour the whisked eggs into the pan, allowing them to spread evenly.
5. Season with a pinch of salt and freshly ground black pepper, if desired.
6. Cook the omelette for 2-3 minutes, lifting the edges gently to allow any uncooked egg to flow underneath.
7. When the eggs are fully set, fold the omelette in half and serve immediately.

Serving Suggestions:

Enjoy on its own, or with a side of extra crispy bacon or a few slices of smoked salmon.

Nutritional Information (Per Serving):

Calories: 450 kcal | Total Fat: 36 g (Saturated Fat: 12 g) | Cholesterol: 390 mg | Fibre: 0 g | Protein: 30 g

Bone Broth Breakfast Bowl

Preparation Time: 5 minutes | **Cooking Time:** 10 minutes | **Servings:** 1

Ingredients:

250 ml bone broth (beef, chicken, or any preferred animal-based broth)
2 large eggs
50 g cooked beef or chicken (optional)
1 tbsp butter or animal fat
A pinch of salt (optional)
Freshly ground black pepper (optional)

Instructions:

1. Heat the bone broth in a saucepan over medium heat until simmering.
2. While the broth heats, melt the butter or animal fat in a frying pan over medium heat.
3. Crack the eggs into the pan and fry to your preferred doneness—sunny side up or over-easy works well.
4. Once the bone broth is hot, pour it into a bowl.
5. Optionally, add some cooked beef or chicken to the broth for extra protein.
6. Top the bone broth with the fried eggs and season with a pinch of salt and freshly ground black pepper, if desired.
7. Serve immediately.

Serving Suggestions:

Enjoy with a side of crispy bacon or some slices of smoked sausage for added richness.

Nutritional Information (Per Serving):

Calories: 350 kcal | Total Fat: 30 g (Saturated Fat: 12 g) | Cholesterol: 375 mg | Fibre: 0 g | Protein: 28 g

Pork Sausages and Buttered Scrambled Eggs

Preparation Time: 5 minutes | **Cooking Time:** 10 minutes | **Servings:** 1

Ingredients:

2 pork sausages (preferably high-quality, carnivore-friendly sausages)
3 large eggs
1 tbsp butter
A pinch of salt (optional)
Freshly ground black pepper (optional)

Instructions:

1. Heat a frying pan over medium heat and cook the sausages for 8-10 minutes, turning occasionally until they are fully cooked and browned on all sides.
2. While the sausages cook, crack the eggs into a bowl and whisk until smooth.
3. In a separate pan, melt the butter over a low heat.
4. Pour the eggs into the pan and cook gently, stirring occasionally, until the eggs are soft and creamy.
5. Once the sausages are cooked, remove them from the pan and serve alongside the buttered scrambled eggs.
6. Season with a pinch of salt and freshly ground black pepper, if desired.

Serving Suggestions:

For extra richness, top the scrambled eggs with a knob of butter before serving.

Nutritional Information (Per Serving):

Calories: 500 kcal | Total Fat: 40 g (Saturated Fat: 15 g) | Cholesterol: 370 mg | Fibre: 0 g | Protein: 30 g

Salmon and Scrambled Eggs in Beef Tallow

Preparation Time: 5 minutes | **Cooking Time:** 10 minutes | **Servings:** 1

Ingredients:

1 small fillet of smoked salmon
(about 100 g)
3 large eggs
1 tbsp beef tallow or animal fat
A pinch of salt (optional)
Freshly ground black pepper
(optional)

Instructions:

1. Heat the beef tallow or animal fat in a frying pan over medium heat until melted.
2. Crack the eggs into a bowl and whisk until smooth.
3. Once the tallow is hot, pour the eggs into the pan and cook gently, stirring occasionally to create soft, creamy scrambled eggs.
4. While the eggs are cooking, tear the smoked salmon into bite-sized pieces.
5. When the eggs are nearly done, stir in the salmon and cook for an additional 1-2 minutes, just until the salmon is warmed through.
6. Season with a pinch of salt and freshly ground black pepper, if desired.
7. Serve immediately, topped with a little extra beef tallow if desired.

Serving Suggestions:

For a unique twist, top with a dollop of beef liver pâté or a sprinkle of crispy pork crackling for added texture and flavour.

Nutritional Information (Per Serving):

Calories: 500 kcal | Total Fat: 38 g (Saturated Fat: 14 g) | Cholesterol: 380 mg | Fibre: 0 g | Protein: 35 g

Eggs in Beef Fat with Crispy Ham

Preparation Time: 5 minutes | **Cooking Time:** 8 minutes | **Servings:** 1

Ingredients:

2 large eggs
2 slices of ham (preferably sugar-free and high-quality)
1 tbsp beef fat (or any animal fat)
A pinch of salt (optional)
Freshly ground black pepper
(optional)

Instructions:

1. Heat the beef fat in a frying pan over medium heat until melted.
2. Add the slices of ham to the pan and cook for 2-3 minutes on each side, or until crispy.
3. Crack the eggs into the same pan, directly on top of the beef fat, and cook to your preferred style (fried, scrambled, or poached).
4. Season with a pinch of salt and freshly ground black pepper, if desired.
5. Once the eggs are cooked, serve with the crispy ham slices on the side or on top.

Serving Suggestions:

For extra flavour, top with a few slices of crispy pork crackling or a dollop of beef liver pâté.

Nutritional Information (Per Serving):

Calories: 450 kcal | Total Fat: 35 g (Saturated Fat: 15 g) | Cholesterol: 350 mg | Fibre: 0 g | Protein: 30 g

Creamy Egg and Liver Pâté

Preparation Time: 5 minutes | **Cooking Time:** 10 minutes | **Servings:** 1

Ingredients:

1 large egg
100 g cooked liver (beef, chicken, or pork)
2 tbsp butter
A pinch of salt (optional)
Freshly ground black pepper (optional)

Instructions:

1. Hard boil the egg by placing it in a saucepan of water, bringing it to a boil, and simmering for 8-10 minutes. Once cooked, peel and set aside.
2. In a frying pan, melt the butter over medium heat. Add the cooked liver and cook for 2-3 minutes, just to warm it through.
3. Place the liver and egg into a food processor or blender. Blend until smooth and creamy, adding more butter if needed to reach your desired consistency.
4. Season with a pinch of salt and freshly ground black pepper, if desired.
5. Serve immediately, or chill for later use.

Serving Suggestions: Pair it with a couple of crispy bacon strips for extra indulgence.

Nutritional Information (Per Serving):

Calories: 450 kcal | Total Fat: 35 g (Saturated Fat: 14 g) | Cholesterol: 350 mg | Fibre: 0 g | Protein: 30 g

Carnivore Breakfast Burgers

Preparation Time: 5 minutes | **Cooking Time:** 10 minutes | **Servings:** 1

Ingredients:

200 g ground beef (or your choice of carnivore-friendly meat)
1 large egg
1 tbsp butter or animal fat
A pinch of salt (optional)
Freshly ground black pepper (optional)
A few slices of cooked bacon (optional, for extra flavour)

Instructions:

1. Form the ground beef into a patty (about 2 cm thick).
2. Heat the butter or animal fat in a frying pan over medium-high heat.
3. Cook the burger patty for 4-5 minutes on each side, or until it reaches your desired doneness.
4. While the burger cooks, fry the egg in the same pan (or a separate pan) to your preference (fried, scrambled, or poached).
5. Once the burger is cooked, place the egg on top of the patty.
6. Optionally, add a few slices of cooked bacon for extra richness.

Serving Suggestions:

For an added indulgence, top the burger with a dollop of beef liver pâté or a sprinkle of crispy pork crackling.

Nutritional Information (Per Serving):

Calories: 600 kcal | Total Fat: 45 g (Saturated Fat: 18 g) | Cholesterol: 420 mg | Fibre: 0 g | Protein: 40 g

Beef Dishes

Beef is a staple of the Carnivore Diet, providing rich protein, healthy fats, and essential nutrients to keep you energised. Whether you prefer a tender steak, slow-cooked brisket, or hearty mince-based meals, beef dishes offer satisfying and nutrient-dense options that are both simple and delicious. With the right cuts and cooking techniques, you can enjoy a variety of textures and flavours while sticking to a meat-focused way of eating.

What to Include in Carnivore-Friendly Beef Dishes

- **Steak Cuts** – Rib-eye, sirloin, and rump are flavourful choices packed with protein and fat for long-lasting energy.
- **Slow-Cooked Cuts** – Brisket, oxtail, and short ribs become meltingly tender when cooked low and slow, making them perfect for hearty meals.
- **Mince and Burgers** – Minced beef is versatile and can be used for burgers, meatballs, or simple pan-fried meals with added butter or tallow.
- **Organ Meats** – Liver, kidney, and bone marrow are nutrient powerhouses, providing a natural source of vitamins and minerals.
- **Beef Fat and Tallow** – Cooking with beef fat or drizzling tallow over meals enhances flavour while keeping the diet high in healthy animal-based fats.

Tips for Cooking the Best Beef Dishes

- **Use the Right Heat** – Sear steaks on high heat for a caramelised crust or go low and slow for tougher cuts to achieve tenderness.
- **Rest Your Meat** – Allow cooked beef to rest for a few minutes before slicing to retain its juices and maximise flavour.
- **Season Simply** – While the Carnivore Diet focuses on meat, salt can enhance natural flavours, and optional butter or tallow can add extra richness.
- **Experiment with Cooking Methods** – Try pan-searing, roasting, slow-cooking, or even air-frying to discover your favourite textures and flavours.

With these hearty and satisfying beef recipes, you'll enjoy meals that are simple, nourishing, and deeply flavourful—proving that a meat-focused diet can be both enjoyable and effortless. From quick-cooked steaks to slow-simmered cuts, this chapter has something for every carnivore!

Seared Rib-Eye with Bone Marrow Butter

Preparation Time: 5 minutes | **Cooking Time:** 10 minutes | **Servings:** 1

Ingredients:

1 rib-eye steak (about 250 g)
1 tbsp beef tallow or butter
1 roasted bone marrow portion (from a beef marrow bone)
A pinch of salt (optional)

Instructions:

1. Prepare the bone marrow butter by scooping out the softened marrow from a roasted bone and mashing it with a fork. Set aside.
2. Heat a frying pan over high heat and add the beef tallow or butter.
3. Season the rib-eye with a pinch of salt, if using, and place it in the hot pan. Cook for 3 to 4 minutes on each side, or until a deep crust forms and the centre reaches your preferred doneness.
4. Remove from the heat and let it rest for 5 minutes to retain its juices.
5. Spread the mashed bone marrow over the hot steak, letting it melt into the meat.

Serving Suggestions:

For extra indulgence, serve with crispy beef fat trimmings or a side of seared beef liver.

Nutritional Information (Per Serving):

Calories: 680 kcal | Total Fat: 58 g (Saturated Fat: 25 g) | Cholesterol: 180 mg | Fibre: 0 g | Protein: 45 g

Slow-Cooked Brisket in Beef Tallow

Preparation Time: 10 minutes | **Cooking Time:** 4-6 hours | **Servings:** 1

Ingredients:

250 g beef brisket
1 tbsp beef tallow
½ tsp salt (optional)
¼ tsp black pepper (optional)

Instructions:

1. Preheat the oven to 150°C (130°C fan) or gas mark.
2. Rub the brisket all over with salt and black pepper, if using.
3. Heat a small ovenproof pot over medium heat and add the beef tallow. Once melted, sear the brisket for 2 to 3 minutes on each side until browned.
4. Cover the pot with a lid and transfer it to the oven. Cook for 4 to 6 hours, basting occasionally with its own fat, until the brisket is tender and easily pulls apart with a fork.
5. Remove from the oven and let it rest for 10 minutes before slicing or shredding.

Serving Suggestions:

Enjoy on its own or with a drizzle of extra melted beef tallow for added richness.

Nutritional Information (Per Serving):

Calories: 620 kcal | Total Fat: 50 g (Saturated Fat: 22 g) | Cholesterol: 150 mg | Fibre: 0 g | Protein: 40 g

Carnivore Mince and Egg Skillet

Preparation Time: 5 minutes | **Cooking Time:** 10 minutes | **Servings:** 1

Ingredients:

200 g minced beef (preferably high-fat)
1 tbsp beef tallow or butter
2 large eggs
A pinch of salt (optional)
A pinch of black pepper (optional)

Instructions:

1. Heat the beef tallow or butter in a frying pan over medium-high heat.
2. Add the minced beef to the pan and break it up with a spatula. Cook for 5 to 7 minutes, stirring occasionally, until the beef is browned and cooked through.
3. While the beef is cooking, crack the eggs directly into the pan on top of the cooked mince.
4. Cover the pan with a lid and cook for 2 to 3 minutes, or until the egg whites are set but the yolks remain runny. For firmer yolks, cook for an additional minute.
5. Season with salt and black pepper, if desired.

Serving Suggestions:

Serve as is or top with a dollop of extra butter for added richness.

Nutritional Information (Per Serving):

Calories: 620 kcal | Total Fat: 45 g (Saturated Fat: 18 g) | Cholesterol: 330 mg | Fibre: 0 g | Protein: 48 g

Crispy Beef Fat Trimmings with Pan-Fried Steak

Preparation Time: 5 minutes | **Cooking Time:** 10 minutes | **Servings:** 1

Ingredients:

1 rib-eye steak (about 250 g)
100 g beef fat trimmings
1 tbsp beef tallow or butter
A pinch of salt (optional)
A pinch of black pepper (optional)

Instructions:

1. Heat a frying pan over medium heat and add the beef fat trimmings. Cook for 4 to 5 minutes, stirring occasionally, until the fat becomes crispy and golden brown. Remove the crispy fat trimmings from the pan and set them aside.
2. In the same pan, add the beef tallow or butter and heat until melted.
3. Season the rib-eye steak with salt and black pepper, if desired, and place it in the hot pan. Cook for 3 to 4 minutes on each side, or until a deep crust forms and the centre reaches your preferred doneness.
4. Remove the steak from the pan and let it rest for 5 minutes before serving.
5. Top the steak with the crispy beef fat trimmings for extra flavour and texture.

Serving Suggestions:

Enjoy with a side of fried eggs or extra crispy beef fat for an indulgent meal.

Nutritional Information (Per Serving):

Calories: 750 kcal | Total Fat: 60 g (Saturated Fat: 28 g) | Cholesterol: 150 mg | Fibre: 0 g | Protein: 45 g

Liver and Mince Fry-Up

Preparation Time: 10 minutes | **Cooking Time:** 10 minutes | **Servings:** 1

Ingredients:

100 g beef liver
150 g minced beef (preferably high-fat)
1 tbsp beef tallow or butter
A pinch of salt (optional)
A pinch of black pepper (optional)

Instructions:

1. Heat the beef tallow or butter in a frying pan over medium heat.
2. Slice the beef liver into small pieces and add to the pan. Cook for 2 to 3 minutes on each side, or until the liver is browned and cooked through. Remove the liver from the pan and set aside.
3. In the same pan, add the minced beef. Cook for 5 to 7 minutes, breaking it up with a spatula, until browned and cooked through.
4. Season with salt and black pepper, if desired.
5. Return the cooked liver to the pan with the mince and mix together for 1 to 2 minutes to combine.

Serving Suggestions:

Serve on its own or with a side of crispy beef fat trimmings for extra richness.

Nutritional Information (Per Serving):

Calories: 620 kcal | Total Fat: 45 g (Saturated Fat: 20 g) | Cholesterol: 300 mg | Fibre: 0 g | Protein: 45 g

Salt-Crusted Sirloin with Dripping Jus

Preparation Time: 5 minutes | **Cooking Time:** 20 minutes | **Servings:** 1

Ingredients:

1 sirloin steak (about 250 g)
2 tbsp beef dripping
1 tbsp sea salt
A pinch of black pepper (optional)

Instructions:

1. Preheat the oven to 180°C (160°C fan) or gas mark 4.
2. Season the sirloin steak generously with sea salt, pressing it into the meat to form a crust.
3. Heat the beef dripping in a frying pan over medium-high heat. Once hot, sear the sirloin steak for 2 to 3 minutes on each side until a golden-brown crust forms.
4. Transfer the steak to the oven and cook for 8 to 10 minutes, or until the steak reaches your desired doneness.
5. Remove the steak from the oven and let it rest for 5 minutes.
6. While the steak rests, pour the excess beef dripping from the pan into a small saucepan. Heat over medium heat and cook for 2 to 3 minutes, allowing the juices to concentrate into a rich jus.
7. Slice the steak and drizzle the jus over the top.

Serving Suggestions:

Serve with a side of crispy beef fat trimmings or a fried egg for an indulgent meal.

Nutritional Information (Per Serving):

Calories: 700 kcal | Total Fat: 55 g (Saturated Fat: 22 g) | Cholesterol: 150 mg | Fibre: 0 g | Protein: 50 g

Rich Beef and Bone Marrow Soup

Preparation Time: 10 minutes | **Cooking Time:** 3-4 hours | **Servings:** 1

Ingredients:

300 g beef bones with marrow
1 tbsp beef tallow or butter
A pinch of salt (optional)

Instructions:

1. Preheat the oven to 180°C (160°C fan) or gas mark 4.
2. Place the beef bones on a roasting tray and roast for 20 to 25 minutes, turning halfway through, until well browned and caramelised.
3. In a large pot, heat the beef tallow or butter over medium heat. Add the roasted bones and pour in enough water to cover them. Bring to a gentle simmer.
4. Reduce the heat and let the soup simmer for 3 to 4 hours, occasionally skimming the surface.
5. Once the marrow is soft and easily scooped out, remove the bones. Scoop the marrow into the broth and stir well to combine.
6. Serve the soup hot, allowing the marrow to add a velvety texture and deep flavour.

Serving Suggestions:

Enjoy on its own or pour over shredded slow-cooked beef for an extra hearty meal.

Nutritional Information (Per Serving):

Calories: 650 kcal | Total Fat: 55 g (Saturated Fat: 25 g) | Cholesterol: 180 mg | Fibre: 0 g | Protein: 40 g

Beef Heart Steaks with Melted Butter

Preparation Time: 10 minutes | **Cooking Time:** 25 minutes | **Servings:** 1

Ingredients:

200 g beef heart
1 tbsp beef tallow or butter
1 tbsp melted butter (for drizzling)
A pinch of salt (optional)
A pinch of black pepper (optional)

Instructions:

1. Slice the beef heart into 2 to 3 cm thick steaks.
2. Heat the beef tallow or butter in a frying pan over medium-high heat.
3. Season the beef heart steaks with salt and black pepper, if desired. Place the steaks in the pan and cook for 2 to 3 minutes on each side, or until browned and cooked to your preferred level of doneness.
4. Remove the steaks from the pan and let them rest for 5 minutes.
5. Drizzle the melted butter over the cooked beef heart steaks before serving.

Serving Suggestions:

Serve with a side of crispy beef fat trimmings or fried eggs for an indulgent, nutrient-packed meal.

Nutritional Information (Per Serving):

Calories: 500 kcal | Total Fat: 40 g (Saturated Fat: 18 g) | Cholesterol: 180 mg | Fibre: 0 g | Protein: 45 g

Oxtail Stew with Beef Dripping

Preparation Time: 10 minutes | **Cooking Time:** 3-4 hours | **Servings:** 1

Ingredients:

250 g oxtail, cut into chunks
1 tbsp beef dripping
A pinch of salt (optional)

Instructions:

1. Heat the beef dripping in a large pot over medium heat. Add the oxtail chunks and brown them on all sides for 5 to 7 minutes.
2. Pour in enough water to cover the meat. Bring to a simmer, then reduce the heat and cover.
3. Let the stew cook for 3 to 4 hours, occasionally stirring and skimming the surface. The oxtail should become tender, and the broth rich and gelatinous.
4. Once done, remove the oxtail from the pot and let it cool slightly. Shred the meat off the bone and return it to the stew. Stir well and serve hot.

Serving Suggestions:

Enjoy on its own or pour over pan-fried beef fat trimmings for an extra indulgent meal.

Nutritional Information (Per Serving):

Calories: 700 kcal | Total Fat: 55 g (Saturated Fat: 25 g) | Cholesterol: 150 mg | Fibre: 0 g | Protein: 45 g

Carnivore Smash Burgers with Crispy Fat

Preparation Time: 5 minutes | **Cooking Time:** 10 minutes | **Servings:** 1

Ingredients:

250 g minced beef (preferably high-fat)
50 g beef fat trimmings
1 tbsp beef tallow or butter
A pinch of salt (optional)
A pinch of black pepper (optional)

Instructions:

1. Heat the beef tallow or butter in a frying pan over medium-high heat.
2. Form the minced beef into small balls (about 2 to 3) and place them in the hot pan. Press down each ball with a spatula to form thin patties.
3. Cook for 2 to 3 minutes on each side, or until a deep, crispy crust forms and the centre reaches your preferred doneness.
4. While the burgers are cooking, add the beef fat trimmings to the pan. Cook for 3 to 4 minutes, stirring occasionally, until the fat becomes crispy and golden.
5. Remove the burgers from the pan and let them rest for a minute. Serve the burgers topped with the crispy fat for added texture.

Serving Suggestions:

Serve as is or with a side of fried eggs for an indulgent, nutrient-rich meal.

Nutritional Information (Per Serving):

Calories: 750 kcal | Total Fat: 65 g (Saturated Fat: 30 g) | Cholesterol: 180 mg | Fibre: 0 g | Protein: 45 g

Poultry Dishes

Why Poultry is Essential for a Carnivore Diet

Poultry is a versatile and lean source of protein that fits perfectly into a carnivore lifestyle. Whether you're enjoying tender chicken, turkey, or game birds, poultry offers high-quality, nutrient-dense meat that supports muscle growth and recovery. Packed with essential amino acids and vitamins, it provides the fuel your body needs to thrive on a meat-based diet while keeping things simple and satisfying.

What to Include in Poultry Dishes on a Carnivore Diet

- **Chicken and Turkey:** These lean meats are high in protein and low in fat, making them an excellent choice for maintaining muscle mass and promoting overall health.
- **Game Birds:** Duck, quail, and pheasant offer unique flavours and are often richer in nutrients compared to traditional poultry.
- **Bone-in Cuts:** Opting for bone-in pieces like thighs and wings provides additional nutrients, including collagen, which supports joint health.
- **Organ Meats:** Poultry organs, like liver, are packed with essential vitamins and minerals, offering an extra boost to your nutrient intake.

Tips for Cooking Poultry

1. **Roast or Grill:** Roasting and grilling poultry enhances the natural flavours, creating crispy skin while keeping the meat tender and juicy.
2. **Bone Broths:** Use leftover bones to make nutrient-rich broths that are perfect for soups or sipping on their own.
3. **Batch Cook:** Roast multiple pieces of poultry at once for quick and easy meals throughout the week, making it easier to stay on track with your carnivore diet.

A Journey of Flavours

In this chapter, you'll find an array of poultry recipes to suit every taste, from classic roast chicken to more adventurous game bird dishes. These recipes are designed to be straightforward, packed with flavour, and completely aligned with your carnivore goals. Whether you're preparing a hearty poultry roast for a Sunday dinner or a quick weeknight meal, these dishes will keep you nourished and satisfied.

Let's dive into these meat-forward recipes that celebrate the simplicity and richness of poultry!

Crispy Chicken Mince Pancakes

Preparation Time: 5 minutes | **Cooking Time:** 8-10 minutes | **Servings:** 1

Ingredients:

200 g chicken mince
1 small egg (or half a large egg, beaten)
15 g beef dripping (or butter) for frying
Sea salt, to taste
Optional: a small pinch of white pepper (carnivore-adapted)

Instructions:

1. Place the chicken mince in a small bowl. Add the egg and a good pinch of sea salt. Mix thoroughly until sticky and well combined.
2. Heat the beef dripping or butter in a frying pan over a medium heat.
3. Shape the mixture into two small, thick pancakes.
4. Fry the pancakes for about 3–4 minutes on each side, until golden and crispy on the outside and fully cooked through.
5. Serve hot, spooning any leftover dripping from the pan over the top.

Serving Suggestions:

Serve with a drizzle of melted butter or a small dish of beef dripping gravy on the side for extra richness.

Nutritional Information (Per Serving):

Calories: 400 kcal | Total Fat: 28 g (Saturated Fat: 8 g) | Cholesterol: 260 mg | Fibre: 0 g | Protein: 35 g

Crispy Skin Roast Duck

Preparation Time: 10 minutes | **Cooking Time:** 1 hour 30 minutes | **Servings:** 1

Ingredients:

1 duck leg (or half a small duck)
1 tsp sea salt
½ tsp black pepper

Instructions:

1. Preheat the oven to 160°C (140°C fan) or gas mark 3. Pat the duck dry with a paper towel to remove excess moisture. Score the skin lightly with a sharp knife, being careful not to cut into the meat.
2. Rub the duck all over with salt and black pepper. Place the duck on a wire rack over a roasting tray to allow the fat to drip away.
3. Roast for 1 hour, then increase the oven temperature to 220°C (200°C fan) or gas mark 7 and roast for another 20 to 30 minutes until the skin is crispy and golden. Let the duck rest for 5 minutes before serving.

Serving Suggestions:

Enjoy on its own or with crispy duck fat crackling for extra crunch.

Nutritional Information (Per Serving):

Calories: 550 kcal | Total Fat: 42 g (Saturated Fat: 12 g) | Cholesterol: 160 mg | Fibre: 0 g | Protein: 45 g

Grilled Chicken Drumsticks with Sea Salt

Preparation Time: 5 minutes | **Cooking Time:** 25 minutes | **Servings:** 1

Ingredients:

2 chicken drumsticks
½ tsp sea salt
1 tbsp beef dripping or duck fat

Instructions:

1. Preheat a grill, barbecue, or grill pan to medium-high heat. Pat the chicken drumsticks dry with a paper towel to ensure crispy skin. Rub them with sea salt.
2. Brush the grill with beef dripping or duck fat to prevent sticking. Place the drumsticks on the grill and cook for 10 minutes, turning occasionally. Lower the heat slightly and continue grilling for another 10 to 15 minutes, turning regularly, until the skin is crispy and the meat is cooked through.
3. Remove from the grill and let the drumsticks rest for a few minutes before serving.

Serving Suggestions:

Enjoy on their own or dip into melted beef dripping for extra richness.

Nutritional Information (Per Serving):

Calories: 380 kcal | Total Fat: 22 g (Saturated Fat: 6 g) | Cholesterol: 120 mg | Fibre: 0 g | Protein: 40 g

Pan-Seared Pheasant Breasts

Preparation Time: 5 minutes | **Cooking Time:** 10 minutes | **Servings:** 1

Ingredients:

1 pheasant breast
½ tsp sea salt
1 tbsp beef dripping or duck fat

Instructions:

1. Pat the pheasant breast dry with a paper towel. Season with sea salt.
2. Heat the beef dripping or duck fat in a frying pan over medium-high heat. Once hot, place the pheasant breast in the pan and sear for 3 to 4 minutes on one side until golden brown. Flip and cook for another 3 to 4 minutes, or until the meat is just cooked through.
3. Remove from the pan and let the pheasant rest for 5 minutes before serving to retain its juices.

Serving Suggestions:

Enjoy on its own or with crispy pheasant skin for added texture.

Nutritional Information (Per Serving):

Calories: 280 kcal | Total Fat: 10 g (Saturated Fat: 3 g) | Cholesterol: 90 mg | Fibre: 0 g | Protein: 45 g

Smoked Turkey Wings

Preparation Time: 10 minutes | **Cooking Time:** 2 hours | **Servings:** 1

Ingredients:

1 turkey wing
1 tsp sea salt
1 tbsp melted beef dripping or duck fat

Instructions:

1. Preheat a smoker to 120°C. Pat the turkey wing dry with a paper towel, then rub it all over with sea salt and melted beef dripping or duck fat.
2. Place the turkey wing in the smoker and cook for 2 hours, or until the skin is crispy and the meat is tender. If needed, increase the temperature to 150°C for the last 15 minutes to enhance crispiness.
3. Remove from the smoker and let the turkey wing rest for 5 minutes before serving.

Serving Suggestions:

Enjoy on its own or dip into melted beef dripping for extra richness.

Nutritional Information (Per Serving):

Calories: 450 kcal | Total Fat: 30 g (Saturated Fat: 9 g) | Cholesterol: 120 mg | Fibre: 0 g | Protein: 40 g

Roast Chicken Thighs

Preparation Time: 5 minutes | **Cooking Time:** 40 minutes | **Servings:** 1

Ingredients:

2 bone-in, skin-on chicken thighs
1 tsp sea salt
1 tbsp beef dripping or duck fat

Instructions:

1. Preheat the oven to 200°C (180°C fan) or gas mark 6. Pat the chicken thighs dry with a paper towel. Season generously with sea salt.
2. Heat the beef dripping or duck fat in an ovenproof frying pan over medium heat. Place the chicken thighs skin-side down and sear for 5 minutes until golden. Flip them over, then transfer the pan to the oven.
3. Roast for 30 to 35 minutes until the skin is crispy and the juices run clear. Let the chicken rest for 5 minutes before serving.

Serving Suggestions:

Enjoy on its own or with crispy chicken skin for added crunch.

Nutritional Information (Per Serving):

Calories: 420 kcal | Total Fat: 28 g (Saturated Fat: 8 g) | Cholesterol: 140 mg | Fibre: 0 g | Protein: 40 g

Grilled Quail

Preparation Time: 10 minutes | **Cooking Time:** 15 minutes | **Servings:** 1

Ingredients:

1 whole quail, spatchcocked
½ tsp sea salt
1 tbsp beef dripping or duck fat

Instructions:

1. Preheat a grill or barbecue to medium-high heat. Pat the quail dry with a paper towel. Season with sea salt.
2. Brush the grill with beef dripping or duck fat to prevent sticking. Place the quail breast-side down and cook for 5 to 6 minutes. Flip and grill for another 5 to 6 minutes, or until the skin is crispy and the meat is cooked through.
3. Remove from the grill and let the quail rest for 5 minutes before serving.

Serving Suggestions:

Enjoy on its own or dip into melted beef dripping for extra richness.

Nutritional Information (Per Serving):

Calories: 320 kcal | Total Fat: 22 g (Saturated Fat: 6 g) | Cholesterol: 110 mg | Fibre: 0 g | Protein: 30 g

Carnivore-Stuffed Chicken Thigh with Beef Fat Trimmings

Preparation Time: 10 minutes | **Cooking Time:** 40 minutes | **Servings:** 1

Ingredients:

1 bone-in, skin-on chicken thigh
2 tbsp finely chopped beef fat trimmings
1 tbsp bone marrow (softened)
2 tbsp crispy chicken skin bits
½ tsp sea salt
1 tbsp beef dripping or duck fat

Instructions:

1. Preheat the oven to 200°C (180°C fan, Gas Mark 6).
2. Prepare the stuffing: In a small bowl, mix the chopped beef fat trimmings, bone marrow, and crispy chicken skin bits.
3. Stuff the chicken: Carefully lift the skin of the chicken thigh and spread the mixture underneath. Press the skin back down.
4. Season the outside with sea salt.
5. Sear the chicken: Heat the beef dripping or duck fat in an ovenproof frying pan over medium heat. Place the chicken skin-side down and sear for 5 minutes until golden.
6. Roast in the oven for 30–35 minutes, until the skin is crispy and the juices run clear.
7. Rest for 5 minutes before serving.

Serving Suggestions:

Dip into melted beef dripping or bone marrow for extra richness.

Nutritional Information (Per Serving):

Calories: 480 kcal | Total Fat: 35 g (Saturated Fat: 12 g) | Cholesterol: 150 mg | Fibre: 0 g | Protein: 40 g

Crispy Goose Leg with Rich Dripping Gravy

Preparation Time: 10 minutes | **Cooking Time:** 40 minutes | **Servings:** 1

Ingredients:

1 goose leg
1 tsp sea salt
½ tsp black pepper (optional)
1 tbsp duck fat or beef dripping

Instructions:

1. Preheat the oven to 150°C (130°C fan, Gas Mark 2). Pat the goose leg dry with a paper towel and rub all over with sea salt and black pepper if using.
2. Place the leg skin-side down in a cold ovenproof frying pan. Heat over low-medium heat, allowing the fat to render slowly for about 10 minutes.
3. Turn the leg over and transfer the pan to the oven.
4. Roast for 1 hour 30 minutes, then increase the temperature to 200°C (180°C fan, Gas Mark 6) and cook for another 20 to 30 minutes until the skin is deep golden and crispy.
5. Let it rest for 5 minutes before serving.

Serving Suggestions:

Drizzle with its own rich, rendered fat for extra indulgence.

Nutritional Information (Per Serving):

Calories: 680 kcal | Total Fat: 55 g (Saturated Fat: 18 g) | Cholesterol: 160 mg | Fibre: 0 g | Protein: 45 g

Crispy Turkey Cutlets

Preparation Time: 10 minutes | **Cooking Time:** 15 minutes | **Servings:** 1

Ingredients:

200 g turkey breast, thinly sliced
1 tsp sea salt
1 tbsp beef dripping or duck fat

Instructions:

1. Pat the turkey slices dry with a paper towel. Season with sea salt.
2. Heat the beef dripping or duck fat in a frying pan over medium-high heat. Once hot, add the turkey slices and cook for 3 to 4 minutes on each side until golden brown and crispy on the edges.
3. Remove from the pan and let them rest for a minute before serving.

Serving Suggestions:

Enjoy with crispy turkey skin for added crunch.

Nutritional Information (Per Serving):

Calories: 320 kcal | Total Fat: 18 g (Saturated Fat: 6 g) | Cholesterol: 90 mg | Fibre: 0 g | Protein: 38 g

Fish and Seafood Dishes

Why Include Fish and Seafood in a Carnivore Diet?

Fish and seafood are nutrient-dense, protein-rich options that fit into certain versions of the carnivore diet. However, it's important to note that the inclusion of fish and seafood can vary depending on which approach to the carnivore diet you're following. Some carnivores include both fish and seafood as part of their diet, while others limit it to only certain types of fish, such as fatty fish. There are also some versions of the carnivore diet that exclude all seafood entirely, focusing solely on land-based animal products. This diversity in approach means it's important to tailor your diet to your own preferences and goals.

What Makes These Dishes Perfect for a Carnivore Diet?

- **Omega-3 Powerhouses:** Fatty fish like salmon, mackerel, and sardines are nutrient-rich options that provide healthy fats and essential nutrients.
- **Minimal Ingredients:** These recipes focus on pure, unprocessed ingredients, sticking to animal-based sources with no additives.
- **Animal-Based Fats:** Cooked in butter, beef dripping, or tallow, these dishes elevate the flavour and ensure meals remain satisfying and nutrient-dense.
- **Simple Preparation:** Quick and easy cooking methods like searing, roasting, and grilling bring out the natural richness of seafood or fish.

Different Approaches to Fish and Seafood on a Carnivore Diet

- **Some Carnivores Include Fish and Seafood:** These individuals follow a more inclusive version of the carnivore diet, embracing both fish and seafood, enjoying their high protein, healthy fats, and omega-3 fatty acids.
- **Some Carnivores Only Include Fish:** For others, only fish (often fatty varieties such as salmon and mackerel) are considered appropriate, while shellfish or other seafood are avoided.
- **Some Carnivores Only Eat "Black Fish":** This variation allows for fish that are rich in omega-3 fatty acids and healthy fats, but may exclude lean fish like cod or haddock. Black fish examples include **mackerel, sardines, tuna, and herring.**
- **Some Carnivores Exclude All Seafood:** Certain versions of the carnivore diet focus exclusively on land-based animals, such as beef, lamb, and poultry, and exclude both fish and seafood entirely.

Tips for Cooking Fish and Seafood

1. **Use the Right Fat:** Butter, tallow, or duck fat add richness and help achieve a crispy texture.
2. **Keep the Skin On:** Cooking fish with the skin on locks in moisture and adds extra crunch.
3. **Avoid Overcooking:** Fish cooks quickly—watch closely to prevent it from drying out.
4. **Embrace Salt and Heat:** A pinch of sea salt and high-heat searing bring out the best flavours.

A Feast of the Sea

In this chapter, you'll find a selection of carnivore-friendly seafood recipes, from crispy pan-seared salmon to indulgent butter-drenched scallops. Whether you include seafood in your version of the carnivore diet or focus solely on land-based animals, these recipes can be adapted to suit your preferences. Dive into these hearty, satisfying meals and enjoy the full bounty of the sea in true carnivore fashion, as appropriate for your version of the diet.

Crispy Pan-Seared Salmon with Butter Drizzle

Preparation Time: 5 minutes | **Cooking Time:** 10 minutes | **Servings:** 1

Ingredients:

1 salmon fillet (about 200 g), skin on
1 tsp sea salt
1 tbsp beef dripping or butter
1 tbsp melted butter (for drizzling)

Instructions:

1. Pat the salmon fillet dry with a paper towel to ensure crispy skin. Season with sea salt.
2. Heat the beef dripping or butter in a frying pan over medium-high heat. Once hot, place the salmon skin-side down and press gently with a spatula. Cook for 4 to 5 minutes until the skin is crispy.
3. Flip the fillet and cook for another 2 to 3 minutes, depending on thickness, until the flesh is just cooked through.
4. Remove from the pan, let it rest for a minute, then drizzle with melted butter before serving.

Serving Suggestions:

Enjoy with crispy salmon skin for an extra crunch.

Nutritional Information (Per Serving):

Calories: 480 kcal | Total Fat: 38 g (Saturated Fat: 15 g) | Cholesterol: 110 mg | Fibre: 0 g | Protein: 34 g

Salt-Crusted Sea Bass with Rendered Fat

Preparation Time: 5 minutes | **Cooking Time:** 25 minutes | **Servings:** 1

Ingredients:

1 whole sea bass (about 300 g),
scaled and gutted, with head and tail
on
2 tbsp sea salt
1 tbsp beef dripping or duck fat (for
rendering and roasting)
1 tbsp melted butter (optional, for
drizzling)

Instructions:

1. Preheat the oven to 200°C (180°C fan) or gas mark 6.
2. Pat the sea bass dry with a paper towel to remove any excess moisture.
3. Rub the fish inside and out with sea salt.
4. Heat the beef dripping or duck fat in an ovenproof frying pan over medium heat until melted.
5. Place the fish in the pan, skin-side down, and let it cook for 5 minutes to crisp the skin.
6. Once the skin is crispy, transfer the frying pan to the oven and roast the fish for 15 minutes until the fish is cooked through and the flesh flakes easily.
7. Carefully remove from the oven, drizzle with melted butter (if using), and serve immediately.

Serving Suggestions:

Pair with more melted beef dripping or duck fat for added indulgence.

Nutritional Information (Per Serving):

Calories: 420 kcal | Total Fat: 32 g (Saturated Fat: 8 g) | Cholesterol: 100 mg | Fibre: 0 g | Protein: 34 g

Pan-Seared Tuna Steaks

Preparation Time: 10 minutes | **Cooking Time:** 5 minutes | **Servings:** 1

Ingredients:

2 tuna steaks (200 g each)
Sea salt (to taste)
Black pepper (to taste)
1 tbsp tallow or duck fat
1 tbsp melted butter (for drizzling)

Instructions:

1. Pat the tuna steaks dry with a paper towel to ensure a crispy exterior. Season both sides with sea salt and black pepper.
2. Heat the tallow or duck fat in a frying pan over medium-high heat. Once hot, add the tuna steaks to the pan.
3. Sear for 2 to 3 minutes per side, ensuring the exterior is golden and crispy while keeping the centre rare. Adjust the cooking time for your preferred doneness.
4. Remove the tuna steaks from the pan, drizzle with melted butter, and let rest for a minute before serving.

Serving Suggestions:

Enjoy on its own with extra melted butter for dipping.

Nutritional Information (Per Serving):

Calories: 320 kcal | Total Fat: 22 g (Saturated Fat: 14 g) | Cholesterol: 200 mg | Fibre: 0 g | Protein: 30 g

Smoked Mackerel with Crispy Skin

Preparation Time: 5 minutes | **Cooking Time:** 10 minutes | **Servings:** 1

Ingredients:

1 smoked mackerel fillet (about 200 g)
1 tbsp beef dripping or duck fat
½ tsp sea salt
½ tsp black pepper

Instructions:

1. Heat the beef dripping or duck fat in a frying pan over medium heat.
2. Place the smoked mackerel fillet skin-side down in the pan, pressing gently with a spatula. Cook for 3 to 4 minutes until the skin becomes golden and crispy.
3. Flip the fillet and cook for another 2 minutes to warm through.
4. Remove from the pan and let it rest for a minute.

Serving Suggestions:

Pair with a dollop of beef tallow for extra indulgence.

Nutritional Information (Per Serving):

Calories: 400 kcal | Total Fat: 30 g (Saturated Fat: 7 g) | Cholesterol: 100 mg | Fibre: 0 g | Protein: 35 g

Pan-Fried Scallops in Beef Dripping (Not Strictly Carnivore)

Preparation Time: 5 minutes | **Cooking Time:** 4 minutes | **Servings:** 1

Ingredients:

6 large scallops, cleaned
1 tbsp beef dripping
½ tsp sea salt
½ tsp black pepper

Instructions:

1. Pat the scallops dry with a paper towel to ensure a crispy finish.
2. Heat the beef dripping in a frying pan over medium-high heat.
3. Season the scallops with sea salt and black pepper on both sides.
4. Once the beef dripping is hot, add the scallops to the pan. Fry for about 2 minutes on each side until golden and crispy.
5. Remove from the pan and rest for a minute before serving.

Serving Suggestions:

Enjoy with a drizzle of extra beef dripping for richness.

Nutritional Information (Per Serving):

Calories: 250 kcal | Total Fat: 22 g (Saturated Fat: 10 g) | Cholesterol: 45 mg | Fibre: 0 g | Protein: 18 g

Grilled Sardines with Beef Dripping

Preparation Time: 5 minutes | **Cooking Time:** 10 minutes | **Servings:** 1

Ingredients:

4 fresh sardines, cleaned and gutted
1 tbsp beef dripping
½ tsp sea salt
½ tsp black pepper

Instructions:

1. Preheat the grill or barbecue to medium-high heat.
2. Coat the sardines in beef dripping and season with sea salt and black pepper.
3. Place the sardines on the grill and cook for about 4 to 5 minutes on each side, until the skin is crispy and the fish is cooked through.
4. Remove from the grill and let them rest for a minute before serving.

Serving Suggestions:

Pair with extra beef tallow for added richness.

Nutritional Information (Per Serving):

Calories: 480 kcal | Total Fat: 38 g (Saturated Fat: 15 g) | Cholesterol: 150 mg | Fibre: 0 g | Protein: 36

Baked Cod with Duck Fat Glaze

Preparation Time: 5 minutes | **Cooking Time:** 15 minutes | **Servings:** 1

Ingredients:

1 cod fillet (about 200 g)
1 tbsp duck fat
½ tsp sea salt
½ tsp black pepper

Instructions:

1. Preheat the oven to 200°C (180°C fan), Gas Mark 6.
2. Place the cod fillet on a baking tray. Drizzle the duck fat over the fish, ensuring it's evenly coated.
3. Season with sea salt and black pepper.
4. Bake in the preheated oven for 12 to 15 minutes, or until the cod is cooked through and flakes easily with a fork.
5. Remove from the oven and serve immediately, drizzling any remaining duck fat over the fish.

Serving Suggestions:

Top with a dollop of beef tallow or melted duck fat for added indulgence.

Nutritional Information (Per Serving):

Calories: 350 kcal | Total Fat: 24 g (Saturated Fat: 8 g) | Cholesterol: 60 mg | Fibre: 0 g | Protein: 30 g

Pan-Seared Black Cod with Bone Marrow Butter

Preparation Time: 5 minutes | **Cooking Time:** 10 minutes | **Servings:** 1

Ingredients:

1 black cod fillet (about 200 g)
1 tbsp beef tallow or duck fat (for searing)
1 tbsp bone marrow (softened)
½ tsp sea salt
½ tsp black pepper

Instructions:

1. Heat the beef tallow or duck fat in a frying pan over medium heat.
2. Season the black cod fillet with sea salt and black pepper on both sides.
3. Place the cod fillet in the pan skin-side down. Press gently with a spatula to ensure even searing. Cook for 4 to 5 minutes until the skin is crispy and golden.
4. Flip the fillet and cook for an additional 2 to 3 minutes, or until the cod is cooked through and flakes easily.
5. While the fish is resting, melt the softened bone marrow in the residual heat of the pan or in a separate small pan. Drizzle the bone marrow butter over the fish before serving.

Serving Suggestions:

Enjoy with the crispy skin for extra crunch.

Nutritional Information (Per Serving):

Calories: 500 kcal | Total Fat: 42 g (Saturated Fat: 12 g) | Cholesterol: 120 mg | Fibre: 0 g | Protein: 38 g

Crispy Sardines Fried in Tallow

Preparation Time: 5 minutes | **Cooking Time:** 5 minutes | **Servings:** 1

Ingredients:

6 sardines, gutted and scaled
1 tbsp beef tallow
½ tsp sea salt
½ tsp black pepper

Instructions:

1. Heat the beef tallow in a frying pan over medium-high heat until melted and hot.
2. Season the sardines with sea salt and black pepper on both sides.
3. Place the sardines in the hot tallow and fry for about 2 to 3 minutes on each side, or until the skin is golden brown and crispy.
4. Remove from the pan and rest for a minute.

Serving Suggestions:

Enjoy with a drizzle of extra beef dripping for richness.

Nutritional Information (Per Serving):

Calories: 380 kcal | Total Fat: 28 g (Saturated Fat: 10 g) | Cholesterol: 85 mg | Fibre: 0 g | Protein: 30 g

Slow-Roasted Halibut in Beef Dripping

Preparation Time: 5 minutes | **Cooking Time:** 20 minutes | **Servings:** 1

Ingredients:

1 halibut fillet (about 200 g)
2 tbsp beef dripping
½ tsp sea salt
½ tsp black pepper

Instructions:

1. Preheat the oven to 180°C (160°C fan), or Gas Mark 4.
2. Place the halibut fillet in a baking dish and drizzle the beef dripping over the fish.
3. Season with sea salt and black pepper.
4. Slow roast in the oven for 15 to 20 minutes, or until the fish is cooked through and flakes easily with a fork.
5. Remove from the oven and drizzle any remaining beef dripping from the dish over the fish before serving.

Serving Suggestions:

Enjoy with a dollop of butter for extra flavour.

Nutritional Information (Per Serving):

Calories: 400 kcal | Total Fat: 30 g (Saturated Fat: 12 g) | Cholesterol: 60 mg | Fibre: 0 g | Protein: 35 g

Pork Dishes

Why Include Pork in a Carnivore Diet?

Pork is a versatile, flavourful source of protein that fits perfectly into a carnivore diet. Rich in healthy fats and essential nutrients like zinc, iron, and B vitamins, pork can help fuel your body while keeping meals satisfying and nutrient-dense. Whether you prefer tender cuts like pork belly or the crispy goodness of crackling, pork offers a range of textures and flavours that complement a carnivore lifestyle. These recipes provide simple, delicious ways to incorporate pork into your meals while staying true to the carnivore diet principles.

What Makes These Pork Dishes Perfect for the Carnivore Diet?

- **Rich in Protein and Fat:** Cuts like pork belly, ribs, and shoulder are packed with protein and healthy fats, essential for energy and muscle recovery.
- **Delicious, Simple Preparation:** Pork can be roasted, fried, or grilled, with minimal seasoning, allowing the natural flavours of the meat to shine.
- **Collagen-Rich Cuts:** Pork skin and bones provide collagen, which supports joint and skin health—important for overall well-being.
- **Minimal Carbs:** These recipes contain zero carbs, making them ideal for a strict carnivore diet.

Tips for Cooking Pork

1. **Slow and Low:** Roasting or slow-cooking tougher cuts like pork shoulder brings out maximum flavour and tenderness.
2. **Crispy Skin:** For crispy pork crackling, ensure the skin is dry before roasting and rub it with sea salt to achieve that perfect crunch.
3. **Rest the Meat:** Allow the pork to rest after cooking to retain its juices and flavour.
4. **Use Pork Fat:** Don't discard the fat! Pork fat is rich in flavour and perfect for cooking or drizzling over your dish.

A Journey of Flavours

In this chapter, you'll find a variety of pork-based dishes to suit every carnivore craving. From the crispiness of Pork Belly with Crackling to the rich, hearty flavour of Slow-Cooked Pork Shoulder, these recipes offer everything from simple weeknight dinners to indulgent feasts.

These dishes are designed to be satisfying, rich in nutrients, and easy to prepare. Let's dive into these irresistible pork recipes, designed for maximum flavour and optimal health on the carnivore diet!

Crispy Pork Belly with Perfect Crackling

Preparation Time: 10 minutes | **Cooking Time:** 2 hours | **Servings:** 1

Ingredients:

1 pork belly slab (about 300 g)
1 tbsp sea salt
1 tbsp beef tallow or pork fat
(instead of olive oil)
1 tsp black pepper

Instructions:

1. Preheat the oven to 180°C (160°C fan), Gas Mark 4.
2. Score the skin of the pork belly with a sharp knife, making sure not to cut into the meat. Pat the skin dry with kitchen paper to remove any moisture.
3. Rub the skin with beef tallow or pork fat and season generously with sea salt and black pepper.
4. Place the pork belly on a rack in a roasting tray, skin-side up. Roast for 1.5 to 2 hours, or until the pork is tender and the crackling is golden and crispy. If the crackling isn't crisp enough, increase the oven temperature to 220°C for the last 10 minutes.
5. Remove from the oven and let the pork rest for 10 minutes before slicing.

Serving Suggestions:

Serve with crispy pork crackling for an extra layer of texture.

Nutritional Information (Per Serving):

Calories: 700 kcal | Total Fat: 55 g (Saturated Fat: 20 g) | Cholesterol: 95 mg | Fibre: 0 g | Protein: 45 g

Slow-Roasted Pork Shoulder with Butter

Preparation Time: 10 minutes | **Cooking Time:** 4 hours | **Servings:** 1

Ingredients:

1 pork shoulder (about 300 g)
2 tbsp beef tallow (instead of butter)
1 tsp sea salt
1 tsp black pepper

Instructions:

1. Preheat the oven to 150°C (130°C fan), Gas Mark 2.
2. Score the skin of the pork shoulder with a sharp knife.
3. Rub the beef tallow evenly over the pork shoulder, making sure to coat the skin and flesh well. Season generously with sea salt and black pepper.
4. Place the pork shoulder on a rack in a roasting tray, skin-side up, and roast for 4 hours, or until the meat is tender and the skin is crispy.
5. During the last 30 minutes of roasting, increase the temperature to 220°C (200°C fan) to crisp up the skin further.
6. Remove from the oven and let the pork rest for 10 minutes before slicing.

Serving Suggestions:

Pair with a side of fried pork fat for added richness.

Nutritional Information (Per Serving):

Calories: 650 kcal | Total Fat: 50 g (Saturated Fat: 20 g) | Cholesterol: 90 mg | Fibre: 0 g | Protein: 45 g

Pan-Seared Pork Chop with Crispy Skin

Preparation Time: 5 minutes | **Cooking Time:** 10 minutes | **Servings:** 1

Ingredients:

1 bone-in pork chop (about 250 g)
1 tbsp pork lard or beef tallow
½ tsp sea salt
½ tsp black pepper

Instructions:

1. Heat the pork lard or beef tallow in a frying pan over medium-high heat until hot.
2. Season the pork chop with sea salt and black pepper on both sides.
3. Place the pork chop in the hot pan, skin-side down, and cook for 4 to 5 minutes, pressing gently to ensure the skin crisps up.
4. Flip the chop and cook for another 3 to 4 minutes, or until the internal temperature reaches 70°C (160°F).
5. Remove from the pan and let the pork chop rest for 5 minutes before serving.

Serving Suggestions:

Enjoy with a dollop of melted beef tallow for extra flavour.

Nutritional Information (Per Serving):

Calories: 550 kcal | Total Fat: 35 g (Saturated Fat: 12 g) | Cholesterol: 70 mg | Fibre: 0 g | Protein: 45 g

Pork Ribs with Spicy Dry Rub

Preparation Time: 10 minutes | **Cooking Time:** 2.5 hours | **Servings:** 1

Ingredients:

300 g pork ribs
1 tbsp beef tallow or pork lard
1 tsp sea salt
½ tsp black pepper

Instructions:

1. Preheat the oven to 150°C (130°C fan) or gas mark 2.
2. In a small bowl, mix the sea salt, and black pepper.
3. Rub the pork ribs with beef tallow or pork lard, then coat them evenly with the spice mix.
4. Place the ribs on a wire rack over a baking tray and roast for 2.5 hours, until the meat is tender and pulls away from the bone easily.
5. For extra crispiness, increase the oven temperature to 220°C (200°C fan) or gas mark 7 for the last 10 minutes.
6. Let the ribs rest for 5 minutes before serving.

Serving Suggestions:

Pair with a drizzle of melted beef tallow or butter for added richness.

Nutritional Information (Per Serving):

Calories: 650 kcal | Total Fat: 50 g (Saturated Fat: 18 g) | Cholesterol: 90 mg | Fibre: 0 g | Protein: 45 g

Tender Braised Pork Knuckles in Pork Fat

Preparation Time: 10 minutes | **Cooking Time:** 3 hours | **Servings:** 1

Ingredients:

1 pork knuckle (about 400 g)
3 tbsp pork lard or beef tallow
1 tsp sea salt
½ tsp black pepper

Instructions:

1. Heat 2 tablespoons of pork lard or beef tallow in a large pot over medium-high heat.
2. Season the pork knuckle with sea salt, and black pepper.
3. Sear the pork knuckle on all sides until browned, about 5 minutes.
4. Reduce heat to low, cover, and let the knuckle braise for 3 hours, turning occasionally, until the meat is tender and falls off the bone.
5. Remove the knuckle from the pot and let it rest for a few minutes before serving.

Serving Suggestions:

Enjoy with pan-fried bacon pieces for an indulgent meal.

Nutritional Information (Per Serving):

Calories: 850 kcal | Total Fat: 70 g (Saturated Fat: 28 g) | Cholesterol: 110 mg | Fibre: 0 g | Protein: 55 g

Grilled Pork Steaks with Sea Salt

Preparation Time: 5 minutes | **Cooking Time:** 10 minutes | **Servings:** 1

Ingredients:

250 g pork steak (bone-in or boneless)
1 tbsp pork lard or beef tallow
1 tsp sea salt
½ tsp black pepper

Instructions:

1. Preheat a grill or griddle pan to medium-high heat.
2. Rub the pork steak with pork lard or beef tallow, then season with sea salt, and black pepper.
3. Place the pork steak on the grill and cook for 4 to 5 minutes on one side until golden brown. Flip and cook for another 4 to 5 minutes, or until the internal temperature reaches 70°C (160°F) or gas mark 1.
4. Remove from the grill and let the steak rest for 5 minutes before serving.

Serving Suggestions:

Serve with crispy pork belly pieces for extra flavour.

Nutritional Information (Per Serving):

Calories: 600 kcal | Total Fat: 45 g (Saturated Fat: 18 g) | Cholesterol: 85 mg | Fibre: 0 g | Protein: 50 g

Oven-Roasted Pork Belly Bites with Crackling

Preparation Time: 10 minutes | **Cooking Time:** 1.5 hours | **Servings:** 1

Ingredients:

300 g pork belly, skin-on
1 tbsp sea salt
½ tsp black pepper
1 tbsp pork lard or beef tallow

Instructions:

1. Preheat the oven to 160°C (140°C fan) or gas mark 3.
2. Cut the pork belly into bite-sized cubes and place them in a bowl.
3. Rub the pork belly pieces with sea salt, black pepper, and smoked paprika (if using).
4. Melt the pork lard or beef tallow and toss the pork belly pieces to coat evenly.
5. Place the pork belly pieces on a wire rack over a baking tray and roast for 1.5 hours, turning halfway through, until the meat is tender and the skin is crispy.
6. For extra crackling, increase the oven temperature to 220°C (200°C fan) or gas mark 7 for the last 10 minutes.
7. Let the pork belly bites rest for a few minutes before serving.

Serving Suggestions:

Serve with crispy pork crackling for an extra crunch.

Nutritional Information (Per Serving):

Calories: 750 kcal | Total Fat: 65 g (Saturated Fat: 25 g) | Cholesterol: 90 mg | Fibre: 0 g | Protein: 40 g

Pork Tenderloin Wrapped in Bacon

Preparation Time: 10 minutes | **Cooking Time:** 25 minutes | **Servings:** 1

Ingredients:

250 g pork tenderloin
4 to 5 rashers streaky bacon
1 tbsp pork lard or beef tallow
1 tsp sea salt
½ tsp black pepper

Instructions:

1. Preheat the oven to 200°C (180°C fan) or gas mark 6.
2. Season the pork tenderloin with sea salt, and black pepper.
3. Lay the bacon rashers slightly overlapping on a board. Place the pork tenderloin on top and wrap the bacon around it, securing the ends underneath.
4. Heat the pork lard or beef tallow in a frying pan over medium-high heat. Sear the bacon-wrapped tenderloin for 2 minutes on each side until golden brown.
5. Transfer to a baking tray and roast for 20 minutes, or until the internal temperature reaches 63°C (fan 145°C) or gas mark 1/4 for a tender, juicy finish.
6. Rest for 5 minutes before slicing.

Serving Suggestions:

Enjoy alongside pan-fried bacon pieces for a fully indulgent meal.

Nutritional Information (Per Serving):

Calories: 700 kcal | Total Fat: 55 g (Saturated Fat: 20 g) | Cholesterol: 120 mg | Fibre: 0 g | Protein: 50 g

Crispy Pork Skin with Beef Dripping

Preparation Time: 5 minutes | **Cooking Time:** 25 minutes | **Servings:** 1

Ingredients:

150 g pork skin, cut into strips
1 tbsp beef dripping or pork lard
1 tsp sea salt
½ tsp black pepper

Instructions:

1. Preheat the oven to 200°C (180°C fan) or gas mark 6.
2. Rub the pork skin with sea salt and black pepper, ensuring it's evenly coated.
3. Heat the beef dripping in a frying pan over medium heat. Add the pork skin and cook for 2 to 3 minutes, stirring occasionally, until it starts to crisp up.
4. Transfer the pork skin to a baking tray and roast for 20 minutes, turning halfway through, until golden brown and crispy.
5. Remove from the oven and let it cool slightly before serving.

Serving Suggestions:

Enjoy as a crunchy snack on its own.

Nutritional Information (Per Serving):

Calories: 240 kcal | Total Fat: 10 g (Saturated Fat: 1.5 g) | Cholesterol: 75 mg | Fibre: 2 g | Protein: 35 g

Smoked Pork Shoulder with a Smoky Glaze

Preparation Time: 10 minutes | **Cooking Time:** 4-6 hours | **Servings:** 1

Ingredients:

500 g pork shoulder, bone-in or boneless
1 tbsp beef tallow or pork lard
1 tsp sea salt
½ tsp black pepper

For the Smoky Glaze

1 tbsp beef dripping or pork lard, melted
1 tsp smoked sea salt
½ tsp black pepper

Instructions:

1. Preheat a smoker to 120°C (100°C fan) or gas mark ½.
2. Rub the pork shoulder with beef tallow, sea salt, and black pepper.
3. Place the pork shoulder in the smoker and cook for 4 to 6 hours, or until the internal temperature reaches 90°C (70°C fan) or gas mark ¼ and the meat is tender.
4. Mix the melted beef dripping with smoked sea salt, black pepper, and ground cumin. Brush the glaze over the pork during the last 30 minutes of cooking.
5. Once cooked, remove from the smoker and let it rest for 15 minutes before slicing or shredding.

Serving Suggestions:

Serve with crispy pork skin for extra crunch.

Nutritional Information (Per Serving):

Calories: 850 kcal | Total Fat: 70 g (Saturated Fat: 28 g) | Cholesterol: 130 mg | Fibre: 0 g | Protein: 55 g

Lamb Dishes

Lamb is a flavourful and nutrient-dense choice for a carnivore diet, offering high-quality protein, essential vitamins, and healthy fats. These recipes focus on traditional and modern ways to prepare lamb, ensuring every dish is rich, satisfying, and perfectly suited to a meat-based lifestyle.

Why Include Lamb in a Carnivore Diet?

Lamb provides an excellent source of complete protein, iron, zinc, and B vitamins, particularly B12, which supports energy production and brain health. The natural fats in lamb also contribute to satiety, making it an ideal choice for those following a carnivore way of eating.

The Best Cuts for a Carnivore Diet

- **Lamb Chops and Cutlets:** Tender, juicy, and perfect for quick grilling or pan-searing.
- **Lamb Shoulder and Leg:** Best for slow-roasting or braising, allowing the rich flavours to develop.
- **Lamb Ribs:** Fatty and full of flavour, ideal for slow-cooking or grilling.
- **Minced Lamb:** Great for making burgers, meatballs, or pan-fried patties.

Cooking Tips for the Best Flavour and Texture

1. **Use Animal Fats:** Cook lamb in tallow, butter, or its own rendered fat to enhance richness.
2. **Low and Slow for Tenderness:** Slow-roasting tougher cuts results in melt-in-the-mouth texture.
3. **Let It Rest:** Rest cooked lamb for a few minutes before slicing to retain juiciness.
4. **Season Simply:** Sea salt and black pepper bring out the natural depth of flavour.

A Celebration of Lamb

This chapter includes everything from crispy lamb ribs to slow-roasted shoulder, all prepared with minimal ingredients and maximum flavour. Whether you enjoy quick-seared cutlets or indulgent slow-cooked dishes, these recipes will provide everything you need for delicious, satisfying lamb-based meals.

Lamb Chops with Crispy Fat

Preparation Time: 5 minutes | **Cooking Time:** 8-10 minutes | **Servings:** 1

Ingredients:

2 lamb chops
1 tbsp beef tallow or lamb fat
2 tbsp unsalted butter
Sea salt, to taste
Black pepper, to taste

Instructions:

1. Heat the beef tallow or lamb fat in a frying pan over medium-high heat.
2. Once the fat has melted and is sizzling, add the lamb chops to the pan. Sear for 4–5 minutes on each side until the chops are golden brown and crispy.
3. Add the butter to the pan. Allow the butter to melt, then spoon the melted butter over the lamb chops for extra flavour.
4. Season with sea salt and black pepper to taste.
5. Remove from the pan and let the lamb rest for a couple of minutes before serving.

Serving Suggestions:

Enjoy the lamb chops on their own for a simple, indulgent meal.

Nutritional Information (Per Serving):

Calories: 500 kcal | Total Fat: 40 g (Saturated Fat: 20 g) | Cholesterol: 120 mg | Fibre: 0 g | Protein: 40 g

Slow-Roasted Lamb Shoulder in Beef Dripping

Preparation Time: 10 minutes | **Cooking Time:** 4-5 hours | **Servings:** 1

Ingredients:

500 g lamb shoulder, bone-in
2 tbsp beef dripping
Sea salt, to taste
Black pepper, to taste

Instructions:

1. Preheat the oven to 140°C (120°C fan) or gas mark 1.
2. Rub the lamb shoulder with beef dripping, sea salt, and black pepper.
3. Place the lamb shoulder in a roasting tin.
4. Cover the lamb with foil and roast in the oven for 4 to 5 hours, basting every hour with the rendered beef dripping.
5. After 4–5 hours, remove the foil and increase the oven temperature to 220°C (200°C fan) or gas mark 7 for the final crisping stage.
6. Roast for an additional 20–30 minutes until the lamb is golden brown and crispy on the outside.
7. Remove from the oven and let it rest for 10 minutes before carving.

Serving Suggestions:

Pair with fried lamb liver or seared sausages for a hearty, indulgent meal.

Nutritional Information (Per Serving):

Calories: 650 kcal | Total Fat: 50 g (Saturated Fat: 20 g) | Cholesterol: 125 mg | Fibre: 0 g | Protein: 45 g

Crispy Minced Lamb Patties in Rendered Fat

Preparation Time: 10 minutes | **Cooking Time:** 6-8 minutes | **Servings:** 1

Ingredients:

300 g minced lamb
1 tbsp lamb fat or beef tallow,
rendered
Sea salt, to taste
Black pepper, to taste

Instructions:

1. In a mixing bowl, combine the minced lamb, sea salt, and black pepper.
2. Shape the mixture into small patties, making sure they are compact but not too tight.
3. Heat the rendered lamb fat or beef tallow in a frying pan over medium-high heat until hot.
4. Place the patties in the hot pan and cook for 3–4 minutes on each side, or until golden brown and crispy on the outside.
5. Once cooked, remove the patties from the pan and let them rest for a couple of minutes.
6. Serve the crispy lamb patties with any remaining rendered fat from the pan for added richness and flavour.

Serving Suggestions:

Enjoy the patties on their own or with a side of crispy pork skin for extra texture.

Nutritional Information (Per Serving):

Calories: 600 kcal | Total Fat: 45 g (Saturated Fat: 18 g) | Cholesterol: 130 mg | Fibre: 0 g | Protein: 40 g

Chargrilled Lamb Cutlets with Sea Salt

Preparation Time: 10 minutes | **Cooking Time:** 8-10 minutes | **Servings:** 1

Ingredients:

4 lamb cutlets
1 tbsp lamb fat
Sea salt, to taste
Black pepper, to taste

Instructions:

1. Preheat the grill or barbecue to medium-high heat.
2. Brush the lamb cutlets with lamb fat, ensuring they are evenly coated.
3. Season the cutlets with sea salt and black pepper.
4. Place the cutlets on the grill and cook for 3–5 minutes on each side for medium-rare, or longer if you prefer your lamb more cooked.
5. Remove the lamb cutlets from the grill and let them rest for a few minutes to allow the juices to settle.
6. Serve immediately with a side of crispy pork skin or fried lamb liver for an indulgent carnivore meal.

Serving Suggestions:

Pair the lamb cutlets with a side of fried eggs or enjoy with seared sausages for a rich, satisfying meal.

Nutritional Information (Per Serving):

Calories: 550 kcal | Total Fat: 40 g (Saturated Fat: 18 g) | Cholesterol: 120 mg | Fibre: 0 g | Protein: 45 g

Lamb Ribs with Crispy Skin and Salt

Preparation Time: 15 minutes | **Cooking Time:** 3-4 hours | **Servings:** 1

Ingredients:

500 g lamb ribs
2 tbsp lamb fat
1 tbsp sea salt
Black pepper, to taste

Instructions:

1. Preheat the oven to 150°C (130°C fan) or gas mark 2.
2. Rub the lamb ribs with lamb fat or olive oil, ensuring they are evenly coated.
3. In a small bowl, mix the sea salt, and black pepper.
4. Sprinkle the salt evenly over the lamb ribs, pressing it into the skin and meat.
5. Place the ribs on a roasting rack in a roasting tin and roast in the oven for 3–4 hours, basting every hour with the rendered lamb fat.
6. After 3–4 hours, increase the oven temperature to 220°C (200°C fan) or gas mark 7 for the final crisping stage.
7. Roast for an additional 20–30 minutes until the skin is golden brown and crispy.
8. Remove from the oven and let it rest for 5 minutes before slicing into individual ribs.

Serving Suggestions:

Serve the ribs with a side of crispy pork skin for added texture.

Nutritional Information (Per Serving):

Calories: 650 kcal | Total Fat: 50 g (Saturated Fat: 20 g) | Cholesterol: 120 mg | Fibre: 0 g | Protein: 45 g

Pan-Seared Lamb Steaks with Tallow Glaze

Preparation Time: 10 minutes | **Cooking Time:** 8-10 minutes | **Servings:** 1

Ingredients:

2 lamb steaks (about 200 g each)
1 tbsp beef tallow (or lamb fat)
Sea salt, to taste
Black pepper, to taste

Instructions:

1. Heat the beef tallow or lamb fat in a frying pan over medium-high heat until hot.
2. Season the lamb steaks generously with sea salt and black pepper.
3. Add the lamb steaks to the pan and sear for 3–4 minutes on each side, or until golden brown and cooked to your preferred level of doneness.
4. Once cooked, remove the lamb steaks from the pan and let them rest for 5 minutes.
5. Serve the steaks drizzled with the tallow glaze and any remaining pan juices.

Serving Suggestions:

Pair with fried eggs or a small serving of liver for extra protein and nutrients.

Nutritional Information (Per Serving):

Calories: 500 kcal | Total Fat: 38 g (Saturated Fat: 16 g) | Cholesterol: 110 mg | Fibre: 0 g | Protein: 40 g

Braised Lamb Shanks in Bone Broth

Preparation Time: 10 minutes | **Cooking Time:** 3-4 hours | **Servings:** 1

Ingredients:

2 lamb shanks
2 tbsp lamb fat or olive oil
500 ml bone broth (preferably beef or lamb)
Sea salt, to taste
Black pepper, to taste

Instructions:

1. Preheat the oven to 160°C (140°C fan) or gas mark 3.
2. Heat the lamb fat or olive oil in a large ovenproof pot over medium-high heat.
3. Season the lamb shanks with sea salt and black pepper, then brown them in the pot on all sides, about 4–5 minutes per side.
4. Pour in the bone broth, ensuring the lamb shanks are mostly submerged. Bring to a simmer, then cover the pot with a lid and transfer it to the preheated oven.
5. Cook for 3–4 hours, or until the lamb shanks are tender and the meat easily falls off the bone.
6. Once done, remove the pot from the oven and let the shanks rest for a few minutes.

Serving Suggestions:

Serve the lamb shanks with a drizzle of the braising liquid from the pot.

Nutritional Information (Per Serving):

Calories: 650 kcal | Total Fat: 40 g (Saturated Fat: 16 g) | Cholesterol: 120 mg | Fibre: 0 g | Protein: 50 g

Grilled Lamb Burgers with Melted Beef Suet

Preparation Time: 10 minutes | **Cooking Time:** 8-10 minutes | **Servings:** 1

Ingredients:

300 g minced lamb
1 tbsp beef suet (or lamb fat)
Sea salt, to taste
Black pepper, to taste

Instructions:

1. Preheat the grill or barbecue to medium-high heat.
2. In a mixing bowl, combine the minced lamb, sea salt, and black pepper.
3. Form the mixture into 2 burger patties, ensuring they are compact but not too tight.
4. Place the beef suet or lamb fat in a small pan over medium heat and melt it, allowing it to become liquid.
5. Brush the patties with the melted suet, then place them on the preheated grill. Cook for 4–5 minutes per side, or until the burgers are cooked to your preferred level of doneness.
6. Once the burgers are cooked, remove them from the grill and let them rest for a few minutes.
7. Serve the lamb burgers with a drizzle of the remaining melted beef suet.

Serving Suggestions:

For extra flavour, serve with a fried egg on top or alongside some fried lamb liver.

Nutritional Information (Per Serving):

Calories: 550 kcal | Total Fat: 40 g (Saturated Fat: 18 g) | Cholesterol: 120 mg | Fibre: 0 g | Protein: 40 g

Smoked Lamb Leg with a Buttery Crust

Preparation Time: 15 minutes | **Cooking Time:** 2-3 hours | **Servings:** 1

Ingredients:

1.5 kg leg of lamb
2 tbsp butter, softened
Sea salt, to taste
Ground black pepper (optional, if allowed in your version)

Instructions:

1. Preheat the oven to 160°C (140°C fan) or gas mark 3. If using a smoker box, soak the wood chips in water for 30 minutes, then add them to the smoker tray in the oven.
2. While the oven heats up, prepare the lamb leg by making small incisions in the meat with a sharp knife. This allows the seasoning to penetrate more effectively.
3. In a small bowl, mix together the softened fat and sea salt. Rub the mixture all over the lamb leg, making sure it's evenly coated.
4. Place the lamb leg on a roasting rack. If using a smoker box, add the soaked wood chips directly into the oven, under the lamb, to create a smoky aroma.
5. Roast the lamb for 2 to 2.5 hours, or until the internal temperature reaches 55–60°C for medium-rare (use a meat thermometer to ensure it's cooked to your liking).
6. Once cooked, remove the lamb from the oven and let it rest for 10–15 minutes before carving.

Serving Suggestions:

For added richness, pair with a simple lamb fat dip or roasted lamb chops.

Nutritional Information (Per Serving):

Calories: 750 kcal | Total Fat: 55 g (Saturated Fat: 20 g) | Cholesterol: 150 mg | Fibre: 0 g | Protein: 55 g

Tallow-Fried Lamb Liver with Sea Salt

Preparation Time: 5 minutes | **Cooking Time:** 4-5 minutes | **Servings:** 1

Ingredients:

150 g lamb liver, sliced
1 tbsp beef tallow or lamb fat
Sea salt, to taste
Black pepper, to taste

Instructions:

1. Heat the beef tallow or lamb fat in a frying pan over medium-high heat until it's melted and hot.
2. Add the sliced lamb liver to the pan in a single layer. Fry for 2 minutes on one side, then flip and cook for another 2–3 minutes, or until browned and crispy on the outside but still tender inside.
3. Season with sea salt and black pepper while frying, adjusting the seasoning to your taste.
4. Remove the lamb liver from the pan and drain on a paper towel to remove any excess fat.

Serving Suggestions:

Serve the tallow-fried lamb liver with a side of crispy pork skin or alongside a rich bone broth for a complete carnivore meal.

Nutritional Information (Per Serving):

Calories: 350 kcal | Total Fat: 30 g (Saturated Fat: 12 g) | Cholesterol: 350 mg | Fibre: 0 g | Protein: 25 g

Carnivore Diet Snacks

When following a carnivore diet, finding satisfying snacks that align with your eating plan can sometimes be a challenge. However, these meat-based, high-protein, and low-carb snacks are perfect for when you need a quick, nourishing bite. Whether you're craving something crispy, chewy, or rich, these options are ideal for staying on track without sacrificing flavour or satisfaction.

The Benefits of Carnivore Snacks

Carnivore-friendly snacks are simple, nutrient-dense, and packed with protein and healthy fats. Because these snacks come from animal-based sources, they are naturally free of carbohydrates and sugars, helping to keep blood sugar levels stable while providing a satisfying source of energy. Some of the key benefits of carnivore snacks include:

- **High in Protein:** Essential for muscle repair and maintaining energy levels throughout the day.
- **Rich in Healthy Fats:** Good fats from meats, fish, and animal fats keep you feeling full and satisfied longer.
- **No Carbs:** These snacks are perfect for those looking to maintain a low-carb or ketogenic lifestyle.
- **Quick and Easy:** Many of these snacks can be prepared ahead of time or require minimal effort to enjoy.

Why Carnivore Snacks Are Perfect for Your Diet

Since the carnivore diet focuses exclusively on animal-based foods, these snacks are naturally free from sugars, grains, and other carbohydrates. They help you stay in line with your dietary goals while providing an easy, portable option for between meals. Ideal for when you're on the go or need a quick refuel.

Tips for Enjoying Carnivore Snacks

- **Prep in Advance:** Having snacks ready to go makes it easy to stay on track throughout the day.
- **Experiment with Different Meats:** Beef, pork, chicken, and fish all offer variety, and each has its unique texture and flavour profile.
- **Don't Forget the Fat:** Fatty cuts of meat or adding tallow, butter, or ghee can turn a simple snack into a more satisfying treat.
- **Go for Quality:** Choose high-quality, grass-fed, or pasture-raised meats for the most nutrient-dense options.

With these carnivore-approved snacks, you'll have tasty, satisfying options to munch on throughout the day, all while sticking to your diet goals.

Beef Jerky with Sea Salt

Preparation Time: 10 minutes | **Cooking Time:** 4-6 hours | **Servings:** 4

Ingredients:

500 g lean beef (such as sirloin or rump)
2 tbsp sea salt
1 tbsp ground black pepper

Instructions:

1. Begin by slicing the beef into thin strips, about 0.5 cm thick, ensuring you slice against the grain for the best texture.
2. In a small bowl, combine the sea salt and black pepper.
3. Place the beef strips in a shallow dish or resealable bag and sprinkle the seasoning mixture evenly over the meat. Massage the spices into the beef to ensure all the strips are well-coated.
4. Cover and marinate the beef in the fridge for at least 2 hours, or overnight for a more intense flavour.
5. Preheat the oven to 70°C (60°C fan) or gas mark 1. Line a baking tray with parchment paper or use a wire rack for the beef to sit on, ensuring air circulation.
6. Arrange the beef strips in a single layer, ensuring they don't overlap.
7. Place the tray in the oven and leave the beef to dry out for 4 to 6 hours, checking regularly. The jerky is done when it's firm, but still slightly pliable, with a deep, rich colour.
8. Remove from the oven and let the jerky cool completely before storing.

Serving Suggestions:

Enjoy as a satisfying, protein-packed snack on its own or pair with a side of crispy pork skin for added crunch.

Nutritional Information (Per Serving):

Calories: 150 kcal | Total Fat: 7 g | Saturated Fat: 3 g | Cholesterol: 35 mg | Protein: 22 g | Carbs: 0

Crispy Pork Crackling Bites

Preparation Time: 5 minutes | **Cooking Time:** 45-50 minutes | **Servings:** 4

Ingredients:

500 g pork skin with fat attached, cut into bite-sized pieces
1 tbsp lard or beef tallow (for roasting)
A pinch of sea salt (optional)

Instructions:

1. Preheat the oven to 180°C (160°C fan) or gas mark 4.
2. Place the pork skin pieces in a roasting tray and drizzle with lard or beef tallow. Toss the pieces gently to coat them evenly.
3. Spread the pieces out in a single layer, ensuring they are not overcrowded. Season lightly with sea salt if desired.
4. Roast in the oven for 45-50 minutes, turning the pieces halfway through, until golden brown and crispy.
5. Remove from the oven and let the crackling bites rest for a few minutes before serving.

Serving Suggestions:

Serve the crispy crackling bites as a stand-alone snack, or alongside your favourite carnivore main, such as a steak or roasted meat.

Nutritional Information (Per Serving):

Calories: 300 kcal | Total Fat: 8 g (Saturated Fat: 1 g) | Cholesterol: 0 mg | Fibre: 12 g | Protein: 14 g

Chicken Skin Chips

Preparation Time: 5 minutes | **Cooking Time:** 20 minutes | **Servings:** 2

Ingredients:

Chicken skin (from 2 chicken breasts or thighs)
Salt (to taste)
Black pepper (optional)

Instructions:

1. Preheat your oven to 200°C (180°C fan) or gas mark 6.
2. Place a baking tray with a wire rack on top. Lay the chicken skins flat on the rack.
3. Season with a pinch of salt and optional black pepper.
4. Place the tray in the oven and roast for 20 minutes, or until the skin is crispy and golden.
5. Once done, remove from the oven and allow to cool slightly.
6. Cut into bite-sized pieces for easy snacking.

Serving Suggestions:

Serve on their own for a crispy, satisfying snack or alongside a main course for added crunch.

Nutritional Information (Per Serving):

Calories: 250 kcal | Total Fat: 22 g (Saturated Fat: 7 g) | Cholesterol: 35 mg | Fibre: 0 g | Protein: 17 g

Tallow-Fried Bacon Crisps

Preparation Time: 5 minutes | **Cooking Time:** 15 minutes | **Servings:** 2

Ingredients:

4 slices of bacon
1 tbsp beef tallow (or pork lard)
Salt (to taste)

Instructions:

1. Preheat a frying pan over medium heat and add the beef tallow.
2. Once the tallow has melted, add the bacon slices to the pan.
3. Fry the bacon for 6-8 minutes on each side until it becomes crispy and golden brown.
4. Once the bacon is crispy, remove it from the pan and place it on a paper towel to drain excess fat.
5. Allow the bacon to cool slightly before cutting it into small, crisp pieces.
6. Season with a pinch of salt for extra flavour.

Serving Suggestions:

Enjoy on their own as a crispy, savoury snack or crumble over a salad for added crunch.

Nutritional Information (Per Serving):

Calories: 220 kcal | Total Fat: 20 g (Saturated Fat: 9 g) | Cholesterol: 25 mg | Fibre: 0 g | Protein: 14 g

Chicken Meatballs

Preparation Time: 10 minutes | **Cooking Time:** 20-25 minutes | **Servings:** 2-3

Ingredients:

500 g ground chicken (preferably with some fat content)
1 tbsp beef tallow or pork lard (for frying)
Sea salt, to taste
Freshly ground black pepper, to taste
1 egg (optional, for binding)
1 tbsp pork rind crumbs (optional, for texture)
1 tsp ground beef bone marrow (optional, for added richness)

Instructions:

1. Preheat your oven to 180°C (160°C fan) or gas mark 4.
2. In a bowl, combine the ground chicken with the egg (if using), sea salt, black pepper, and optional pork rind crumbs or ground beef bone marrow.
3. Mix the ingredients together until well combined. If the mixture feels too wet, add a bit more pork rind crumbs for texture.
4. Roll the mixture into small meatballs, about 3–4 cm in diameter.
5. Heat the beef tallow or pork lard in a frying pan over medium-high heat.
6. Fry the meatballs in batches for about 3–4 minutes on each side until golden brown.
7. Once browned, transfer the meatballs to a baking tray and bake in the preheated oven for 10–15 minutes, or until cooked through and firm in the centre.
8. Remove from the oven and allow to rest for a few minutes before serving.

Serving Suggestions:

Serve the meatballs on their own for a satisfying snack, or pair with crispy pork skin for added crunch.

Nutritional Information (Per Serving):

Calories: 350 kcal | Total Fat: 25 g (Saturated Fat: 8 g) | Cholesterol: 110 mg | Fibre: 0 g | Protein: 30 g

Hard-Boiled Eggs with Butter

Preparation Time: 5 minutes | **Cooking Time:** 10 minutes | **Servings:** 2

Ingredients:

4 large eggs
1 tbsp beef tallow or lard
A pinch of sea salt
A pinch of black pepper

Instructions:

1. Place the eggs in a saucepan and cover with cold water. Bring to a boil over medium-high heat, then reduce to a simmer for 10 minutes.
2. Once done, remove the eggs and let them cool under cold running water or in a bowl of ice water. Peel the eggs once cooled.
3. Melt the beef tallow or lard in a small pan over medium heat and stir in sea salt, and black pepper.
4. Slice the hard-boiled eggs in half and spoon a little of the melted tallow mixture over each half.

Serving Suggestions:

Serve as a snack or alongside some crispy beef jerky for a satisfying carnivore-friendly meal.

Nutritional Information (Per Serving):

Calories: 300 kcal | Total Fat: 25 g (Saturated Fat: 10 g) | Cholesterol: 195 mg | Fibre: 0 g | Protein: 18 g

Pork Belly Bites with Crispy Skin

Preparation Time: 5 minutes | **Cooking Time:** 1 hour | **Servings:** 2

Ingredients:

500 g pork belly, skin-on
1 tbsp beef tallow or lard (for roasting)
A pinch of sea salt
A pinch of black pepper

Instructions:

1. Preheat the oven to 180°C (160°C fan) or gas mark 4.
2. Score the pork belly skin in a crisscross pattern using a sharp knife. Pat the skin dry with paper towels to ensure crispiness.
3. Rub the pork belly with beef tallow or lard, ensuring the fat and skin are well-coated. Sprinkle with sea salt and black pepper.
4. Place the pork belly on a roasting tray, skin side up. Roast in the preheated oven for 45 minutes, then increase the temperature to 220°C (200°C fan) or gas mark 7. Roast for an additional 15 minutes, or until the skin is golden and crispy.
5. Remove from the oven and let the pork belly rest for a few minutes before slicing it into bite-sized pieces.

Serving Suggestions:

Serve as a snack or a main dish with a side of crispy chicken skin chips for a satisfying carnivore-friendly meal.

Nutritional Information (Per Serving):

Calories: 500 kcal | Total Fat: 40 g (Saturated Fat: 15 g) | Cholesterol: 60 mg | Fibre: 0 g | Protein: 25 g

Crispy Fish Skin Chips

Preparation Time: 5 minutes | **Cooking Time:** 15 minutes | **Servings:** 1

Ingredients:

1 fish skin (such as salmon or cod, about 150 g)
Sea salt, to taste
1 tbsp beef tallow or duck fat

Instructions:

1. Preheat the oven to 180°C (160°C fan) or gas mark 4.
2. Lay the fish skin flat on a baking tray lined with parchment paper.
3. Rub the skin with a little beef tallow or duck fat to coat evenly.
4. Sprinkle sea salt over the skin.
5. Bake for 12 to 15 minutes or until the skin is golden brown and crispy. Keep an eye on it to avoid burning.
6. Remove from the oven and let cool slightly before serving.

Serving Suggestions:

Dip in a small amount of bone marrow fat for extra flavour and indulgence.

Nutritional Information (Per Serving):

Calories: 180 kcal | Total Fat: 14 g (Saturated Fat: 4 g) | Cholesterol: 35 mg | Fibre: 0 g | Protein: 15 g

Smoked Duck Breast Slices

Preparation Time: 10 minutes | **Cooking Time:** 2 hours | **Servings:** 2

Ingredients:

2 duck breasts (skin on)
1 tbsp duck fat or beef tallow (for searing)
Sea salt and cracked black pepper to taste

Instructions:

1. Preheat the oven to 180°C (160°C fan) or gas mark 4.
2. Score the skin of the duck breasts in a criss-cross pattern with a sharp knife. This helps the fat render and the skin become crispy.
3. In a small bowl, combine the sea salt, smoked paprika, and black pepper. Rub this spice mix all over the duck breasts, making sure to coat both sides.
4. Heat the duck fat in a roasting tray over medium heat on the stove. Once hot, place the duck breasts, skin-side down, into the tray.
5. Sear the duck breasts for about 5 minutes, or until the skin is golden and crispy. Then, turn the duck breasts over and transfer the tray to the preheated oven.
6. Roast the duck breasts for 1.5 to 2 hours, or until the skin is crispy and the meat is cooked through. For medium-rare, you can test the internal temperature or adjust the cooking time to your preference.
7. Once cooked, remove the duck breasts from the oven and let them rest for 10 minutes. Slice thinly and serve.

Serving Suggestions:

Serve these smoked duck breast slices as a delicious snack, or add them to a charcuterie board.

Nutritional Information (Per Serving):

Calories: 350 kcal | Total Fat: 28 g (Saturated Fat: 7 g) | Cholesterol: 85 mg | Fibre: 0 g | Protein: 24 g

Venison Sausages with Black Pepper

Preparation Time: 15 minutes | **Cooking Time:** 10-12 minutes | **Servings:** 1

Ingredients:

125 g venison mince
40 g pork fat (or beef fat)
¼ tsp ground black pepper
¼ tsp sea salt
Natural hog casing (for stuffing the sausage)

Instructions:

1. Rinse the hog casing under cold water and soak it in warm water to soften.
2. In a small mixing bowl, combine the venison mince, pork fat, ground black pepper, and sea salt. Use your hands to mix thoroughly, ensuring the fat is evenly distributed throughout the meat.
3. Rinse the sausage stuffer (if using) and fill it with the meat mixture. Carefully stuff the hog casing with the venison mixture. Twist the sausage at the end and tie it with kitchen twine to seal.
4. Heat a frying pan or grill over medium heat. Once hot, place the sausage in the pan or on the grill. Cook for 10–12 minutes, turning occasionally to ensure it is browned evenly and cooked through.
5. Once cooked, remove the sausage from the pan or grill and allow it to rest for a few minutes before serving.

Serving Suggestions:

Enjoy the venison sausage with a side of crispy pork crackling for added texture.

Nutritional Information (Per Serving):

Calories: 400 kcal | Total Fat: 35 g (Saturated Fat: 12 g) | Cholesterol: 60 mg | Fibre: 0 g | Protein: 28 g

Sauces and Dips for Carnivore Delights

Sauces and dips might not be the first thing you think of when following a carnivore diet, but they are a perfect way to add extra flavour and richness to your meals. This chapter features a variety of sauces and dips that are entirely animal-based, offering a burst of taste and indulgence while sticking to the principles of the carnivore lifestyle.

Why Sauces and Dips Matter on a Carnivore Diet

When following a carnivore diet, it's easy to fall into a routine of simple meats and fats, but adding the right sauces can elevate your meals. These animal-based sauces not only enhance the flavour of your dishes but also provide essential nutrients like fat and protein, keeping your meals rich and satisfying.

Some of the benefits of incorporating sauces and dips into your carnivore meals include:

- **Enhanced Flavour:** Sauces made with rich animal fats and broths provide depth and complexity to your meals.
- **Supporting Your Nutrient Goals:** Full-fat dairy, animal broths, and fats are packed with nutrients like vitamins A, D, and K, which are essential for overall health.
- **Adding Variety:** Sauces allow for a bit of creativity while still staying true to the carnivore diet, providing diversity in your meals and preventing monotony.

Tips for Saucing Right on a Carnivore Diet

- **Stick to Animal-Based Ingredients:** Keep your sauces simple by using animal fats and bone broths for a rich, nutrient-dense base.
- **Use the Right Fats:** Focus on high-quality animal fats like tallow, lard, and butter, which are staples of the carnivore diet and great for making indulgent sauces.
- **Keep It Simple:** Many of these sauces can be made with just a few ingredients, allowing you to enhance your meals without too much fuss.
- **Pair with Meats and More:** These sauces aren't just for steaks and chops. They can also be used with crispy skin, bacon, and even eggs to create a variety of exciting flavours.

Enjoying Sauces in a Carnivore Lifestyle

With these indulgent sauces, you'll discover that carnivore dining can be just as exciting and flavourful as any other eating style. Each recipe has been crafted to complement your favourite meats and elevate your meals.

Embrace the richness of animal fats and enjoy sauces that are not only delicious but also in line with your carnivore diet principles. These recipes will allow you to enjoy the full spectrum of flavours that only animal products can provide, making every meal a satisfying experience.

Beef Dripping Gravy

Preparation Time: 3 minutes | **Cooking Time:** 5-7 minutes | **Servings:** 1

Ingredients:

1 tbsp beef dripping
60 ml beef bone broth (or stock)
Salt, to taste
Freshly ground black pepper, to taste

Instructions:

1. In a small saucepan, heat the beef dripping over medium heat until melted.
2. Once the dripping is hot, slowly add the beef bone broth, stirring constantly to combine.
3. Allow the mixture to simmer for about 3-5 minutes, letting the flavours develop and the gravy thicken slightly.
4. Season with salt and freshly ground black pepper to taste.
5. Serve the gravy warm, poured over your choice of carnivore meats such as steak, roast pork, or lamb.

Nutritional Information (Per Serving):

Calories: 130 kcal | Total Fat: 12 g (Saturated Fat: 5 g) | Cholesterol: 25 mg | Fibre: 0 g | Protein: 4 g

Butter Sauce

Preparation Time: 2 minutes | **Cooking Time:** 3-4 minutes | **Servings:** 1

Ingredients:

1 tbsp unsalted butter
1 tbsp beef tallow or beef fat
Black pepper, to taste

Instructions:

1. In a small saucepan, melt the unsalted butter and beef tallow over low heat.
2. Once the fats are melted and well combined, gently simmer for 2-3 minutes to enhance the flavour.
3. Season with freshly ground black pepper to taste.
4. Remove from heat and serve warm over your carnivore dish of choice, such as a juicy steak or roasted pork belly.

Nutritional Information (Per Serving):

Calories: 120 kcal | Total Fat: 13 g (Saturated Fat: 8 g) | Cholesterol: 40 mg | Fibre: 0 g | Protein: 1 g

Smoked Duck Fat Sauce

Preparation Time: 10 minutes | **Servings:** 1

Ingredients:

1 tbsp duck fat (smoked, if possible)
1 tbsp beef bone broth (homemade from animal bones and water)
Freshly ground black pepper (optional, depending on your preference)
1 tsp duck skin (crispy, optional for extra flavour and texture)

Instructions:

1. In a small saucepan, heat the duck fat over low heat until it melts.
2. Once the fat is melted, add the homemade beef bone broth and stir to combine.
3. Allow the sauce to simmer gently for 2-3 minutes to let the flavours meld together and the broth reduce slightly.
4. If you're using crispy duck skin, crumble it into the sauce for extra texture and richness.
5. Season with freshly ground black pepper, if desired, and stir to combine.
6. Remove from heat and serve warm over your carnivore meal, such as steak, roasted pork belly, or grilled lamb.

Nutritional Information (Per Serving):

Calories: 140 kcal | Total Fat: 14 g (Saturated Fat: 5 g) | Cholesterol: 35 mg | Fibre: 0 g | Protein: 2 g

Pan-Seared Steak Jus

Preparation Time: 1 minutes | **Cooking Time:** 3-4 minutes | **Servings:** 1

Ingredients:

1 tbsp beef tallow
1 tbsp beef bone broth (homemade, made from animal bones)
1 tbsp pan drippings from the seared steak (optional, for extra flavour)
Freshly ground black pepper (optional, depending on your preference)

Instructions:

1. In the same pan used to sear the steak, add the beef tallow and heat it over medium-low heat.
2. Once the tallow has melted, pour in the homemade beef bone broth, scraping up any tasty bits from the bottom of the pan.
3. Allow the broth to simmer for 2-3 minutes, letting it reduce and thicken slightly.
4. If using, pour in the pan drippings from your seared steak to intensify the flavour of the jus. Stir to combine.
5. Season with freshly ground black pepper, if desired, and stir to incorporate.
6. Remove from heat and serve the jus warm over your pan-seared steak or any other carnivore dish of choice.

Nutritional Information (Per Serving):

Calories: 120 kcal | Total Fat: 12 g (Saturated Fat: 6 g) | Cholesterol: 45 mg | Fibre: 0 g | Protein: 3 g

Tallow Glaze

Preparation Time: 1 minute | **Cooking Time:** 2-3 minutes | **Servings:** 1

Ingredients:

1 tbsp beef tallow
Freshly ground black pepper
(optional)

Instructions:

1. In a small saucepan, melt the beef tallow over low heat.
2. Once the tallow is melted, cook for 1-2 minutes, stirring frequently, until fragrant.
3. Season with freshly ground black pepper if desired, though this step is optional depending on your preference.
4. Remove from heat and drizzle the glaze over your carnivore meal, such as steaks, roasted meats, or crispy skin pork belly.

Nutritional Information (Per Serving):

Calories: 115 kcal | Total Fat: 13 g (Saturated Fat: 7 g) | Cholesterol: 35 mg | Fibre: 0 g | Protein: 0 g

Spiced Beef Dripping Sauce

Preparation Time: 2 minutes | **Cooking Time:** 3-4 minutes | **Servings:** 1

Ingredients:

1 tbsp beef dripping
1/2 tsp ground black pepper
Salt, to taste
1 tbsp beef bone broth (optional, for
extra depth of flavour)

Instructions:

1. Melt the beef dripping in a small saucepan over medium heat.
2. Add black pepper to the pan, stirring well.
3. If using, add the beef bone broth and stir to incorporate. Let the sauce simmer gently for 2-3 minutes.
4. Season with salt to taste.
5. Remove from heat and serve warm over your carnivore meal of choice, such as grilled beef steaks or roasted lamb.

Nutritional Information (Per Serving):

Calories: 140 kcal | Total Fat: 15 g (Saturated Fat: 7 g) | Cholesterol: 40 mg | Fibre: 0 g | Protein: 1 g

Bacon Fat Hollandaise

Preparation Time: 5 minutes | **Cooking Time:** 5 minutes | **Servings:** 1-2

Ingredients:

3 egg yolks
3 tbsp warm melted bacon fat
1 tsp water
A pinch of salt

Instructions:

1. In a heatproof bowl, whisk the egg yolks and water until smooth.
2. Place the bowl over a pan of gently simmering water, ensuring the bottom of the bowl does not touch the water.
3. Whisk continuously while slowly drizzling in the warm melted bacon fat. Keep whisking until the mixture thickens into a smooth, velvety sauce.
4. Remove from heat and season with salt.
5. Serve immediately over steak, eggs, or any carnivore-friendly dish.

Nutritional Information (Per Serving):

Calories: 220 kcal | Total Fat: 22 g (Saturated Fat: 8 g) | Cholesterol: 185 mg | Fibre: 0 g | Protein: 3 g

Egg Yolk Butter Sauce

Preparation Time: 5 minutes | **Cooking Time:** 2 minutes | **Servings:** 1

Ingredients:

2 egg yolks
3 tbsp melted butter or tallow
Salt to taste

Instructions:

1. Whisk the egg yolks in a heatproof bowl until smooth.
2. Place the bowl over a pan of simmering water (double boiler method), ensuring the bottom of the bowl doesn't touch the water.
3. Slowly drizzle in the melted butter or tallow while whisking continuously until the sauce thickens and becomes glossy.
4. Season with salt to taste and serve warm over steaks, roasted meats, or grilled fish.

Nutritional Information (Per Serving):

Calories: 220 kcal | Total Fat: 24 g (Saturated Fat: 14 g) | Cholesterol: 380 mg | Fibre: 0 g | Protein: 4 g

Bonus 1: How to Include Organ Meats in Your Carnivore Diet

Organ meats are often overlooked in modern diets, yet they are some of the most nutrient-dense foods available. Incorporating organ meats like liver, heart, kidneys, and others into your carnivore lifestyle can provide an abundance of essential vitamins and minerals, all while offering budget-friendly options for your meals. In this chapter, we'll explore the benefits of organ meats and how to include them in your carnivore diet.

The Benefits of Eating Organ Meats

Organ meats are some of the most nutrient-dense foods you can eat. They're packed with vitamins, minerals, and amino acids that support overall health, making them a perfect choice for anyone on a carnivore diet. Here's why you should consider incorporating them into your meals:

1. Nutrient-Dense

Organ meats are incredibly rich in essential vitamins and minerals, including:

- **Vitamin A** (particularly in liver)
- **B vitamins**, including B12, folate, and riboflavin
- **Iron** (heme iron, which is more easily absorbed by the body than plant-based iron)
- **Copper** and **zinc**
- **Magnesium** and **phosphorus**

These nutrients are essential for energy production, immune function, brain health, and red blood cell formation. Organ meats are also rich in **collagen**, which helps with joint health and skin elasticity.

2. High-Quality Protein

Organ meats are a great source of high-quality protein, packed with all the essential amino acids required for muscle repair, immune support, and hormone production. The protein in organ meats is incredibly bioavailable, meaning it's easily absorbed and used by the body.

3. Rich in Healthy Fats

In addition to protein, organ meats contain healthy fats, including omega-3 fatty acids (especially in the liver of grass-fed animals). These fats are essential for brain function, reducing inflammation, and maintaining healthy cells.

4. Supports Metabolic Health

Consuming organ meats can help balance blood sugar levels, support insulin sensitivity, and boost metabolism. The combination of healthy fats, protein, and micronutrients helps to stabilise energy levels throughout the day.

5. Affordable and Sustainable

Organ meats are often much cheaper than muscle meats, making them a budget-friendly addition to your carnivore diet. They are also an excellent way to reduce waste, as they make use of every part of the animal, promoting sustainability.

How to Include Liver, Heart, Kidneys, and Other Organ Meats in Your Carnivore Diet

Integrating organ meats into your meals doesn't have to be complicated. While they have a stronger flavour compared to muscle meats, they can be easily incorporated into everyday recipes. Here are some practical ways to include organ meats into your diet:

Liver

Liver is one of the most nutrient-dense foods on the planet, rich in vitamin A, B12, and iron.

- **Pan-fried liver:** Slice liver into thin pieces and fry with butter or tallow for a quick and easy meal. Add seasoning like salt and pepper to balance the strong flavour.

- **Liver pâté:** Blend cooked liver with butter or tallow, salt, and pepper to create a smooth, spreadable pâté. Spread on carnivore crackers or eat with fresh cuts of meat.
- **Liver in stews:** Add liver to broths or stews for added nutrients. It can be cooked gently with other meats, allowing the flavour to blend with the broth.

Heart

The heart is a lean, muscle meat that's rich in protein and packed with coenzyme Q10 (an antioxidant that helps with energy production).

- **Grilled heart:** Slice the heart into small pieces and grill or roast with a simple seasoning of salt and pepper.
- **Heart stew:** Add heart to slow-cooked stews, where it can absorb the flavours of the broth and tenderise.
- **Heart kebabs:** Cut the heart into cubes, skewer with vegetables (if you're not strict carnivore) or just meat, and grill or roast them for a tasty bite-sized snack.

Kidneys

Kidneys are nutrient-rich and high in protein and minerals. They have a strong flavour, so they're often paired with bold seasonings to balance the taste.

- **Pan-fried kidneys:** Slice kidneys and fry them with butter or lard. Add a splash of vinegar to balance the flavour and help tenderise the meat.
- **Kidney stew:** Add kidneys to slow-cooked stews or broths for a nutritious and satisfying meal.

Other Organ Meats

- **Tongue:** A tender and fatty meat, tongue is perfect for slow cooking. After cooking, the meat can be shredded and added to broths or used as a filling for carnivore wraps (using lettuce or other low-carb leaves).
- **Tripe (Stomach lining):** Often used in soups or stews, tripe can be boiled or slow-cooked until tender and added to any carnivore-friendly broth.
- **Bone Marrow:** Roasting marrow bones brings out the rich, fatty goodness inside. Scoop it out and spread it over other cuts of meat or add it to soups and stews for added richness.

Tips for Cooking Organ Meats

- **Start Slow:** If you're new to organ meats, start with smaller portions and gradually increase the quantity to allow your palate to adjust to the flavour.
- **Slow Cooking:** Many organ meats benefit from slow cooking, which helps tenderise them and brings out their rich, deep flavours.

Making the Most of Organ Meats

Organ meats don't have to be the star of the show every time you cook. They can be used as an accompaniment to other cuts of meat, incorporated into sauces, or added to broths for added nutrients. Get creative with your cooking and think of ways to integrate them into your meals, whether it's through slow roasting, frying, or blending them into smooth sauces and pâtés.

Organ Meat Recipes

Liver Pâté

Preparation Time: 10 minutes | **Cooking Time:** 10 minutes | **Servings:** 4

Ingredients:

300g beef liver
3 tbsp butter or tallow
Sea salt, to taste
Freshly ground black pepper, to taste

Instructions:

1. Melt the butter in a frying pan over medium heat.
2. Add the liver and cook until browned and cooked through, about 3-4 minutes per side.
3. Let the liver cool slightly, then blend in a food processor with salt, and pepper until smooth.
4. Chill the pâté in the fridge for at least an hour before serving.

Nutritional Information (Per Serving):

Calories: 200 kcal | Total Fat: 11 g (Saturated Fat: 5 g) | Cholesterol: 280 mg | Fibre: 0 g | Protein: 15 g

Roasted Beef Kidney with Butter

Preparation Time: 5 minutes | **Cooking Time:** 20 minutes | **Servings:** 1

Ingredients:

200g beef kidney, sliced
3 tbsp butter
Sea salt, to taste
Freshly ground black pepper, to taste

Instructions:

1. Preheat your oven to 200°C (180°C fan) or gas mark 6.
2. Place the sliced kidney in a roasting dish and dot with butter.
3. Roast for 15-20 minutes until tender.
4. Season with salt and pepper, then serve.

Nutritional Information (Per Serving):

Calories: 250 kcal | Total Fat: 22 g (Saturated Fat: 13 g) | Cholesterol: 290 mg | Fibre: 0 g | Protein: 15 g

Marrow Bone Roasts

Preparation Time: 5 minutes | **Cooking Time:** 40 minutes | **Servings:** 2

Ingredients:

2 marrow bones
Sea salt, to taste
Freshly ground black pepper, to taste

Instructions:

1. Preheat your oven to 180°C (160°C fan) or gas mark 4.
2. Place the marrow bones on a baking tray.
3. Season with salt and pepper.
4. Roast for 30-40 minutes, until the marrow is soft and bubbling.
5. Scoop the marrow out with a spoon and serve.

Nutritional Information (Per Serving):

Calories: 300 kcal | Total Fat: 25 g (Saturated Fat: 10 g) | Cholesterol: 60 mg | Fibre: 0 g | Protein: 18 g

Tongue and Tripe Slow Cooker Stew

Preparation Time: 10 minutes | **Cooking Time:** 6-8 hours | **Servings:** 3-4

Ingredients:

300g beef tongue, peeled and sliced
200g beef tripe, chopped
4 cups beef bone broth
2 tbsp tallow or lard
Sea salt, to taste

Instructions:

1. Heat the tallow in a large frying pan and brown the beef tongue slices.
2. Add the tongue, tripe, and bone broth to a slow cooker.
3. Season with salt and cook on low for 6-8 hours until tender.
4. Serve warm.

Nutritional Information (Per Serving):

Calories: 350 kcal | Total Fat: 25 g (Saturated Fat: 10 g) | Cholesterol: 120 mg | Fibre: 0 g | Protein: 30 g

Beef Heart and Fat Skillet Fry-Up

Preparation Time: 10 minutes | **Cooking Time:** 15 minutes | **Servings:** 1

Ingredients:

200 g beef heart, trimmed and thinly sliced
50 g beef fat or suet, chopped
Sea salt, to taste

Instructions:

1. Heat a heavy-based frying pan over medium heat.
2. Add the chopped beef fat or suet to the pan and cook slowly until the fat renders and crisps up slightly.
3. Increase the heat slightly and add the sliced beef heart.
4. Fry for 3–4 minutes per side, or until browned and just cooked through.
5. Season with sea salt to taste.
6. Serve hot with the rendered fat spooned over the top.

Nutritional Information (Per Serving):

Calories: 320 kcal | Total Fat: 22 g (Saturated Fat: 9 g) | Cholesterol: 135 mg | Fibre: 0 g | Protein: 30 g

Rich Organ Meat Loaf (Liver, Heart & Fat Blend)

Preparation Time: 15 minutes | **Cooking Time:** 45-50 minutes | **Servings:** 2

Ingredients:

200 g beef liver
200 g beef heart
150 g beef fat or suet
1 tsp sea salt

1. Preheat the oven to 180°C (160°C fan) or gas mark 4.
2. Roughly chop the liver, heart, and fat.
3. Place everything into a food processor and blend until it forms a smooth mixture.
4. Season with sea salt and mix well.
5. Transfer the mixture to a small loaf tin, pressing it down gently.
6. Place the tin in a baking tray filled with a little water (to prevent drying out) and bake for 45–50 minutes, or until firm and cooked through.
7. Let it rest for 5–10 minutes before slicing

Nutritional Information (Per Serving):

Calories: 420 kcal | Total Fat: 35 g (Saturated Fat: 15 g) | Cholesterol: 230 mg | Fibre: 0 g | Protein: 28 g

Bonus 2: Budget-Friendly Carnivore Eating

Eating a carnivore diet doesn't have to break the bank. With the right choices, you can enjoy nutrient-dense, satisfying meals without overspending. Here are some practical tips for keeping your carnivore diet affordable while still enjoying high-quality meat and animal-based foods.

1. Choose Cheaper Cuts of Meat

Premium steaks can be expensive, but there are plenty of affordable cuts that are just as nutritious and delicious when prepared well.

2. Buy in Bulk

Purchasing larger quantities of meat can significantly reduce the cost per kilo. Look for bulk deals at butchers or wholesale meat suppliers. Freezing portions ensures you always have budget-friendly options available.

3. Make Use of Offal

Liver, heart, kidneys, and other organ meats are not only affordable but also packed with essential nutrients. They provide high-quality protein, vitamins, and minerals at a fraction of the price of muscle meats. Mixing organ meats with mince can help balance flavours if you're new to eating them.

4. Render Your Own Fat

Buying pre-packaged animal fats can be pricey, but rendering your own from beef suet, pork fat, or chicken skin is a simple and cost-effective way to have a constant supply of cooking fat.

5. Shop at Local Butchers and Markets

Supermarkets often have higher prices on quality meats, while local butchers, farmers' markets, and direct farm sales can offer better deals. Don't be afraid to ask about discounts on bulk buys or lesser-known cuts.

6. Use Bones for Broth

Making your own bone broth is a great way to extract every bit of nutrition from your meat. Simmer beef, lamb, or chicken bones with water and a bit of salt for a rich, nourishing broth that can be enjoyed as a drink or used as a base for stews.

7. Eat Seasonal and Local

Meat prices fluctuate throughout the year, so buying what's in season can help you save money. For example, lamb is often cheaper in spring, while game meats like venison can be more affordable in autumn.

8. Cook in Batches

Preparing meals in bulk saves time and money. Large roasts, slow-cooked stews, and grilled meats can be stored in the fridge or freezer for easy meals throughout the week.

By following these tips, you can stick to a carnivore diet without overspending. Prioritising nutrient-rich cuts, buying in bulk, and making full use of the animal will help you eat well on a budget while maintaining your health and energy.

Cheapest Cuts of Meat in UK Supermarkets

You don't need to splash out on prime steaks to thrive on a carnivore diet. Some of the most flavourful and nutrient-rich cuts are also the cheapest. Here are a few affordable options commonly found in UK supermarkets that are perfect for slow cooking, roasting, or frying:

- **Beef shin** – Full of connective tissue and rich flavour, ideal for slow-cooked stews and broths.
- **Pork shoulder** – A fatty, budget-friendly cut that roasts beautifully or can be pulled for shredding.
- **Lamb breast** – One of the cheapest lamb cuts, with a good balance of meat and fat.
- **Chicken thighs and drumsticks** – Often sold in family packs at low prices, higher in fat than breast and great for grilling or roasting.

- **Beef mince** – Versatile, widely available, and usually much cheaper than whole cuts.
- **Oxtail** – Excellent for making rich, gelatinous broths and stews.
- **Turkey legs** – Less popular than the breast, but more affordable and just as meaty.
- **Pig's trotters and ears** – Very cheap and great for slow cooking or adding to broths for extra gelatin.
- **Liver and heart (beef, lamb, chicken)** – Inexpensive, nutrient-dense, and perfect for anyone following a strict carnivore approach.

Most of these cuts are widely available in major UK supermarkets. Keep an eye out for yellow-sticker discounts on fresh meat nearing its sell-by date — it can be frozen for later use and is often offered at half price or less.

By choosing these cheaper cuts, you can enjoy the benefits of the carnivore diet while sticking to a modest budget.

Making the Most of Leftovers on a Carnivore Diet

Following a strict carnivore diet doesn't mean your meals have to be repetitive or wasteful. Leftovers can save time, money, and effort — and with a few easy ideas, yesterday's meat can become today's quick and satisfying meal. Here are some useful ways to make the most of cooked meat and animal-based leftovers.

1. Reheat and Crisp Up

Leftover beef, lamb, pork, or chicken can be sliced or shredded and pan-fried in a little tallow or dripping until browned and crisp. It's a great way to add texture and flavour with minimal effort.

2. Make a Fatty Hash

Chop up cooked meats and fry them in beef fat or lard. Add in bits of cooked kidney, liver, or heart if you have any. You can even crack in an egg if your version of carnivore includes them. Quick, hearty, and ideal for breakfast or lunch.

3. Turn Into a Meat Broth Bowl

Add chopped leftover meat to a hot bowl of homemade bone broth. It's warming, filling, and a good way to stretch smaller portions into a full meal.

4. Stuff into Homemade Sausages or Burgers

Mince or finely chop leftover cooked meat and mix with raw mince and fat to make quick patties or sausages. Fry or grill as usual. It's also a clever way to use small scraps or drier cuts.

5. Use in Cold Meat Platters

Cold leftover meat can be sliced and served as part of a snack plate or meal — alongside cold sausages, bits of crackling, or slices of hard-cooked organ meats like heart or tongue.

6. Freeze for Later

If you've cooked more than you can eat in a few days, freeze portions for later. Label them clearly and rotate through your freezer stash so nothing gets wasted.

Using leftovers well is not only practical, it keeps your carnivore meals interesting, simple, and affordable. With a little creativity and prep, you can turn yesterday's meat into tomorrow's meal without adding a thing.

Bonus 3: Staying Carnivore in the Real World

Social Events, Takeaways, and Eating Out

Following a strict carnivore diet at home is fairly straightforward. But what about when you're out and about — at a restaurant, a family gathering, or grabbing something on the go? The good news is, with a bit of confidence and a few simple strategies, you can stick to your way of eating without fuss.

Here are some tried-and-true tips to help you stay carnivore wherever life takes you:

1. Look Ahead When Eating Out

Before heading to a restaurant or café, check the menu online. Most places serve meat-based dishes that can be tweaked easily. Look out for:

- Grilled steaks, chops, burgers (ask for no bun)
- Roast chicken or fish (no sides, no sauce)
- Full English breakfast (eggs, bacon, sausage – skip the toast and beans)

Call ahead if you're unsure. Most places are happy to make simple adjustments.

2. Master the Art of Ordering

Be polite but direct:

- 'I'd like the mixed grill – no chips or salad, just the meat.'

Don't feel awkward about asking. It's your meal – you're paying for it.

3. Takeaways the Carnivore Way

If you're grabbing a quick bite:

- Go for kebab shops – order just the doner meat or chicken shish without pitta or salad
- Burgers – double patties, no bun, no sauce
- Chicken shops – grilled or roasted chicken pieces, skin-on if possible

Stick to simple meats and avoid breadcrumb coatings, sauces, and sides.

4. Surviving Family Dinners and Parties

Bring your own meat if you're unsure what's on offer – a few cold sausages, slices of roast beef, or even hard-boiled eggs. Let your host know in advance if you're comfortable doing so: 'I'm on a very simple animal-based diet at the moment, so I'll bring something along to eat.'

If asked why you're eating this way, keep it light: 'It works well for me – I feel great on it.'

5. Travelling and Staying Away from Home

Pack some easy carnivore snacks:

- Biltong or jerky (check for no sugar or additives)
- Tinned fish (sardines, mackerel in water or oil)
- Boiled eggs, cold cuts

Book accommodation with a kitchenette if possible, so you can cook your own meals.

6. Dealing with Questions and Social Pressure

Not everyone will understand your diet – and that's fine. You don't need to explain or justify it in detail. A simple:

- 'I just feel better eating this way'
- 'I'm keeping things very simple for now' ...usually does the trick.

Final Thoughts:

Living a carnivore lifestyle doesn't mean isolating yourself. With a bit of planning and clear choices, you can enjoy meals out, parties, and travel without straying from your goals. Keep it simple, stay confident, and remember – meat first.

Carnivore Diet for Different Lifestyles

A strict carnivore diet is built entirely on animal-based foods, focusing on meat, fat, and organ meats. While the approach is simple, your specific goals — whether athletic performance, fat loss, or improved energy — can shape how you eat

within the carnivore framework. This chapter offers guidance for adapting your diet to fit your lifestyle without adding anything non-carnivore.

For Weight Loss

Many people turn to carnivore eating to shed body fat and improve overall health. If weight loss is your goal:

- Stick to fatty cuts like lamb shoulder, pork belly, or beef ribs to stay satisfied without snacking.
- Eat only when hungry and stop when full — let your appetite guide you.
- Keep meals simple: meat, fat, and organs — nothing more.
- Avoid overconsumption of rendered fat if weight loss stalls.

For Active Lifestyles and Athletes

Physically active individuals and athletes can thrive on a strict carnivore diet by focusing on nutrient density and recovery:

- Prioritise red meats like beef and lamb for iron, B vitamins, and protein.
- Include organ meats such as liver and heart regularly to support energy and endurance.
- Eat larger portions and more frequent meals to match your training demands.
- Add more fat if you're struggling with recovery or energy levels.

For Energy and Mental Focus

Many find that a carnivore diet helps with stable energy and clearer thinking:

- Stick to ruminant meats (beef, lamb) for steady fuel and fewer inflammatory reactions.
- Avoid lean-only meats — include fat for lasting energy.
- Organ meats like liver support brain health thanks to their high B vitamin content.

For Busy Lifestyles or Working on the Go

If you have little time to cook, the carnivore diet can still work:

- Batch cook meals like roasts, meatballs, or slow-cooked stews.
- Keep portable snacks like beef jerky, hard-boiled eggs (if included), or cold cooked sausages.
- Choose simple meals with minimal prep — grilled meat and fat is enough.
- Use a cooler bag or thermos to bring meals with you.

Hydration and Supplements on a Carnivore Diet

On a strict carnivore diet, your body may shed more water and electrolytes than usual — especially in the first few weeks. Staying properly hydrated and topping up essential minerals can help you avoid fatigue, headaches, muscle cramps, and low energy.

Hydration Basics

When you cut out carbohydrates, your insulin levels drop and your body holds on to less water. This means you'll be urinating more and losing sodium, potassium, and magnesium along the way.

Here's how to stay on top of it:

- **Drink to thirst** – most people need 2 to 3 litres of water per day.
- **Add salt** – a pinch of sea salt in warm water can help replace lost sodium.
- **Include bone broth** – a mug of homemade broth is rich in minerals and keeps you warm and hydrated.
- **Avoid overhydrating** – drinking too much water without enough salt can make symptoms worse.

Electrolytes and Supplements

Most carnivore eaters do well without supplements, but in some cases, a little support can be helpful — especially early on.

- **Sodium** – vital for fluid balance. Add salt to meals or sip salted water.
- **Potassium** – found in meat, but you may need more if you're getting muscle cramps.
- **Magnesium** – helps with sleep, muscle function, and bowel regularity. If needed, a supplement can be taken occasionally.
- **Vitamin D** – if you're indoors most of the time, consider a D3 supplement during the winter months.

- **Beef liver (fresh or capsules)** – rich in vitamin A, B12, and iron. A great natural option if you're not eating liver regularly.

A Note on Listening to Your Body

Many people feel better once they've adjusted to the carnivore diet — clearer thinking, better sleep, and steady energy. If you feel off, it's often due to low electrolytes or dehydration. Before reaching for supplements, check your salt and fluid intake first.

Appendix: Measurement Conversions

This appendix provides helpful conversions for measurements commonly used in cooking, converting from British measurements to those commonly used internationally.

Weight

- 28 grams (g) = 1 ounce (oz)
- 454 grams = 16 ounces = 1 pound (lb)

Volume (Liquid)

- 5 millilitres (ml) = 1 teaspoon (tsp)
- 15 millilitres = 1 tablespoon (tbsp)
- 28 millilitres = 1 fluid ounce (fl oz)
- 240 millilitres = 1 cup
- 568 millilitres = 1 pint
- 1.14 litres = 1 quart
- 4.55 litres = 1 gallon

Volume (Dry Ingredients)

Dry measurements can vary depending on the ingredient, but for general guidance:

- 120 grams = 1 cup flour
- 200 grams = 1 cup sugar
- 90 grams = 1 cup oats
- 227 grams = 1 cup butter

Temperature

- To convert from Celsius (°C) to Fahrenheit (°F): multiply by 9/5, then add 32.

Example: $180^{\circ}\text{C} \times 9/5 = 324$. Add 32 = 356°F .

- Common oven temperatures:
 - $120^{\circ}\text{C} = 250^{\circ}\text{F}$
 - $150^{\circ}\text{C} = 300^{\circ}\text{F}$
 - $180^{\circ}\text{C} = 350^{\circ}\text{F}$
 - $200^{\circ}\text{C} = 400^{\circ}\text{F}$
 - $230^{\circ}\text{C} = 450^{\circ}\text{F}$

Length

- 2.54 centimetres (cm) = 1 inch (in)

Baking Tin Sizes

- 20 cm round tin = 8-inch round tin
- 23 cm square tin = 9-inch square tin

For additional guidance, consider using a kitchen scale or measuring cups for the most accurate results. Happy cooking!