

speed **CARNIVORE**



Dr. Harlan Kilstein

Copyright © 2020 by Harlan Kilstein. All rights reserved. Printed in the United States of America. Except as permitted under the United States Copyright Act of 1976, no part of this publication may be translated, reproduced or distributed in any form or by any means, or stored in a database or retrieval system, without the prior written permission of the author or publisher.

Publisher CompletelyKetoCorp.

This publication is designed to provide authoritative information in regard to the subject matter covered. Many of the product designations are clarified by trademarks. While every precaution has been taken in the preparation of this book, the author assumes no responsibility for errors or omissions, or damages resulting from the use of information contained herein. For additional information, please contact our support team:

<https://CompletelyKeto.com/support>

20200715SCE

Table of Contents

Chapter 1.....	7
Introduction.....	7
Chapter 2.....	11
Transitioning from Keto to Speed Carnivore	11
Chapter 3.....	14
Vegetables May be Bad for Your Health ... Say What?.....	14
Chapter 4.....	22
Speed Carnivore and Intermittent (IF).....	22
Chapter 5.....	26
Kidney Health.....	26
Chapter 6.....	29
Allowed Food on the Speed Carnivore Program.....	29
Chapter 7.....	35
The Basics.....	35
Homemade Electrolyte Drink.....	36
Bullet Proof Coffee.....	37
Homemade Ghee.....	38
Homemade Beef Tallow.....	40
Homemade Bone Broth (Beef, Chicken or Turkey).....	41
Bone Marrow Treat.....	43
Hollandaise Sauce.....	44

Beef	45
The Perfect Steak	46
Brisket	48
Homemade Corned Beef	50
Thai Style Skirt Steak	52
Meatballs	54
Meat Patty Pie	56
Classic Carnivore Meatloaf	58
Simple Shredded Beef Soup	59
Pork	60
Pulled Pork	61
Herbed Pork Tenderloin Roast	63
Bacon & Egg Muffins	65
Speed Carnivore Waffle	66
Breakfast Sausage Muffins	67
Breakfast Sandwich	69
Carnivore "Bread" Slices	70
Lamb	71
Tikka Lamb Chops	72
Oven Baked Ginger, Lime & Garlic Lamb Chops	73
Lamb Kofta	75
Tender Lamb Shank	77
Shredded Lamb Soup	79
Fowl	80
Homemade Ground Turkey Sausage Meat (Italian Style)	81
Italian Style Kofta	83

Ground Turkey Meatloaf	84
Bacon Draped Roasted Turkey Thighs.....	85
Meat Muffins.....	87
Roast Spatchcocked Chicken.....	89
Rustic Roasted Chicken.....	91
Carnivore Chicken Fingers.....	93
Chicken Sandwich.....	95
Fish.....	96
Fish Curry.....	97
Broiled Salmon Steaks.....	99
Dilled Salmon Fillet with Hollandaise Sauce.....	101
Eggs.....	103
Perfectly Boiled Eggs (Stove-top & Instant Pot Methods).....	104
Perfectly Poached Eggs.....	106
Carnivore Breakfast "Pizza".....	107
Baked Eggs in Prosciutto Cups.....	108
Carnivore Omelet.....	110
Carnivore Eggs Benny.....	111
Egg-stravagant Sandwiches	113
Misc.....	114
Antipasto Meat Platter	115
Chapter 8.....	117
Speed Carnivore Weekly Shopping lists.....	117
Chapter 9.....	128
Speed Carnivore 30 Day Menu Plan.....	128
Congratulations!	143

Disclaimer

Welcome and we're excited to have you with us on this journey. All of the information provided in the book and on the Websites located at completelyketo.com, completelyketo.shop, or speedketo.com or speedketo.shop is intended solely for general information and should NOT be relied upon for any particular diagnosis, treatment, or care. This book is not a substitute for medical advice. The book and websites are only for general informational purposes.

The information contained in this book is not a substitute for medical advice or treatment, and again the author strongly encourages patients and their families to consult with qualified medical professionals for treatment and related advice on individual cases.

Decisions relating to the prevention, detection, and treatment of all health issues should be made only after discussing the risks and benefits with your health care provider, considering your personal medical history, your current situation and your future health risks and concerns. If you are pregnant, nursing, diabetic, on medication, have a medical condition or are beginning a health or weight control program, consult your physician before using products or services discussed in this book and before making any other dietary changes. This diet is not recommended or supported for those under the age of eighteen. By using this book, you represent that you are at least eighteen (18) years old and a United States resident.

The authors cannot guarantee that the information in this book is safe and proper for every reader. For this reason, this book is offered without warranties or guarantees of any kind, expressed or implied, and the authors disclaim any liability, loss or damage caused by the contents, either directly or consequentially. The U.S. Food and Drug Administration or any other government regulatory body has not evaluated statements made in this book. Products, services, and methods discussed in this book are not intended to diagnose, treat, cure or prevent any disease.



Chapter 1

Introduction

Over the years I've been in Keto I noticed an interesting phenomenon. Many of the medical doctors who were advocates of Keto began moving to a carnivore diet. I was in shock.

Carnivore diet? How can that even be safe? For heaven's sake. What in the world could be wrong with broccoli?

Being anti-vegetable is like being anti-mom, anti-health, and anti-common sense.

Then I began to study. And immersed myself in it.

This is the outcome of that study: Speed Carnivore.

Now I admit I started as a complete skeptic, but I began to speak with people on the carnivore diet and they all raved about their results.

Dramatic weight loss, reversal of inflammation, skin problems cleared up and more. I can't wait to hear *your* results.





Now the big question I had for myself and for others was:

Was the carnivore diet safe? So I turned to a panel of MDs including a cardiologist and a nephrologist (kidney doctor) and asked them the question.

Surprisingly, their answer was safe – but always check with your physician.

The nephrologist suggested you get yourself tested for protein in the urine when you start and then test yourself again in two months.

Review the results with your physician. If there is no dramatic increase of protein in the urine, you should be fine.

Now just as in the case of Keto, there are different degrees of carnivore.

The strictest carnivore is meat, poultry, fish, and eggs with no dairy. The only spices are salt and pepper. And that includes no coffee or tea. (Yikes).

But strict carnivore doesn't include intermittent fasting. Speed Carnivore does.

So, I came up with my own hybrid model.

Now there isn't going to be a test on how strict you are at carnivore.



If you need coffee or tea in the morning to get rolling, I hear you.

Heavy (whipping) cream is allowed for the first three weeks while you are transitioning into a full on carnivore eating plan. Many people are intolerant to dairy, so this is a category to consume with care. Some of you may wish to avoid dairy altogether right from the beginning.

If you want to include it, do so sparingly; have a teaspoon of heavy cream in your morning bullet proof coffee along with MCT oil for the first two weeks. On the third week stop using the cream and just include MCT oil in the morning coffee.

When the fourth week rolls around, it will be time to the MCT oil altogether. It won't take long to become accustomed to black coffee. During those first weeks use only organic dairy from grass fed cows and please note; no cheese is allowed on the Speed Carnivore eating plan.

Read and enjoy Speed Carnivore and expect wonderful results.



What is the Speed Carnivore Program?

The Speed Carnivore program is an eating plan that includes meat with a focus on grain fed beef, pork, lamb, game meat, chicken, turkey, game birds and eggs. While heavy cream and cheese are often included in carnivore eating plans, I've found that many of my clients are either sensitive to dairy or just out and out can't tolerate it in their diet at all. So, despite the fact that dairy products are often included on Carnivore menus, on this Speed Carnivore program we are aiming for zero dairy.

Fresh herbs, spices, and occasionally a small amount of lemon or lime juice and vinegar are allowed. Everything else is excluded; zero carbs daily is the goal. The simplicity of this eating program appeals too many of my clients. There's no calorie counting, carb calculating, food weighing etc.; you just choose from the allowed foods list and eat until you are satisfied. Simple economical recipes are provided along with a 30-day menu plan and weekly shopping lists.

Two short fasts in the form of OMAD (one meal a day) are included each week. Those of you that have been doing my Speed Keto program will be familiar with OMAD and its benefits. I am including more in-depth information about OMAD in Chapter III. I know eating only one meal a day may seem daunting for some of you but rest assured it's easier than you think and the one evening meal you do get to eat will be so satisfying that you will eventually look forward to these uncomplicated OMAD days.





Chapter 2

Transitioning from Keto to Speed Carnivore

This section is aimed at helping my clients who are choosing to transition from a ketogenic menu plan into a carnivore program but I do recommend that everyone embarking on Speed Carnivore read this section as well, since one of the goals of both of these diet plans is exactly the same; to have your body be in ketosis. So ... first, let's do a quick recap on how a ketogenic diet works, and then we'll look at a carnivore diet and why you may want to consider transitioning into this simple to follow program.

Carbs and the Typical American Diet

When eating a typical, carb heavy American diet people are usually consuming many carbohydrates daily. The USDA pyramid recommends that whole grains should comprise 60% of our daily diet. This means that over half of the recommended daily caloric intake for Americans should be coming from grains. At least that's what the food pyramid indicates!

But here's the thing; foods that include large amounts of wheat and/or other high-carbohydrate grains rapidly raise blood sugar (glucose). The sudden increase of blood sugar causes the body to release insulin which can also be described as the fat-storing hormone. Insulin unlocks body cells so that glucose can enter and become a source of energy so these cells can carry on with their normal tasks. Now when more glucose is available than can be used for immediate energy needs the body goes to work on another project: storing the unneeded and excess glucose; first as glycogen in the liver and muscles and when these storage systems are full, body fat is created! That's how a diet with a heavy emphasis on carbohydrates encourages weight gain.





What Happens When You Restrict Carbohydrates in Your Diet?

Here's another interesting fact: the body can only store small amounts of glucose (in the form of glycogen) at a time, just enough to last a few days. So if carbohydrates aren't available what happens when body cells need energy to function? The process of evolution has allowed human beings to develop other pathways for producing energy in response to times of famine when easy carbs are not available in the environment. Once the body's store of glucose is used up, through a process known as ketogenesis, we start to burn stored body fat for energy. When this happens, the liver breaks down stored fat into a source of energy the body can easily use; ketone bodies.

A ketogenic menu plan purposefully limits carbohydrate consumption and emphasizes moderate protein and higher fat consumption. It's designed to kick your body into ketosis and encourages the use of stored, excess body fat for daily energy needs.

As ketone levels become higher the body moves into a state we call ketosis where stored fat is burned as the main source of fuel. A ketogenic eating plan purposefully limits the amount of carbohydrates consumed during the day while allowing for the consumption of moderate amounts of protein and a higher consumption of fats.



Weight Loss and a Ketogenic Diet

Most people lose a significant amount of weight over the first month after adopting a Keto eating plan and then settle into a slower, but still consistent pattern of weight loss. Their bodies are happy fat burning furnaces, efficiently producing ketones for their energy needs; at least for awhile. Some folks (not everyone by a long shot) but some eventually experience the dreaded stall. Sometimes weight loss simply stops and despite best efforts and sticking to a Keto menu plan, the scales won't budge and body weight just stays the same.

I eventually developed a Speed Keto Menu Plan for my clients who really just wanted to get quicker results, but I also found this new program to be beneficial for my clients experiencing a stall. The Speed Keto Program works by further restricting carb consumption and also adds periods of short term fasting to the weekly menu plan.

Great results have been experienced by many but still I find some of my clients are having weight loss stalls. Plus they just aren't feeling good. Low energy, joint pain and head-aches are regular complaints in this group. How could so many clients have great results while this small group still struggles with poor health, low energy and stalled weight loss efforts? What could be happening?

While carbs are fairly restricted, some vegetables are included daily in all my Keto programs. For my clients that are experiencing a stall or just not feeling good I am now recommending they consider a Carnivore diet because, believe it or not ... vegetables may be the culprit that's causing the stalls and ill-health.





Chapter 3

Vegetables May be Bad for Your Health ... Say What?

Survival of the Fittest

Human beings have evolved by a process of natural selection. Our ancestors, the ones that survived long enough to reproduce, got to pass along the genetic material that helped them survive. For example; the burst of adrenalin that occurs when life is threatened allowed a few early folks to run faster than their buddies who didn't have this same amount of adrenalin surging through their system.

The slower runners succumbed to predators while the faster runners survived and went on to mature and make babies. The offspring of these sprinters inherited the ability to produce more adrenalin in the face of fear. And on it went through this process of natural selection, until the adrenalin surge characteristic became genetically entrenched and strengthened the species as a whole.

Turns out some plants as well as animals don't want to be eaten!

As a result, many of the vegetables, legumes and fruits, common in the American diet, have potential health risks you may not be aware of. While they aren't fast runners, they do have some other tricks that have helped them survive. Plants have evolved with certain attributes for survival through the evolutionary process.



Seeds

Seeds could also be described as the plant's babies. As such, it's their job to survive and perpetuate the species. In order to protect their baby seeds, plants have developed some defense mechanisms.

Seeds with harder outer coatings actually want to be consumed. These seeds are designed to withstand the digestive systems of their preferred "carrier". The carrier could be a bird that will fly some distance from where it originally ate the fruit, veggie or legume containing the seed. Eventually the seed makes it through the bird and is pooped out in a new location (complete with its own blob of fertilizer) where hopefully it takes root. This suits the mother plant, as new plants won't take root close by and become competition.

The other type of seed has a softer outer coating and is called a "naked" baby. This seed type doesn't want to be eaten because the mother plant is located in an open area that will support the growth of numerous plants. There's no need for a carrier to transport this seed to a new location. The mother plant will eventually die when seasons change but the seed will survive to sprout and grow when spring arrives, thereby ensuring the species continues on.

These naked seeds have evolved to include some built in protections that lets any unfortunate critter who eats them know; it's not such a good idea to do that again! The soft seeds contain chemicals that can kill or paralyze smaller organisms that may nibble on the seed or similarly, can wreak havoc in the digestive tracts of larger animals that may make the mistake of eating them.

These chemicals include:

- Phytates: sometimes call anti-nutrients because they work to prevent the body from absorbing beneficial minerals
- Trypsin inhibitors: prevent digestive enzymes from doing their job properly in the gut
- Lectins: a type of protein that can stick to the gut lining and disrupt proper cell function leading to a condition known as leaky gut.

American heart surgeon, Dr. Steven Gundry has written a book, *The Plant Paradox*, which delves deeply into this topic. He writes about how something as common as consuming gluten (which is contained in wheat products like bread) can cause a chemical type reaction within the body; the end result being weight gain and other serious health conditions. Gluten is actually a type of protein known as a lectin. Lectins show up in many foods (other than wheat) and are a commonly consumed item in the typical American diet.¹ As described above, lectins evolved to protect the plant from insects and micro-organisms and it turns out lectins are resistant to the digestive process in humans as well.

Case in point: one lectin that is present in kidney beans is a particularly toxic protein for humans and causes great intestinal distress. The presence in high quantities of this toxic lectin, Phytomagglutinin, means kidney beans should never be consumed raw or undercooked. They should be boiled for at least 30 minutes in order to destroy this lectin.² If you've ever eaten chili that's been undercooked, you know that the intestinal reaction is swift and unrelenting!

But lectins are present in other foods as well; wheat, peanuts, tomatoes, most legumes, potatoes ... and more. The list is long and all these foods, when eaten on a regular basis, can cause significant inflammation in the body and potentially wreak havoc with your health over the long-term.

Because a Keto diet restricts carb consumption and food groups like legumes and most grains are excluded, many people find their health improves and weight loss becomes easier. But for some the struggle continues with dreaded stalls and various health issues, which just don't seem to resolve.

It could be these people are simply very sensitive to the anti-nutrients, lyptase inhibitors and lectins present in many of the foods they are still eating on a regular basis. Many are finding relief through changing their diet and simply removing these inflammation causing foods from their daily menu altogether; they find relief by switching to a meat only, carnivore diet.

1 Gundry, Stephen MD, *The Plant Paradox: The Hidden Dangers in "Healthy" Foods that Causes Disease and Weight Gain* (E-book). Amazon Store: Kindle edition.

2 Thompson, Lilian U.; Rea, Ramona L.; Jenkins, David J. A. (1983). "Effect of Heat Processing on Hemagglutinin Activity in Red Kidney Beans". *Journal of Food Science*. 48: 235–236. doi:10.1111/j.1365-2621.1983.tb14831.x.



The Transition Period & the “Keto Flu”

If you are going to a carnivore lifestyle from a Keto program your body should already be in ketosis, so you may not go through this transition period where your body has to move from using glucose as its primary fuel source to burning ketones instead.

However, if you are going straight from eating a typical American diet to this Speed Carnivore Program, chances are you will experience some of the following symptoms early on in the process. Some call this the “Keto flu” and as you can see from many of the symptoms listed below, the name is apt!

As the body switches over from using glucose as its main source of fuel or energy to using ketones there is often discomfort during the transition period while the body adjusts to the new regime. It's called the Keto flu because the symptoms mimic the symptoms you feel when coming down with a flu virus. These Keto flu symptoms usually show up early on, in the first few days of switching to the Speed Carnivore eating plan.

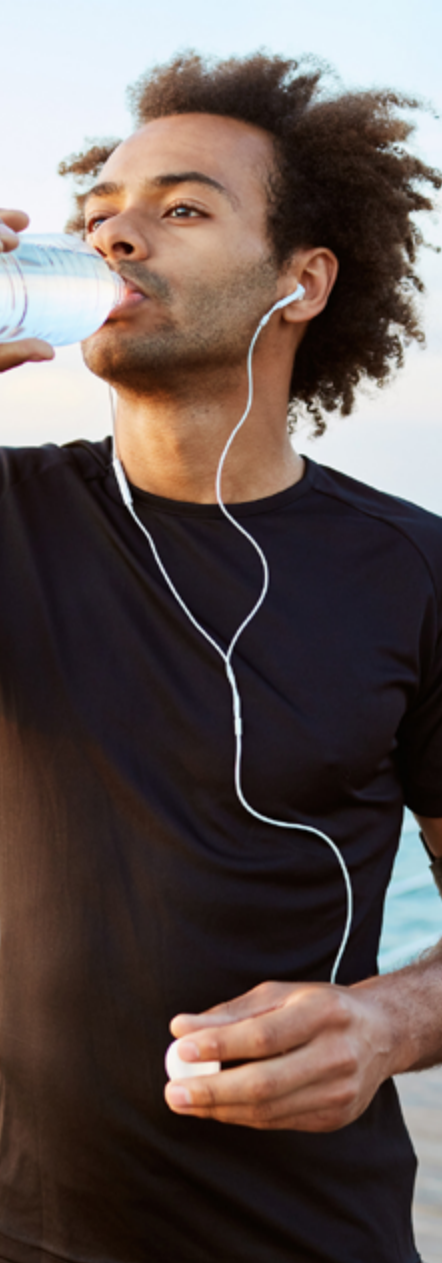
Keto flu symptoms can be mild and barely noticed, or severe enough to make you think you are actually coming down with a real flu virus.

These symptoms can include:

- Feeling nauseated
- Stomach discomfort & sometimes pain
- Slightly “prickly” throat
- Constipation
- Loose stools and/or diarrhea
- Headache
- Foggy thinking and inability to concentrate
- Being irritable
- Feeling weak and sometimes dizzy
- Muscle soreness & cramps
- Difficulty sleeping
- Hard to resist sugar cravings
- Bad breath
- Metallic taste inside mouth
- Frequent urination (especially at night)

I know this doesn't sound good but hang in there because this stage won't last long and there are a few things you can do to help with these symptoms. Over time, through my own personal experience with a ketogenic lifestyle, I've discovered there's no need to suffer through this period for days on end to get to the good part when the pounds start melting away. It's possible to get into ketosis fairly quickly. To do this you must stay hydrated and be sure to include electrolyte drinks in your menu plan every day. Moderate exercise like 30-minute walks and practicing short term fasting will also speed the process.





Stay Hydrated!

I recommend numerous ways to stay hydrated but number one on my list is always water. Did you know that most of your blood volume is made up of water? Drinking plenty of water is important for the elimination of toxins. And since toxins accumulate in body fat, when you start to use fat as an energy source these toxins are released into your bloodstream and need to be eliminated efficiently.

Water also helps the liver to metabolize fats. When you don't drink enough water kidney function is affected. Remember we talked about how the body has back-up systems? Well, when the body becomes dehydrated and kidney function is low the liver provides the required back-up. However, when the liver is busy fulfilling some kidney functions it slows down on its work in metabolizing body fat and guess what happens? You burn less body fat thus producing less ketones.

Staying properly hydrated is really important on Speed Carnivore so employing strategies that encourage drinking fluids are important:

- aim at drinking half your body weight in ounces — so if you weigh 170 lbs then you should drink 85 ounces of water per day
- keep water flavored with lemon, lime or even cucumber slices handy and by your side for easy access during the day
- stock up on a variety of herbal teas and drink them often



- decaffeinated coffee and tea can also be consumed freely
- regular tea and coffee are also allowed in moderation
- last but not least make sure to include sugar free electrolyte drinks in your daily routine

Drink Electrolytes

The Carnivore diet requires you to drink a lot of water. As well, once your body switches over to ketosis it will begin to eliminate any excess retained water. Your kidneys will flush out electrolytes along with this excess water. These electrolytes include salt, potassium, calcium and magnesium. It's possible to become depleted in electrolytes and to experience the following symptoms:

- feeling tired (even exhausted)
- leg cramps and twitching muscles
- foggy thinking and mood swings
- lower back pain (around the kidney area)

You can see many of these symptoms are similar to the ones listed for Keto flu! Supplementing with sugar free electrolyte drinks will help replenish the lost electrolytes. You will need to include electrolyte drinks in your daily routine while on the Speed Carnivore program. A recipe for a [Homemade Electrolyte Drink](#) is included in the recipes section but there are also many commercially available brands that do not include added sugars.

Moderate Exercise

I highly recommend that you take a few short 30 minute walks on both day #1 and day #2 of the Speed Carnivore program. This moderate form of exercise is essential for burning off the glycogen you have stored in your liver and large muscles.

Your body uses the glycogen stored in your liver to keep your blood glucose levels steady while the glycogen stored in the larger muscle groups is used exclusively for activities. This is why walking is important. Muscles will not share their glycogen reserves with the liver so by walking you will be depleting this source of stored glycogen directly.



Once the muscle glycogen has been depleted the muscles will then pull glucose directly from the blood stream which causes blood glucose levels to go down. This lower blood glucose level in turn signals the liver to convert its stored glycogen into glucose. When this glucose gets dumped into the blood stream, blood glucose levels come back up to normal.

The walking I'm recommending in these first few days is an essential activity for getting into ketosis quickly. Plus staying active will curb your appetite and will also keep you occupied making your first OMAD day easier.

Short Term Intermittent Fasting

Speed Carnivore employs two days of short term fasting a week. The first of these fasts occurs on day #2 of the program. OMAD is an acronym for one meal a day. It describes a form of intermittent fasting that embraces a menu plan based on twenty three hours of fasting with a one hour window for taking in food hence; one meal a day. When employed at the beginning of this Speed Carnivore program, OMAD provides your body the opportunity to use up its stored glycogen reserve and will help you get into ketosis faster. You will have a 60 minute window during the evening in which to consume this meal. More information about the benefits of fasting will follow in the next chapter.

Keep it Interesting!

When eating one meal a day you will want to make sure the one meal you do eat:

- satisfies your hunger
- is nutritious
- has eye-appeal
- is low in carbs
- and tastes great

Chapter 4

Speed Carnivore and Intermittent (IF)

I include two periods of short term intermittent fasting in the Speed Carnivore plan. On two days each week, Tuesday and Friday, you will simply eat one meal a day, skipping both breakfast and lunch. You will then satisfy your hunger with a carnivore meal, perhaps a big juicy steak, eating as much as you want until satisfied and satiated. This type of short term fasting is known as One Meal a Day or OMAD for short.

Feast and Famine

So you may be wondering why fasting is a good strategy for weight loss. In days gone by (think to way back before we humans had figured out agriculture) food might be plentiful in the warmer seasons and scarcer or non-existent during winter and early spring. Add to this, war, pestilence, injury, illness, well any number of other factors and a pattern of feast (times of plenty) followed famine (little or no food available) and you have a pretty good idea about what early humans were facing. And yet the human body was able to adapt to this pattern and we survived as a species.

Eventually we figured out planting and harvesting crops and while there were still times of plenty and lack, the availability of food became less sporadic. Unplanned food shortage was replaced by periods of voluntary fasting. Evidence suggests that cultures from around the world incorporated periods of fasting for health and healing as well for spiritually held beliefs.

Fast forward to today. Now we are told to eat within an hour of getting up in the morning and admonitions to never skip breakfast prevail. Eating “healthy” snacks is actively encouraged with the end result being most people in the western world are eating five to seven times a day.

And we like to get these eating habits started early in life. You know the drill: I’m talking about the bed-time snack ritual that signals to most North American children ... bed-time approaches.





The All-Day Feast

The end result; many of us are eating every two or three hours all day long. So if our bodies are constantly in the process of digesting and processing the last ingestion of food when can they possibly switch over to using fat, stored in adipose tissue for energy? The short answer is they can't and they won't.

The liver will be tied up all day processing glucose and guess what? Any extra will be converted to fat molecules and shipped off with the aid of insulin for storage as new body fat. Eating three meals a day plus three or four snacks isn't working as a strategy for maintaining a healthy weight and body. It's making us fat.

Autophagy – What is It?

Another reason to embrace a carnivore diet plan is it enables and supports the process your body uses to rid itself of toxins and damaged cells. This process is called autophagy and is an important way the body defends itself against disease. The Greek words auto meaning self and phagy meaning eating is combined in the word autophagy; it literally means self-eating!

This word perfectly describes the self-cannibalizing mechanism our body cells use to do housecleaning. By literally “eating up” oxidized particles, damaged proteins and broken cell bits during the autophagy process, our cells become unclogged and are better able to regenerate into healthy newer cells.





However, when the body is busy digesting food (it takes about 11 hours to digest food that's been ingested) the process of autophagy is disrupted. Imagine the metabolic havoc that's being created by the common practice of constant grazing throughout the day. Eating three meals as well as constant snacking is definitely not the way to go!

Intermittent Fasting: Why Do It?

It takes approximately 11 - 12 hours to digest and use up the calories you've ingested from your evening meal. Your body is then ready to switch into fat-burning mode. But this is exactly the same time that you are usually ready to eat breakfast. For folks on the Speed Carnivore Program I recommend extending the time before you start to eat until supper time, skipping both breakfast and lunch. You only need to do this on two days each week.

This would be the short term type of intermittent fasting (IF) known as OMAD (short for one meal a Day). This creates a period of time where you are only burning excess body fat for energy. Since it takes 11-12 hours to digest dinner from the night before that will give you about 12 hours where your body is burning its own fat for energy. It just makes sense to take advantage of this "window" of opportunity.



OMAD (One Meal a Day)

Simply defined, intermittent fasting describes periods of fasting interspersed with periods of eating normally. The length of the fasting periods and eating periods can vary. In his book, *The Complete Guide to Fasting*, Dr. Fung (Canadian Physician and fasting guru) categorizes fasting periods as: “short, (less than 24 hours) or long, (more than 24 hours)”¹ A person undertaking a short fast will still be eating at least once a day. It isn’t as hard as it sounds and works well for ongoing and sustained weight loss.

Autophagy and Intermittent Fasting

In her book, *Glow15*, Naomi Whittel describes how IF works to activate the hormone glucagon, which works opposite insulin in a see-saw fashion to keep glucose levels balanced. When you eat, insulin rises and glucagon decreases and the opposite occurs when you don’t eat; glucagon rises and insulin decreases. The rising levels of glucagon triggers autophagy in the cells of the body. When you practice IF the process of autophagy is helping your cells clean up, unclog and renew. She goes on to say that research has shown intermittent fasting promotes greater energy, increased fat burning and decreased risk of diabetes and heart disease.²

1 Fung, Jason MD & Moore, Jimmy. *The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-day and Extended Fasting*, ISBN 13: 978-1-628600-01-8, Victory Belt Publishing Inc., p.199

2 Whittel, Naomi. *Glow15: A Science Based Plan to Lose Weight, Revitalize your Skin and Invigorate your Life*, ISBN 978-1-328-90071-5, Mifflon Harcourt Publishing Company





Chapter 5

Kidney Health

Kidney Function

I recommend that my clients embarking on the Speed Carnivore get a urinalysis before they start the program and then again at the beginning of each month. The kidneys filter the blood daily to perform a number of important tasks that keep your body healthy. They work to:

- remove toxins and other waste products from the blood
- remove any excessive fluids and acids from the blood
- work to regulate blood pressure
- work to keep an optimal balance of fluid, electrolytes and minerals in the blood

The kidneys also function as a busy mini factory making hormones that help to support the blood supply and bones. Your kidneys are essential to your survival so you need to protect their health and function.



Kidney Disease

Kidney disease is common in the US. The most common causes are:

1. **Diabetes:** high blood sugar levels cause glucose to bind to certain types of proteins in the bloodstream through a process known as glycation. As the kidneys filter the blood, the end products from glycation cause damage to parts of the kidney responsible for filtration. The result is kidney damage that can progress unchecked if the underlying condition isn't treated.
2. **High blood pressure:** the kidneys filtration system is very delicate and the pressure against the filters can simply be too much when high blood pressure goes untreated. The kidneys can be scarred over time and eventually are unable to do their job.

When left untreated both of these conditions can cause serious damage to your kidneys. Since both diabetes and high blood pressure are common in folks who are overweight I think it's important to check kidney function before moving forward with any new eating plan.

Low Carb Diets, Diabetes and High Blood Pressure

Many of my clients with type 2 diabetes have found great improvements in their blood sugar levels when following a ketogenic diet plan. Those with high blood pressure have also seen improvements. Many have been able to reduce or eliminate their need for medications.



A Ketodiet includes moderate protein on a daily basis but what happens when carbs are removed from the diet altogether and protein consumption is high (as it is on a Carnivore eating plan) as opposed to moderate? The Speed Carnivore diet aims for zero carb consumption. Is this safe for kidney health?

High Protein Consumption and Your Kidneys

When the kidneys are not filtering properly protein shows up in the urine in a condition known as proteinuria. This has led to many wondering if high protein diets are harmful to the kidneys. Time has shown that moderate protein consumption (as in a Keto eating plan) does not lead to proteinuria for people with normal kidney function but; what about the daily high protein consumption that's recommended in a carnivore diet?

In a paper published in 2005, Dietary Protein intake and renal function, the authors wondered if, “increased dietary protein intake is a health concern in terms of the potential to initiate or promote renal disease” and concluded “While protein restriction may be appropriate for treatment of existing kidney disease, we find no significant evidence for a detrimental effect of high protein intakes on kidney function in healthy persons after centuries of a high protein Western diet.”¹

While it's wise to begin any eating plan that encourages high protein consumption by testing kidney function, for anyone with normally functioning kidneys a high protein diet should present no problems. But to err on the safe side I recommend a monthly urine test while on the Speed Carnivore eating plan.

¹ Martin, W.F., Armstrong, L.E. & Rodriguez, N.R. Dietary protein intake and renal function. *Nutr Metab (Lond)* 2, 25 (2005). <https://doi.org/10.1186/1743-7075-2-25>



Chapter 6

Allowed Food on the Speed Carnivore Program

Allowed Foods Include:

Beef

Buy only organic, grass-fed beef that has been raised without the use of hormones and antibiotics. Your local Farmer's Market is likely to be a good source for buying locally raised, healthy meats. Alternatively, if you do a little research you will easily find there are some great online, home delivery sources for grass-fed meats. As the demand increases for healthy, grass fed meats they are becoming more easily available so even the local grocery store may have a section with organic meats.

- Beef steaks: porter house, T-bone, rib eye, strip loin, flank, tenderloin, etc.
- Beef Roast: sirloin, brisket, rump, eye of round, etc.
- Regular ground beef

Pepperoni type meat sticks that are made using only grass-fed, hormone free meat and have no other additives or fillers, are also allowed. There are a few brands that fit this description but you will have to be vigilant when reading the list of ingredients on any brand you select for purchase.

Bone Marrow

Bones can be split horizontally by your butcher then roasted in the oven. The very tasty cooked marrow can be scooped out with a spoon and eaten directly from the bone when done. Alternatively a delicious homemade bone broth can be made by covering bones with water and simmering slowly all day on top of the stove. A cup of bone broth is one of my go-to snacks when I need an afternoon lift.



Pork

- Pork roast: Boston butt (blade roast), shoulder, loin, tenderloin, etc.
- Pork chop
- Pork belly
- Bacon (grass fed pork belly smoked naturally using no nitrates)

Game Meats

If you are a hunter or lucky enough to know one that likes to share then some game meat can be a wonderful change to your daily menu plan. Game tends to be leaner so you will have to add some fat when cooking. They can be barded with other animal fats or simply draped with tasty grass-fed, nitrate free bacon.

- Moose
- Elk
- Bison
- Venison
- Goat
- Caribou
- Fowl
- Chicken
- Turkey
- Game birds
- Fish



Look for fatty fish like wild caught salmon (stay away from farmed fish as they are often raised with the use of hormones and antibiotics)

- Wild caught salmon
- Haddock
- Halibut
- Cod
- Bass
- Sardines
- Catfish
- Mackerel
- Trout
- Seafood
- Clams
- Crab
- Lobster
- Mussels
- Oysters
- Prawns
- Scallop
- Scampi
- Shrimp





Eggs

Eggs constitute a perfect balance of protein, fats and other essential nutrients.

- Chicken eggs
- Duck eggs
- Quail eggs
- Ostrich eggs
- Goose eggs

Dairy

Heavy (whipping) cream is allowed for the first three weeks while you are transitioning into a full on carnivore eating plan. Many people are intolerant to dairy so this is a category to consume with care. Some of you may wish to avoid dairy altogether right from the beginning.

If you want to include it, do so sparingly; have a teaspoon of heavy cream in your morning bullet proof coffee along with MCT oil for the first two weeks. On the third week stop using the cream and just include MCT oil in the morning coffee.

When the fourth week rolls around, it will be time to drop the MCT oil altogether. It won't take long to become accustomed to black coffee. During those first weeks use only organic dairy from grass fed cows and please note; no cheese is allowed on the Speed Carnivore eating plan.



While butter isn't on the allowed list, I do include ghee made from grass-fed, organic butter. This can either be purchased or you can make it yourself using the recipe provided: Homemade Ghee. All the milk solids have been removed in ghee and so it is better tolerated by the body. However, people who are allergic to dairy will not be able to include ghee in their diet.

- Animal Based Fats (for cooking)
- Ghee (made from grass-fed butter)
- Bacon grease
- Chicken fat
- Lard (rendered animal fat, usually pork)
- Beef tallow (rendered animal fat, usually beef)
- Duck fat

Condiments & Seasonings

- Pink Himalayan salt and black peppercorns, ground fresh as you use them are what I recommend when seasoning meat and fish
- Herbs and spices ... check labels to make sure there are no extra, unwanted fillers and ingredients included
- Up to 2 T freshly squeezed lemon or lime juice (occasionally)
- Small amount of vinegar
- A few drops of zero calorie hot sauce can also be used if you need an extra kick.
- Small amounts of pure stevia (powder or liquid) for sweetening, (no fillers)



Beverages

Choose organic teas and coffees.

- Sugar free electrolyte drinks
- Herbal teas
- Black tea
- Green tea
- Regular coffee
- Water processed de-cafeinated coffee
- Organic beef broth
- Organic chicken broth
- Mineral water
- Water

RECIPES

The Basics





Homemade Electrolyte Drink

There are many brands of electrolyte drinks commercially available today but homemade is also a convenient and more economical option. You can pick up powdered calcium/magnesium mixtures at most pharmacies, health food/supplement stores or you can also easily order this supplement from online sources.

I use a fruit flavored herbal tea as a base for my homemade electrolyte brew and steep it with an added stevia leaf for sweetener. I know fresh stevia leaves aren't available to everyone so this recipe includes the option of sweetening to taste with the powdered version.

Coconut water is also an excellent base liquid and is a natural source of sodium and potassium.

Ingredients

- 1 quart base liquid (green tea, flavored herbal tea, coconut water, or plain water)
- 1/8 - 1/4 tsp Himalayan salt
- 1 tsp calcium/magnesium powder
- Stevia sweetener (to taste)

Preparation

1. Brew tea if using, or slightly warm the base liquid.
2. Add Himalayan salt, calcium magnesium and stevia powder (if using). Mix well until the additions have dissolved into the base liquid.
3. Cool and store in refrigerator for up to four days.





Bullet Proof Coffee

There are many different versions of bullet proof coffee out there on the Internet. Those of you that have been following my Speed Keto program will be familiar with the following recipe. For the first 2 weeks of Speed Carnivore, Bullet proof Coffee will still be on the menu. After 2 weeks you will switch to morning coffee that has just 1 tsp. of heavy cream, if you still want a bit of dairy. But once you arrive at week three it will be time to omit dairy altogether and get used to black coffee.

Here's my easy recipe for Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

That's it!

The usual time of day to drink this coffee is first thing in the morning because it immediately introduces an energy source for your body in the form of ketones. It's just a great way to start the day.

Note: Some people react with loose stools when first adding MCT oil to their diet. You will most likely be okay with just one teaspoon but if you notice a problem cut back to ½ tsp and slowly build up to 1 teaspoon in your bullet proof morning coffee.





Homemade Ghee

Ghee is a great fat to cook with since the milk solids have been removed. This means ghee can be used at higher temperatures making it an excellent choice for frying or grilling the proteins you eat on a carnivore diet. Ghee can be stored at room temperature and lasts a long time. I keep a jar right next to my stove for convenience when cooking meals.

When fats not suitable for high temperature cooking (like olive oil or canola oil) are melted over high heat, the chemical bonds in the lipids that make up the fat are broken. This causes damaging free radicals to form. When these free radicals end up in the blood stream they are carried throughout the body and cause inflammation. Ghee can be used up to 485 F making it the perfect choice for cooking.

Sometimes people who are sensitive to milk in their diet can tolerate ghee because the milk solids have been removed. However, if a milk allergy is present it is best to stay away from all butter – even ghee!

Ingredients

- 1 lb grass-fed, organic butter



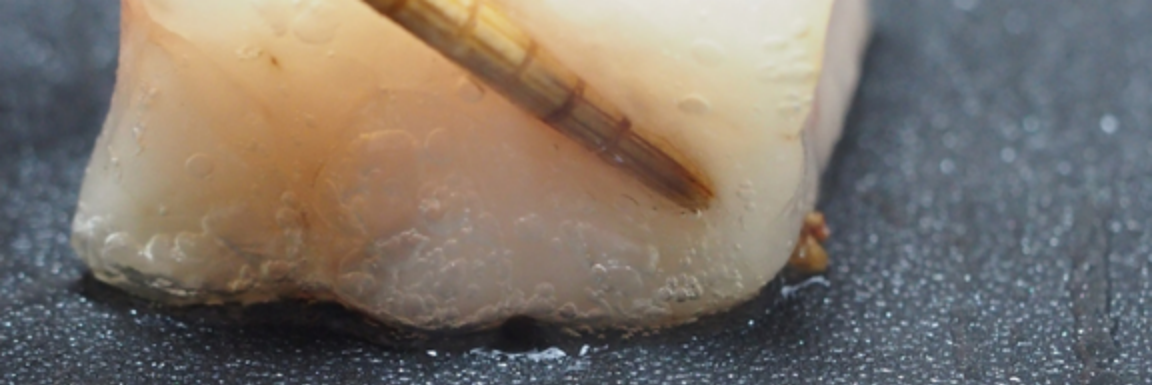


Preparation

1. Melt the butter slowly over medium low heat in a thick bottomed pot that will distribute the heat evenly. Once the butter is melted you will fairly quickly see it separate into three distinct layers:
2. The top layer will be foamy and white in color
3. The middle will be yellow and is called clarified butter.
4. The milk solids from the butter will sink to the bottom of the pot forming the third layer
5. Eventually the butter will come to a simmer. Keep the heat under the pot adjusted so that this slow simmering continues. Skim off the white foam that forms on the top every once in a while. After about 15-20 minutes you will see that the liquid has become a vibrant golden color and the milk solids at the bottom of the pot are beginning to brown slightly. At this point the clarified butter has become ghee. The browning milk solids give distinct flavor to the ghee. You can continue to simmer for a bit longer depending on your flavor preference or you can decide the ghee is ready. Now it's simply a matter of straining out the browned milk solids using a clean sieve. Store the ghee in a glass jar with a tightly fitting lid. You can store the ghee on the counter but you must be sure to remove all of the milk solids first.

Yield: About 1 ½ C





Homemade Beef Tallow

Rendered beef fat makes a very creamy stabilized fat, perfect for high temperature cooking. You can make it easily in a crock-pot or in an even larger batch on the stove-top using the lowest setting on your burner. I get grass fed beef fat from the local farmer's market and it isn't expensive. You can also source ready-made tallow online and it will be delivered right to your door, ready for immediate use.

Ingredients

- 4 lb beef suet (beef fat), cut into small cubes

Preparation

1. If you source your suet directly from a farmer, as opposed to getting it at a butcher shop, you may need to clean it up a bit before cutting it into cubes. Scrape any connective tissue, glands or other meat bits away from the fat.
2. Place in a heavy bottomed stock pot over the lowest heat setting on your stove top and render the fat for about 4 hours, stirring occasionally to keep any small bits from sticking to the bottom of the pot. The suet will slowly begin to dissolve and over time the rendered oil will begin to bubble gently. Impurities will float to the surface and you can skim these off as the fat renders.
3. Line a fine sieve with dampened cheesecloth and strain the liquid tallow before pouring it into jars for storage. Cover jars with their lids after the tallow cools. Tallow can be stored for quite awhile at room temperature but I usually keep mine in the fridge.

Yield: 1 quart (4 cups)





Homemade Bone Broth (Beef, Chicken or Turkey)

Make this recipe for bone broth on the weekend. It can be simmering on the stove or in an instant pot or large crock pot while you are home doing chores. Bone Broth is a staple in our fridge. We use it as the base for different nutritious soups or for a simple and satisfying drink during intermittent fasting. If I find myself hungry between meals (which isn't very often), I opt to sip on a cup of homemade bone broth. I freeze bone broth in ice cube trays for this purpose. When the broth is frozen I simply store cubes in a re-sealable plastic bag for use as needed.

You can also save your chicken or turkey carcasses in the freezer and make a fine bone broth from them when you have time. Use at least three small carcasses when making chicken bone broth. A turkey carcass will work well too. Follow the recipe below, omitting the first 2 steps.

Ingredients

- 6 beef marrow bone chunks (2-2½ lb)
- Water – to cover bones
- 2 T apple cider vinegar
- 10 pepper corns
- 1 bay leafs
- ½ bunch of fresh flat or curly leaf parsley
- Sprig of fresh thyme (½ tsp dried)
- Sprig of fresh rosemary (½ tsp ground)
- ¾ tsp ground Himalayan salt





Preparation

1. Pre-heat oven to 375 F
2. Put beef bones on a rimmed pan lined with foil. Place the pan on the middle rack of the pre-heated oven and roast the bones for 1 hour. Be careful when removing the pan from the oven as there will be some melted fat in the bottom of the shallow pan that will be very hot.
3. *Stove-top method:* Place the roasted bones and any melted fat in a large stock pot and add the cider vinegar and water. Allow bones to soak for 20 minutes before adding the remaining ingredients. Bring to a boil and then reduce the heat under the pot so the broth is just simmering. Place the pot lid on top so it's slightly askew to allow steam to escape as the broth simmers. Skim the top of the liquid every 20 minutes or so during the first 1 ½ hours. You may need to add more water now and then, depending on how long you simmer the bone broth. We suggest at least 12 hours but it's best to simmer the bone broth for 24 hours. Some people even simmer their bone broth for a full 48 hours. When it's done remove from heat and let cool for a while before removing the bones then strain the broth through a large sized sieve. Discard the mushy vegetables and bones. Store the bone broth marked for use over the next few days in the fridge and freeze the remainder.
4. *Instant Pot Method:* Place roasted bones and any melted fat into a 6 quart instant pot. Add remaining ingredients and cover with water (fill up to 1" below the highest mark in your pot).

Yield: Approximately 10 servings, 1 C each





Bone Marrow Treat

Here's a very simple recipe for a very, very tasty treat. A butcher shop will likely be your best source for marrow bones. Ask the butcher to split longer bones lengthwise. Pre-heat your oven to 450 F and place bones on a foil-lined pan. Roast on the middle rack of the oven for 15 minutes and serve seasoned with a grinding of pink Himalayan salt and black peppercorns. The roasted marrow can be scooped out of the bones with a spoon. Easy peasy and oh so yummy!





Hollandaise Sauce

This versatile sauce can be whipped up quickly in the blender and will add flavor and elegance to many different dishes. I like to add a blob on top of steak and often spoon Hollandaise over a Broiled Salmon entrée. Of course a poached egg topped with Hollandaise makes the classic breakfast dish, Carnivore Eggs Benedict.

Ingredients

- 3 egg yolks
- 1 T lemon juice
- 1 tsp mustard powder
- ¼ tsp pink Himalayan salt
- Pinch of cayenne pepper
- Fresh herbs, (if desired)
- ½ C ghee, melted and hot

Preparation

1. Place egg yolks, lemon juice, mustard powder, salt and pepper (& herbs if desired) into a blender. Blend on high for a few seconds then slowly drizzle in the hot, melted ghee while the blender continues to run on high. The butter must be both melted and hot. If it isn't hot the butter won't work to emulsify the egg yolk and the sauce will break.
2. Serve the sauce immediately, while still warm.

Yield: 4 servings (about ¾ C of sauce altogether)

RECIPES

Beef





The Perfect Steak

We look for well-marbled meat and always choose steaks that are over 1” thick. It’s just easier to avoid over-cooked and dried out steaks when they start out on the thick side. I’ve noticed that steaks are sometimes cut unevenly when presented on Styrofoam plates in the supermarket; being thicker on one edge than the other. This makes it impossible for the steak to cook evenly so my advice is to always check the edges of any steak before purchasing to make sure the butcher has taken the time to make an even cut.

Steak Cuts for the grill ...

- *T-bone*: The meat in this steak is attached to a T shaped bone; hence its name. The t-bone actually combines two different types of meat into one steak. On one side of the bone a small section of tenderloin is attached and on the other side a portion of New York strip loin is attached.
- *Porterhouse*: This steak cut is basically the same as a T-bone only the tenderloin section is much larger and you will usually find this steak is cut thicker by the butcher.
- *Filet mignon*: This tenderloin cut is exactly as it sounds; tender! Slightly marbled, you need to watch this steak closely while it’s on the grill. It shouldn’t be cooked past medium rare for best flavor. If you take the temperature any higher the steak will begin to dry out and toughen up.





- *Rib-eye*: Thought by many BBQ experts to be the king of steaks, the rib-eye is usually well marbled and grills up nice and juicy.
- *New York Strip Loin*: Usually called the strip steak or a New York strip this cut from the meat that runs from a cow's last rib to the top tip of the leg bone. It's a more economical cut that gives a nice outcome despite being less expensive than a t-bone or rib-eye.

While our favorite way to cook steaks is outside on the BBQ we will opt to cook them on the stove-top when the weather isn't co-operating! A cast iron grilling pan (the kind with ridges) works best in this scenario.

- *BBQ Method*: Pre-heat the grill to high and sear the steaks for 2 minutes on each side with the lid open. Then lower the heat to medium, close the lid and continue grilling for 2 or 3 more minutes per side. The time will vary depending on the thickness of the steaks and your preference for "doneness". You will want to remove the steaks from the grill when the internal temperature reaches 120 F in the center for rare or ... 130 F for medium-rare. Let the steaks rest for a few minutes during which time the internal temp will rise about 5 more degrees.
- *Stove-top Method*: We use a cast-iron grill pan for steaks when cooking steak the stove top. Turn the element to high and let the pan get good and hot. Melt Homemade Ghee in hot pan. Quickly sear the steaks on each side then turn the heat under the pan down to medium-high. Continue frying the steaks for 2 or 3 minutes per side. When the internal temperature reaches 120F – 130 F (as described above), remove the steaks from the pan. Let rest for a few minutes before serving.





Brisket

A whole brisket is comprised of two muscle sections. Often you will find the butcher has already cut a whole brisket into these two parts; the point and the flat. Choose a flat cut for this Instant Pot recipe.

Ingredients

- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 T garlic granules
- 2 tsp onion powder
- 1 tsp chili powder
- 1 tsp smoked chipotle powder
- 1 tsp smoke paprika
- 2 tsp pink Himalayan salt flakes
- 1 tsp ground black peppercorns
- 3 lb brisket (flat cut)
- 1 C organic beef broth



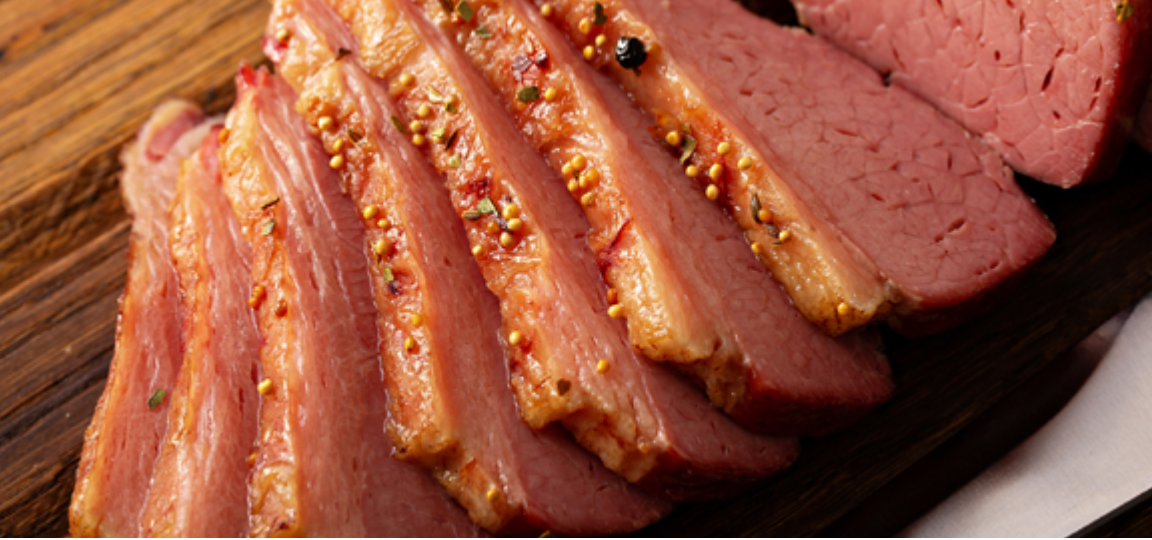


Preparation

1. Make a rub by combining the first 9 ingredients. Massage the rub mixture into all sides of the brisket.
2. Fit the rack into the bottom of the Instant Pot and place the brisket on top. You may have to cut the brisket into two pieces, depending on the size of your Instant Pot. Pour the broth into the pot and lock the lid into place. Check to make sure the steam valve is in the correct position.
3. Program on high pressure for 70 minutes. It will take 5-7 minutes for the pot to come up to high pressure.
4. When the time is up allow the pressure to release naturally. This will take up to 25 minutes. Remove the brisket to a cutting board and slice into ¼” slices, across the grain. Serve immediately with the juices from the pot on the side.

Yield: 6-8 servings





Homemade Corned Beef

Ingredients

- 4-6 lb brisket , flat cut recommended
- 2 bay leaves
- 1 T pickling spice
- ½ bunch fresh parsley, chopped
- 1 ½ tsp pink Himalayan salt flakes
- 1 tsp ground black peppercorns
- 3 tsp garlic powder
- 2 tsp onion powder
- 1 tsp smoked paprika
- ¾ tsp turmeric
- ¼ tsp smoked chipotle powder
- 2 T ghee, lard or tallow
- 1 C water



Preparation

1. Put the bay leaves, pickling spice and chopped parsley in the bottom of your slow cooker.
2. Make a rub by mixing the salt, pepper, garlic powder, onion powder, smoked paprika, turmeric and smoked chipotle powder. Coat the brisket on all sides with the rub and pat it into the surface of the meat.
3. Melt the fat in a heavy bottomed frying pan over medium high heat. When the pan and fat are hot sear the meat on all sides then transfer to the slow cooker.
4. Deglaze the frying pan with the water, scraping up all the brown bits left behind. Pour over-top the brisket and cover.
5. Set the crock pot to low and cook for 5 – 7 hours or until the internal temperature reaches 195 F, if you like it sliced. You can let the temperature get up to 205 F if you prefer to serve your brisket pulled.
6. *Instant Pot Method:* Follow steps 1 and 2. Melt fat using the Hot Pot sauté setting and sear the brisket on all sides. Remove from the pot and set aside. Pour in the water and deglaze the pot, scraping up all the brown bits, simmer to reduce to ½ C. Layer the bay leaves, pickling spice and chopped parsley into the bottom of the pot with the broth and place the seared brisket on top. Cover with the lid and move the steam valve into the correct position. Program the pot on high pressure for 75 minutes (if you like the meat shredded) or 65 minutes (if you like it sliced).

Yield: 10 servings





Thai Style Skirt Steak

Lime and basil give a Thai spin to this economical skirt steak recipe. If the weather co-operates use your BBQ to grill this marinated steak or simply fire up a grill pan on your stove top. Either way, nice charred grill marks will add another layer of superb flavor to your Thai style skirt steak dinner.

Ingredients

- ¼ C ghee
- Zest of one lime
- ¼ C fresh lime juice
- 1 ½ tsp ground ginger
- 1 tsp dried basil
- 1 tsp red pepper flakes
- 1 tsp Pink Himalayan salt flakes
- 1 ½ lb skirt steak





Preparation

1. Melt ghee and pour into a large bowl. Whisk in lime zest, lime juice, ginger, basil, red pepper flakes and salt. Add the steak and flip it over so it is well coated with marinade. Allow the steak to marinate for 20 minutes at room temperature, flipping it at around the 10 minute mark.
2. Preheat a ridged, heavy bottom skillet over high heat. Transfer the steak to the skillet and immediately adjust the heat down to medium high. Sear the steak on both sides (about 4 minutes/ side depending on its thickness. The steak will be done when the internal temperature reaches 135 F. Remove from heat and allow the steak to rest for 5 minutes before slicing and serving.

Yield: 4 servings





Meatballs

My family cheers when these meatballs are on the menu. They come together quickly and are perfect on nights when you have a lot on the go.

Ingredients

- 2 lb ground beef
- 2 tsp garlic granules
- 2 tsp onion powder
- ½ tsp dried parsley
- 1 tsp smoked paprika
- ¼ tsp smoked chipotle powder
- 1 egg, lightly beaten
- 1/3 C ground pork rinds (omit if you don't eat pork)
- 1 tsp pink Himalayan salt
- 2 T lard





Preparation

1. Mix beef, spices, whisked egg, pork rinds, salt & pepper. Form into 1” diameter meat balls. You can make them larger if you wish.
2. Melt lard over medium high heat in a heavy bottomed skillet. Add some meatballs to the pan, being careful not to over-crowd them. A bit of space is needed around each meatball in order for them to brown nicely.
3. Fry, rolling the meatballs around occasionally so all sides get browned evenly. When the internal temperature of each meatball reaches 165 F they are done. Keep warm in the oven on a low setting while you continue cooking the remaining meatballs.

Yield: 4 servings





Meat Patty Pie

I call this recipe Meat Patty Pie because you can use these ingredients to form breakfast pancake-style meat patties or load the mixture into a shallow round casserole for a tasty carnivorous meat pie. If you own a meat grinder buy the beef, liver and beef heart separately to grind your own mix. However, I do concede it will be easier to ask your butcher to do this task for you. After the meat is prepped its clear sailing ... you'll have a flavorful ground meat meal cooked up in no time flat.

Ingredients

- ½ lb ground beef
- ½ lb ground beef heart
- ½ lb ground calves (or beef) liver
- 2 tsp garlic granules
- 2 tsp onion powder
- 2 tsp dried parsley
- 1 tsp thyme
- ½ tsp ground sage
- 1 whisked egg
- ¼ C ground pork rinds, omit if you don't eat pork
- 2 T melted fat (lard or tallow)
- Grinding of pink Himalayan salt & black peppercorns





Preparation

For Breakfast Pancake-style Meat Patties:

1. Combine all the ingredients
2. Divide into ¼ C chunks and roll the meat mixture into round balls. Flatten the balls into 3” diameter pancake-style meat patties.
3. Fry for 3 minutes in a heavy bottomed pan then flip and continue frying for about 2 or 3 minutes more. The patties are done when the internal temperature reaches 165 F. Serve with one or two eggs cooked to your liking.

For Meat Pie:

1. Pre-heat oven to 350 F
2. Combine all ingredients and press the mixture into a shallow round casserole dish or pie plate.
3. Bake on the middle rack of the pre-heated oven for 20-25 minutes or until the internal temperature of the pie reaches 165 F.

Yield: 4 servings





Classic Carnivore Meatloaf

A classic American comfort food, meat loaf is a quick and easy meal.

Ingredients

- 1 lb ground beef, medium
- 1 large egg, whisked
- 1 tsp Himalayan salt
- 1 tsp black pepper
- 2 tsp garlic granules
- 2 tsp onion powder
- 2 T dried parsley flakes
- 1 tsp dried thyme

Preparation

1. Place hamburger in mixing bowl and add whisked egg, salt, pepper and garlic granules. Squish everything together using your clean hands.
2. Form into a loaf shape and pat it down into a loaf pan.
3. Place on the middle rack of the pre-heated oven and bake for 45-55 minutes or until the internal temperature of the meatloaf reaches 165 F.

Yield: 4 servings





Simple Shredded Beef Soup

When you embark on a carnivore diet, suddenly meat bones become precious items that you always want to have on hand. And I don't only mean soup bones. I've started to freeze all the bones leftover from my evening meals: chicken, beef roasts or T-bone steak, etc. When it's time to make this soup, out they come and go straight into the Instant Pot. My list of ingredients here is fairly open-ended as the cuts of meat I use and the type of bones going into the pot simply depend on what's on sale or what I have on hand. This soup is perfect for breakfast, lunch, dinner or for a between meal snack!

Ingredients

- Soup bones
- Stew meat, brisket or any other inexpensive cut of meat like a thick simmering steak.
- Fresh herbs or dried spices
- Grinding of pink Himalayan salt & black peppercorns
- 2 tsp cider vinegar
- Water

Preparation

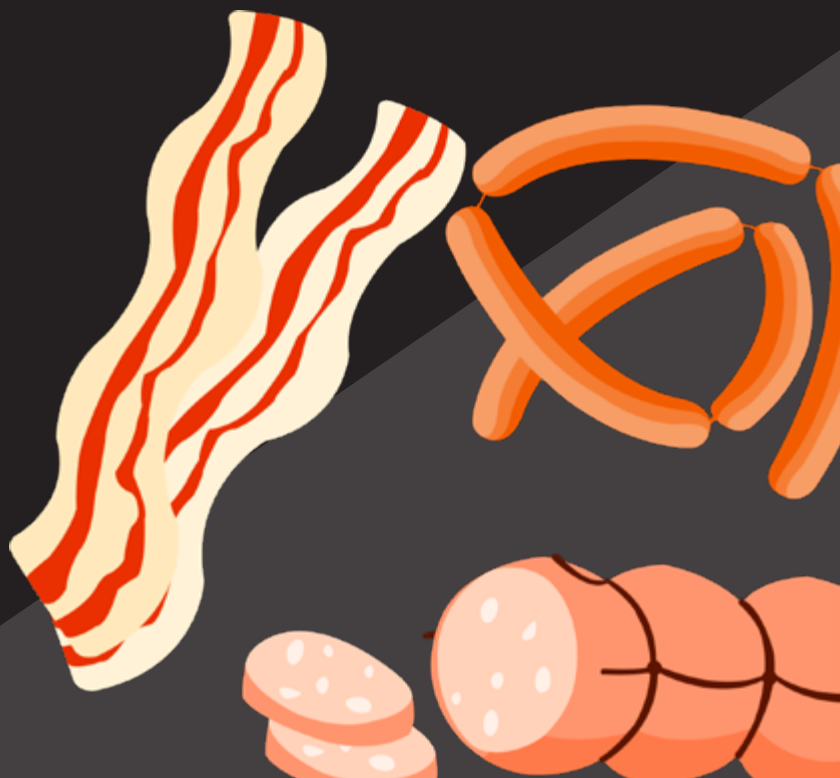
1. Place bones, meat, herbs and seasonings in an Instant Pot. Cover with water or beef broth. Seal the lid and place the valve in the correct position. Use the stew setting and program the time for 2 ½ hours.
2. Allow the steam to escape naturally when the time is up. Remove the meat and strain the broth. Shred the meat and return both shredded meat and broth to the pot. Correct the seasoning. Keep the soup warm until ready to serve.

Yield: 4-6 servings



RECIPES

Pork





Pulled Pork

I often freeze pulled pork in individual sized portions for an easy lunch on busy days. In this recipe I cut the pork blade roast into large sized chunks (about 4" cubes) so the meat cooks faster and then let my Instant Pot make quick work of what used to be a day-long project!

Ingredients

For the rub:

- 1 tsp pink Himalayan salt flakes
- 1 tsp black pepper
- 1 tsp chili powder
- ½ tsp smoked paprika
- ½ tsp smoked chipotle powder
- 1 T garlic powder
- ½ tsp cumin

For the meat:

- 3 ½ lb pork blade roast
- 2 T bacon grease or lard
- 1 C chicken broth
- 3 thick slices cooking onion



Preparation

1. Make a quick rub by combining salt, pepper, chili powder, smoked paprika, smoked chipotle powder, garlic powder and cumin.
2. Cut the pork into large chunks. Toss pork and rub together until the pork is completely coated with the rub.
3. Turn the Instant Pot on to the sauté setting and heat 1 T of the fat. Sear half the pork making sure to brown all sides of each chunk. Remove using long-handled tongues and set aside. Repeat with the remaining oil and pork. Remove from the pot and set aside.
4. Leave the pot on sauté and pour in $\frac{1}{2}$ the chicken broth. Deglaze the pot using a wooden or silicon spoon to scrape up any brown bits clinging to the bottom.
5. Place onion slices on bottom of pot and layer the browned meat chunks on top. Pour the remaining broth over-top and seal the lid. Move the steam release valve into the proper position.
6. First turn the Instant Pot off then back on. Set on meat/stew (or pressure cook) and program for 45 minutes.
7. When the time is up allow the Instant Pot to release naturally (about 20 minutes).
8. Transfer meat to a bowl and discard the onions. Use 2 forks to pull the pork apart.

Yield: 8 servings





Herbed Pork Tenderloin Roast

Ingredients

- 1 tsp onion powder
- 1 tsp garlic granules
- 1 tsp pink Himalayan salt flakes
- 1 tsp ground black peppercorns
- 1 tsp mustard powder
- 2 lb pork tenderloin
- 2 sprigs fresh rosemary
- 2 sprigs fresh thyme



Preparation

1. Pre-heat oven to 350 F.
2. Make a rub for the pork by combining the onion powder, garlic granules, mustard powder, salt & pepper. Sprinkle onto all sides of the tenderloin roast and massage into the meat.
3. Lay a sprig of rosemary and one of thyme out lengthwise and place the tenderloin on top. Place the remaining sprigs on top of the tenderloin and tie the herbs in place using white cotton butcher string.
4. Place the herb wrapped roast onto a foil-lined, rimmed baking sheet and bake on the middle rack of a pre-heated oven for 35-40 minutes or until the internal temperature of the tenderloin roast reaches 145 F. Slice into ½” rounds and serve immediately.

Yield: 4 servings





Bacon & Egg Muffins

I like these muffins hot in the morning or for a quick snack straight from the fridge at any time of the day.

Ingredients

- ½ lb bacon, fried until crisp and crumbled into small bits (use turkey bacon if you don't eat pork)
- 6 eggs
- 1 tsp thyme
- 2 tsp onion powder

Preparation

1. Pre-heat oven to 350 F
2. Whisk eggs, thyme, onion powder, salt & pepper.
3. Stir in the crumbled bacon & fill muffin cups 2/3 full.
4. Bake on the middle rack of the pre-heated oven for 25 minutes or until the egg has set.

Yield: 6 muffins





Speed Carnivore Waffle

This recipe makes one waffle. I recommend you make these waffles one at a time and they should be eaten as soon as they come out of the waffle iron. They lose their outer crisp and become soggy if left sitting for too long.

Ingredients

- ¼ C raw breakfast sausage meat
- 1 egg
- Grinding of pink Himalayan salt & black peppercorns
- 2 tsp melted fat

Preparation

1. Pre-heat the waffle iron.
2. Place sausage meat in a bowl and crack in an egg. Whisk together vigorously to ensure the sausage gets broken down into tiny bits. This ensures it will cook properly in the waffle iron. Add salt & pepper to the meat mixture and stir to incorporate.
3. Brush melted fat on both sides of the waffle iron and pour on the sausage meat mixture. Close immediately and cook for about 4 minutes until the waffle is crisp and the meat is cooked (you want the internal temperature of the waffle to be 165 F). Enjoy!

Yield: 1 serving





Breakfast Sausage Muffins

These muffins make a great breakfast. They freeze well so are perfect for your lunch kit too!

Ingredients

- 1 lb Italian turkey Sausage or chorizo flavored sausage
- 2 T bacon fat (or other allowed fat)
- 5 eggs
- 2 tsp garlic granules
- 2 tsp onion powder
- ¼ C fresh parsley, chopped (or 2 tsp dried parsley)
- ½ tsp basil
- ½ tsp oregano
- Grinding of pink Himalayan salt & black peppercorns





Preparation

1. Pre-heat oven to 350 F.
2. Melt fat in heavy bottomed skillet and crumble in the sausage. Brown the meat for about 8 minutes, stirring the meat as necessary.
3. Place remaining ingredients into a blender and pulse on high speed until everything is well blended.
4. Mix browned meat with egg mixture and fill prepared muffin cups to just beneath the rim. I like to use my silicone muffin pan for this recipe because the cooked muffins are so easy to remove when cool enough to handle.
5. Bake for 35 minutes on the middle rack of the pre-heated oven.

Yield: 12 muffins





Breakfast Sandwich

I'm using breakfast sausage in this recipe but you could easily use any kind of sausage meat to make this morning sandwich.

Ingredients

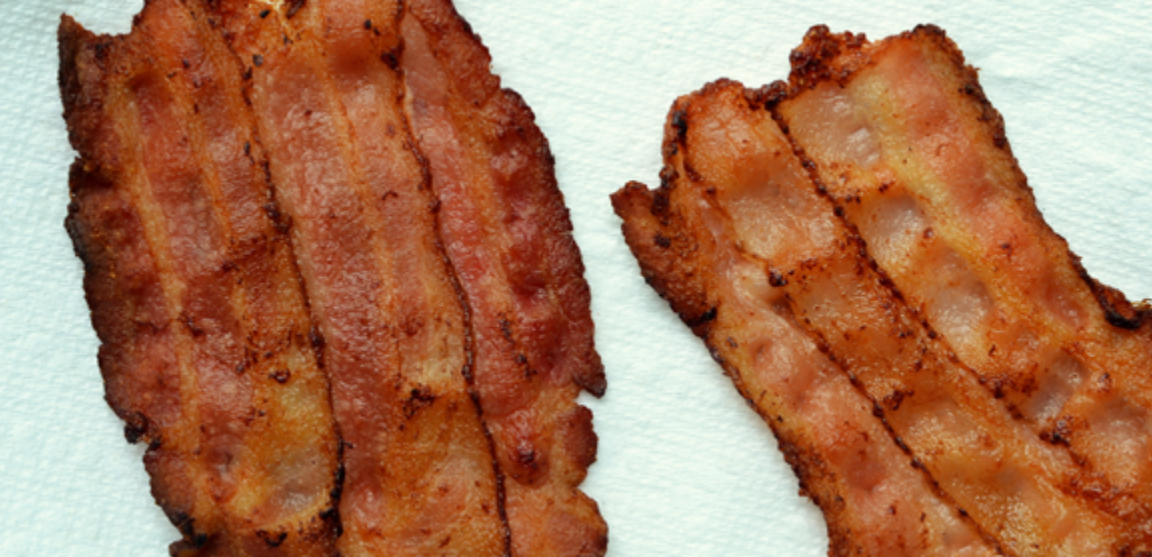
- ½ lb breakfast sausage meat
- 2 eggs
- ½ tsp garlic granule
- ½ tsp onion powder
- Grinding of black peppercorns

Preparation

1. Divide meat mixture in half and roll into two meatballs. Flatten each ball into a patty that is ¼" thick.
2. Heat a heavy bottomed skillet over medium high heat, add the meat patties and cook for 3 minutes. Flip the patties and cook for another 2 or 3 minutes until the internal temperature reaches 165 F. Remove from the pan and keep warm.
3. Whisk the eggs with the spices and pepper. Scramble the egg mixture in the hot pan for about 2 or 3 minutes until the egg is cooked but still moist. Spoon the scrambled egg filling on top of one meat patty and cover with the other patty. There's your breakfast sandwich!

Yield: 1 serving





Carnivore “Bread” Slices

Easy Peasy and so tasty – just use turkey bacon if pork isn’t on your menu. You will find these “bread” slices pair nicely with a variety of deli meats and can always be used with meat leftover from last night’s dinner. Roast chicken and turkey come to mind immediately!

Ingredients

- 3 slices of bacon, cut in half horizontally

Preparation

1. Pre-heat a heavy bottomed skillet over high heat. Add 3 half slices of bacon, over-lapping the edges slightly. Do the same with the remaining bacon. Turn heat under the pan down slightly and fry undisturbed for a few minutes. You will notice the bacon slices will fuse during this time.
2. You will find the bacon slices can now be easily flipped. Continue to fry bacon until crispy. Remove from pan and drain on paper towel. You now have 2 slices of bacon “bread” and are ready to make a sandwich!

Yield: 2 “bread” slices (1 sandwich)



RECIPES

Lamb





Tikka Lamb Chops

Ingredients

- 1 tsp ground cumin
- 1 T garam masala
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 2 tsp chili powder
- 2 tsp garlic granules
- 1 T fresh lemon juice
- 2 tsp melted ghee
- 6 lamb chops

Preparation

1. Make a paste by mixing together the cumin, garam masala, coriander, turmeric, chili, garlic, lemon juice and melted ghee. Smear the paste onto all sides of the chops and rub it into the meat. At this point you can let them sit in the fridge for 15 - 30 minutes to allow the flavors to permeate the meat.
2. Pre-heat the BBQ (or ribbed grill pan on the stove-top) over medium high heat. Grill the chops for about 4 minutes on each side. The internal temperature should be 120F for rare or 125 for medium rare. The chops are best served when cooked to the temperatures and will dry out if you take it any higher.

Yield: 3 servings (2 chops/serving)





Oven Baked Ginger, Lime & Garlic Lamb Chops

Ingredients

- 2 tsp ground ginger
- 2 tsp garlic granules
- 1 tsp dried thyme
- Grinding of pink Himalayan salt & black peppercorns
- 1 T fresh lime juice
- 2 tsp melted ghee
- 8 lamb chops





Preparation

1. Make a paste by combining the ginger, garlic, thyme, salt & pepper, lime juice and melted ghee.
2. Smear the paste onto all sides of the chops and rub the paste into the meat. Marinate in the fridge for ½ an hour.
3. Pre-heat the oven to 350F.
4. Line a rimmed baking sheet with foil and place the chops on the pan. Bake on the middle rack of the pre-heated oven for 10-20 minutes depending on the size of the chops. The chops are best served at rare (internal temperature of 120 F) or medium rare (internal temperature of 125 F).

Yield: 4 servings (2 chops/serving)





Lamb Kofta

Kofta are simply meatballs that have been rolled into thin oblong shapes and threaded onto a skewer. They are usually cooked on the BBQ but you can also use a ribbed grill pan on your stove-top over medium high heat. Either way they cook up quickly and taste mighty fine.

Ingredients

- 1 lb ground lamb
- 1 tsp powdered onion
- 1 tsp garlic granules
- 1 tsp smoked paprika
- ½ tsp ground cumin
- ½ tsp ground coriander
- ½ tsp cinnamon
- Grinding of pink Himalayan salt & black peppercorns





Preparation

1. Mix all ingredients together until thoroughly blended. Divide into 8 equal portions.
2. Roll each portion into an oblong shaped meatball about 4" in length and thread onto a wooden skewer. (pre-soak skewers for at least 20 minutes before use)
3. Pre-heat BBQ to medium high and grill, turning every few minutes until the kofta are browned on all sides and the internal temperature reaches 165 F.

Yield: 4 servings (2 Kofta per serving)





Tender Lamb Shank

I use my Instant Pot to cook lamb shanks quickly. In just over an hour I have perfectly tender lamb on the table. This is a favored meal on OMAD days. The smell of lamb shanks in the air has my mouth watering at dinnertime. You can use this recipe for Beef Shanks, Veal Shanks or Game Shanks too!

Ingredients

- 2 tsp garlic powder
- 1 tsp onion powder
- 1 ½ tsp pink Himalayan salt
- 1 tsp ground black pepper
- ½ tsp ground rosemary
- ¼ tsp smoked chipotle (more if you like heat)
- 4 lamb shanks
- 2 T ghee
- 1 ½ C organic chicken stock
- 1 ½ C organic beef stock
- 1 tsp dried oregano
- 1 tsp dried thyme leaves
- 1 tsp dried parsley





Preparation

1. Make a rub for the shanks by mixing together the first 6 ingredients. Coat the shanks with the rub and massage the rub into the meat.
2. *Instant Pot Method:* Set the Instant pot to sauté and melt the ghee. When hot sear the shanks on all sides. Pour the beef and chicken broth over-top and sprinkle on the oregano, thyme and parsley. Cover with lid and place the steam valve to the correct position. Program the Instant pot for 45 minutes on high pressure. Allow a natural release for 20 minutes then perform a manual release. Use long handled tongues to remove the shanks to a platter. Spoon some of the sauce in the pot over-top. Reserve one of the shanks and the remaining sauce to make a bowl of Shredded Lamb Soup for tomorrow's lunch.
3. *Oven method:* Pre-heat oven to 325 F. Melt the ghee in a cast iron casserole. When hot, sear the rubbed shanks on all sides. Pour the beef and chicken broth over-top and sprinkle on the oregano, thyme and parsley. Cover with lid and place casserole on the middle rack of the pre-heated oven. Bake for 3 ½ - 4 hours. Serve with some of the sauce ladled over top. Reserve one of the shanks and the remaining sauce to make a bowl of Shredded Lamb Soup for tomorrow's lunch.

Yield: 3 servings



Shredded Lamb Soup

I always make this simple soup the day after I serve a dinner of Tender Lamb Shanks.

Ingredients

- 1 leftover Tender Lamb Shank
- Leftover Sauce from lamb shank meal the day before
- Organic chicken broth, as needed
- 1 T chopped fresh parsley, if desired

Preparation

1. Re-heat lamb shank in the microwave for a few minutes. Use two forks to shred the tender meat off of the bone. Set aside and keep warm.
2. Re-heat lamb shank sauce with some chicken broth in a saucepan over medium high heat. Add the shredded lamb meat and bring the soup up to the simmering point. Serve immediately in a soup bowl garnished with chopped fresh parsley, if desired.

Yield: 1 serving



RECIPES
Fowl





Homemade Ground Turkey Sausage Meat (Italian Style)

There are two times of the year when it makes sense to get out the meat grinder and make turkey sausage; right around Thanksgiving and during the Christmas season. Now, I know that for some of us, Italian seasonings aren't exactly in keeping with either of these celebrations. It's actually my thriftiness kicking in that drives me to the supermarket where deals on whole turkeys abound when these seasons roll around. Remove the skin and cut the meat from the bone before putting the meat through the grinder and you are good to go.

It isn't really necessary to go the whole nine yards though. Nowadays it's easy to find ground turkey at most supermarkets, all year long. However ... you've probably noticed that ground turkey often comes accompanied by a hefty price-tag. So for those of you on a budget, here's my tried and true recipe for the best ever Italian Spiced Turkey Sausage – from scratch!

Ingredients

- 3 lbs ground turkey
- 3 T red wine vinegar
- 1 T black pepper
- 2 tsp salt
- 1 T dried parsley (3 T fresh parsley leaves)
- 1 T dried basil (3 T fresh basil leaves)
- 1 T oregano (3 T fresh oregano)
- 1 T ground fennel





- 2 tsp paprika
- 2 tsp crushed red pepper flakes (add more if you like heat)
- 1 tsp dried thyme (1 T fresh thyme)

*You will notice I've provided measurements for both dried and fresh herbs. Use three times the amount of fresh herb when substituting fresh herbs for dried herbs. I would recommend using the dried herbs if you are planning on freezing the sausage meat.

Preparation

1. Place the ground turkey into a large bowl and simply add all of the ingredients listed above. Mix everything together until the spices are evenly distributed throughout the ground meat.
2. Wrap the sausage mixture up tightly in plastic wrap and refrigerate for 12 hours. This gives the flavors a chance to blend and develop before using in your favorite recipes. You can simply freeze the meat mixture for later use at this point if you've used dried herbs.

Yield: 3 lbs of sausage meat





Italian Style Kofta

These tasty meatballs grill quickly on the BBQ and make an easy dinner on a busy night. Use our homemade recipe for Italian sausage meat or buy some already prepared. It's best to soak your skewers for half an hour before using so they don't burn up on the BBQ.

Ingredients

- 1 lb Homemade Ground Turkey Sausage Meat (Italian Style) or use a commercially prepared Italian Sausage

Preparation

1. Mix all ingredients together until thoroughly blended. Divide into 8 equal portions.
2. Roll each portion into an oblong shaped meatball about 4" in length and thread onto a wooden skewer. (Pre-soak skewers for at least 20 minutes before use)
3. Pre-heat BBQ to medium high and grill, turning every few minutes until the kofta are browned on all sides and the internal temperature reaches 165 F.

Yield: 4 servings (2 skewers/serving)





Ground Turkey Meatloaf

Similar to our popular Classic Carnivore Meatloaf, this variation on a theme just changes up the flavor profile and offers an alternative for the family to enjoy.

Ingredients

- 1 lb ground turkey
- 1 T garlic granules
- 2 tsp onion powdered
- 1 tsp smoked paprika
- 1 tsp powdered mustard
- 1 egg, whisked
- ¼ C ground pork rinds, (omit if you don't eat pork)
- ¼ C fresh parsley leaves, chopped for garnish

Preparation

1. Pre-heat oven to 350 F.
2. Mix ground turkey with spices, ground pork rinds (if using) and whisked egg.
3. Form meat mixture into a meatloaf shape and pat into a loaf pan
4. Place on the middle rack of the pre-heated oven. Bake for 40 minutes or until the internal temperature reaches 165 F. Slice and serve sprinkled with the chopped parsley.

Yield: 3-4 servings (depending on appetite!)





Bacon Draped Roasted Turkey Thighs

Turkey parts as well as whole turkey are readily available in the grocery store or butcher shop these days. This makes turkey an easy meal at any time of the year. Roasted turkey thighs can be prepared in less than five minutes then popped in the oven for roasting. In no time flat, the smell of turkey will be wafting through the house and wetting eager appetites.

Ingredients

- 2 medium size turkey thighs (skin on, bone in)
- 2 tsp melted bacon fat
- 1 tsp dried thyme leaves
- ½ tsp garlic granules
- ½ tsp dried sage
- Grinding of black peppercorns
- Pinch of pink Himalayan salt
- 3 slices grass fed, organic bacon (omit or use turkey bacon if you don't eat pork)





Preparation

1. Pre-heat oven to 350 F
2. Place thighs on a foil lined, rimmed baking sheet. Brush skin side of thighs with the melted bacon fat. Sprinkle thyme, sage, and garlic over-top along with a grinding of pepper and a pinch of salt.
3. Cut bacon slices in half horizontally. Drape 3 half slices over each thigh, tucking the edges beneath the thighs.
4. Place baking sheet on the middle rack of the pre-heated oven and bake for 1 hour or until the internal temperature of each turkey thigh reaches 165 F. Once the meat reaches temperature you may want to run it under the broiler for a few minutes to crisp up the bacon.

Yield: 2 servings





Meat Muffins

These muffins make a great breakfast or lunch. They freeze well so are perfect for your lunch kit too!

Ingredients

- 1 lb Homemade Ground Turkey Sausage Meat (Italian Style) or chorizo sausage
- 2 T bacon fat (or other allowed fat)
- 5 eggs
- 2 tsp garlic granules
- 2 tsp onion powder
- ¼ C fresh parsley, chopped (or 2 tsp dried parsley)
- ½ tsp dried basil
- ½ tsp dried oregano
- Grinding of pink Himalayan salt & black peppercorns





Preparation

1. Pre-heat oven to 350 F.
2. Remove sausage meat from casings. Melt fat in heavy bottomed skillet and crumble in the sausage. Brown the meat for about 8 minutes, stirring the meat as necessary.
3. Place remaining ingredients into a blender and pulse on high speed until everything is well blended.
4. Mix browned meat with egg mixture and fill prepared muffin cups to just beneath the rim. I like to use my silicone muffin pan for this recipe because the cooked muffins are so easy to remove when cool enough to handle.
5. Bake for 35 minutes on the middle rack of the pre-heated oven.

Yield: 12 muffins





Roast Spatchcocked Chicken

It's easy to Spatchcock a whole chicken. Use sharp poultry sheers to cut along either side of the chicken backbone:



Discard the backbone and flip the chicken over. Press down on the chicken firmly to flatten it out.

Now you are ready to roast this Spatchcocked chicken in the oven. When flattened out like this, chicken cooks a bit faster and the breasts are never dry. Tuck fresh herb sprigs, some garlic cloves and lemon slices beneath the chicken as it roasts. You will discard this layer before carving and serving the chicken but the delicate flavors will have already been infused into the meat.



Ingredients

- 1 whole chicken (5-6 lbs)
- Herb sprigs, thyme, oregano & parsley
- 3 garlic cloves, peeled
- ½ lemon, cut into slices
- 1 T melted ghee
- 1 tsp dried thyme
- Grinding of pink Himalayan salt and pepper

Preparation

1. Pre-heat the oven to 375 F.
2. Spatchcock the whole chicken as described above.
3. Place chicken in a large heavy oven-safe skillet.
4. Tuck fresh herbs, garlic cloves & lemon slices beneath the spatchcocked chicken.
5. Brush with the chicken with melted ghee and season with a grinding of salt & pepper. Sprinkle dried thyme over-top
6. Place on the middle rack of the pre-heated oven and bake (about 40 minutes) until the internal temperature of the chicken reaches 165 F (test both white and dark meat areas). Slice and serve.

Yield: 4 servings





Rustic Roasted Chicken

Roasted chicken dinner is a weekly event at our house. I like to sear the chicken in a very hot oven before turning the temperature down to 350 F. This creates a nice crispy skin and keeps the bird moist on the inside.

Ingredients

- 5 to 6 lb chicken
- Fresh thyme and sage sprigs
- ½ cooking onion
- 1 T melted ghee
- 1 tsp garlic granules
- 1 tsp dried thyme
- Grinding of salt & pepper





Preparation

1. Pre-heat oven to 500 F
2. Rinse chicken and pat dry.
3. Insert cooking onion and herb sprigs into the chicken cavity. They will flavor the meat and will be discarded after baking so won't add any carbs to this meal.
4. Place chicken in roasting pan. Coat the outside of the bird with the melted ghee and sprinkle on the garlic powder, dried thyme, salt & pepper.
5. Place the roasting pan with the chicken on the middle rack of the pre-heated oven and immediately turn the temperature down to 350 F. Roast for approximately 1 ½-2 hours (20 min. /lb) or until the internal temperature reaches 165 F. Baste chicken with the pan juices half way through the roasting period.

Yield: 4 servings





Carnivore Chicken Fingers

Here's a quick meal that my family loves. We also grill these on the BBQ up and serve them as a finger food appy when guests arrive for dinner.

Ingredients

- 1 T garlic powder
- 1 T onion powder
- 1 tsp smoked chipotle powder
- 1 tsp smoked paprika
- 1 tsp chili powder
- 1 tsp pink Himalayan salt flakes
- 1 tsp ground black peppercorns
- 8 skinless and boneless chicken thighs
- 8 strips bacon (use turkey bacon if you don't eat pork)





Preparation

1. Pre-heat the oven to 350 F
2. Make a rub by mixing together the first 7 ingredients.
3. Place the chicken in a bowl and toss with half of the rub mixture.
4. Wrap a piece of bacon around each thigh, overlapping the bacon slightly as you wrap.
5. Place the wrapped thighs on a foil-lined, rimmed baking sheet and sprinkle the remaining rub over-top. Bake on the middle rack of the pre-heated oven for 35 minutes or until the internal temperature reaches 165 F. You can run the chicken under the broiler for a few minutes to crisp up the bacon if necessary.

Yield: 4 servings (2 thighs per serving)





Chicken Sandwich

You can use leftover roast chicken or buy smoked chicken deli meat for this sandwich. Your sandwich “bread” will be 100 percent bacon; yummy!

Ingredients

- 1 prepared recipe of [Bacon “Bread” Slices](#)
- Smoked deli meat or leftover roast chicken

Preparation

1. Pile deli meat or thinly sliced leftover chicken between slices of Bacon “Bread” and enjoy!

Yield: 1 serving



RECIPES

Fish





Fish Curry

This fragrant fish dish is something I whip together when I have a busy evening ahead! It takes only 2 minutes to cook on high pressure in my Instant Pot! Halibut is my favorite but haddock, which is usually less expensive and more available, runs a close second.

Ingredients

- 1 tsp curry powder
- ¼ tsp cumin
- ¼ tsp coriander (powder)
- 1 tsp turmeric
- ¼ tsp cayenne pepper (more if you like heat)
- Grinding of pink Himalayan salt & black pepper
- 2 T ghee
- ¼ C chicken broth
- 1 lb fish fillets (haddock, cod or halibut)
- 1 T fresh lime juice
- ¼ C fresh cilantro leaves





Preparation

1. Make a rub for the fish fillets by mixing the first 6 ingredients. Coat the fillets, front and back with the rub, gently massaging it into the surface of the fish.
2. Set the Instant pot to sauté and allow it to pre-heat. Melt the ghee.
3. Carefully place the fish into the pot. Mix the broth and lime juice. Add to the pot, lifting the fillets slightly to make sure some of the liquid flows beneath the fish.
4. Secure the lid and place the steam valve into the proper position. Program on high pressure for 2 minutes. When the time is up perform a quick release. Serve the fish immediately, ladling some of the liquid from the pot over each fillet. Garnish with fresh cilantro leaves.

Yield: 2 servings





Broiled Salmon Steaks

With minimal preparations you can have an elegant meal on the table quickly when broiled salmon steaks are on the menu. You can also use this recipe to broil fresh tuna steaks or halibut.

Ingredients

- 4 salmon steaks (5-7 oz each)
- ½ C ghee
- 1 T fresh lemon juice
- ½ tsp thyme
- ½ tsp dried parsley
- ½ tsp dried dill
- ¼ tsp smoked chipotle powder
- 1 tsp garlic granules
- Grinding of pink Himalayan salt & black peppercorns





Preparation

1. Place oven rack about 4"-6" beneath the broiler element and turn on the broiler.
2. Melt ghee in the microwave for 30 seconds.
3. Line a rimmed baking sheet with foil and brush lightly with melted ghee.
4. Whisk the remaining melted ghee with the lemon juice, thyme, parsley, dill, garlic granules and smoked chipotle powder.
5. Place salmon steaks on the pan and drizzle a few tsp of the ghee mixture over each steak. Broil for 3 minutes, then remove from oven and drizzle a few more tsp of the ghee mixture over-top each steak. Broil for 2 minutes more then carefully flip the salmon steaks over.
6. Brush the steaks with remaining ghee mixture and broil for 3 more minutes or until the salmon flakes easily but is still nice and moist. Keep a close eye on the fish as it can go from flaky to dried out very quickly.

Yield: 4 servings





Dilled Salmon Fillet with Hollandaise Sauce

When company is coming for dinner I often opt to bake a large salmon fillet, wrapped in foil, with a bit of lemon juice and some chopped parsley and dill on top. I also drizzle on a bit of melted ghee before sealing the packet. It's an easy meal to prep and makes an elegant entrée.

Ingredients

- 2lb salmon fillet (enough for 4 portions)
- 1 lemon
- Fresh dill
- Fresh parsley
- 2 T ghee, melted
- Grinding of pink Himalayan salt and black peppercorns
- 1 recipe of [Hollandaise Sauce](#)





Preparation

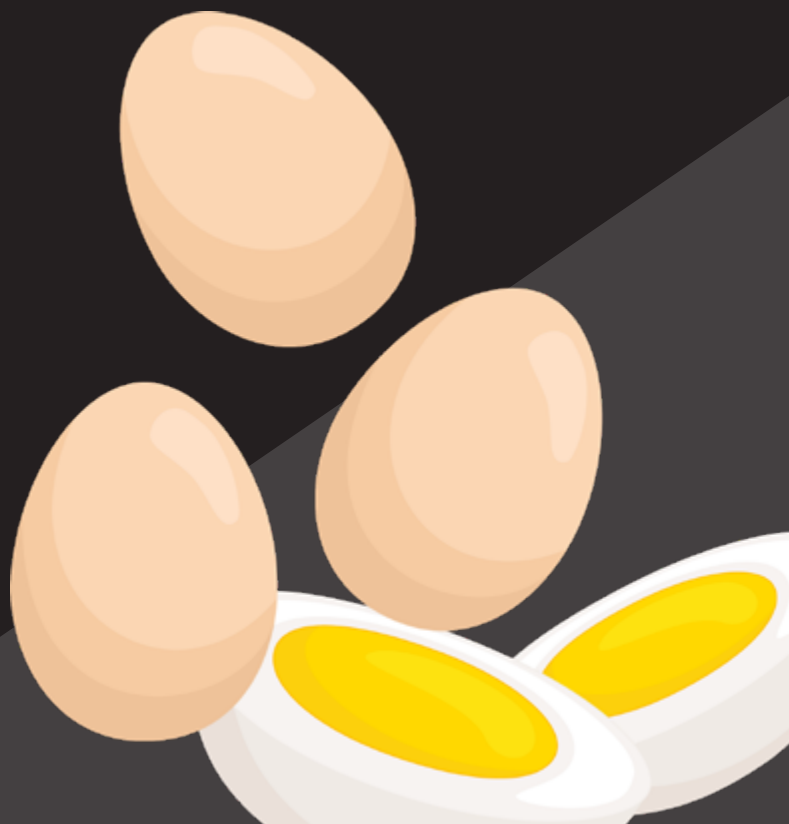
1. Pre-heat oven to 350 F.
2. Cover a large rimmed baking sheet with a piece of aluminum foil large enough to wrap around the salmon and be sealed along its edges. Place the salmon fillet on the middle of the foil. Squeeze the lemon over top. Place some sprigs of parsley and dill on top and season with salt & pepper. Melt 2 T of ghee and drizzle over-top. Seal the foil around the salmon by crimping the edges of the foil together. Place on the middle rack of the pre-heated oven and set the timer for 20 minutes.
3. While the salmon bakes make the Hollandaise Sauce, if desired. Keep warm until ready to serve the meal.
4. The salmon should be done in 20 minutes. Check to make sure it flakes easily but is still moist. Divide the fillet into 4 portions and serve with a sprig of fresh dill on top. The Hollandaise can be poured into a small pitcher and passed around at the table.

Yield: 4 servings



RECIPES

Eggs





Perfectly Boiled Eggs (Stove-top & Instant Pot Methods)

Stove-top Boiled Eggs

Keep a stash of ready to eat hard boiled eggs in the fridge for a quick snack if the need arises. I make boiled eggs using large sized eggs that come straight out of the fridge. Simply place eggs in a heavy bottomed pot that comfortably fits the number of eggs you are boiling. Cover the eggs with water (1" above the tops of the eggs in the pot) using cold water from the kitchen tap.

Hard Boiled Eggs

1. Set your timer for 15 minutes and place the pot over high heat until the water boils. Immediately lower the heat to medium high so the water continues to boil but not at a rapid a rate.
2. When 15 minutes is up remove from heat and plunge the boiled eggs into ice cold water to immediately stop the cooking process. Refrigerate the eggs when cool enough to handle. Hard boiled eggs can be stored in the fridge for up to a week.

Soft Boiled Eggs

1. Set your timer for 7 minutes and place the pot over high heat until the water boils. Immediately lower the heat to medium high so the water continues to boil but not at a rapid a rate.
2. When 7 minutes is up remove from heat and plunge the boiled eggs into ice cold water to immediately stop the cooking process. Take the top off the egg or peel and serve with butter to add some saturated fat to your breakfast. Season with salt and pepper, to taste.





Instant Pot Boiled Eggs

- Peeling eggs that have been cooked in an instant pot is amazingly easy; you will never have to deal with shell that just won't release from the membrane again.

Hard Boiled Eggs

- Place eggs on the rack that fits into the bottom of the inner pot. Seal lid. Set to high pressure for 5 minutes then perform a quick manual release after 5 minutes. Run the eggs under stream cold water until cool enough to hold. Peel immediately.

Soft Boiled Eggs

- Place eggs on the rack that fits into the bottom of the inner pot. Seal lid. Set to high pressure for 3 minutes then perform a quick manual release after 5 minutes. Run the eggs under a stream of cold water until cool enough to hold. Peel right away.

Yield: 1 large egg per serving





Perfectly Poached Eggs

It takes 4 minutes to perfectly poach one egg in water that is just at the simmering point. The end result is a nicely shaped egg with a warm yolk that is slightly thickened; not too runny or overly hard. Since we'll be poaching 4 eggs we will add about 20 seconds per extra egg. Some folks add a wee bit of vinegar to the simmering water which helps keep those wisps of egg white from escaping each egg and messing up the water. Be careful with the amount you use as overdoing it will make your poached eggs taste; well ... vinegary! It takes practice to get perfectly poached eggs but is not impossible!

Ingredients

- 4 large eggs

Preparation

1. Select a pan, large enough to hold 4 eggs without them being too crowded, and fill it halfway up with water. Place pan over high heat and bring the water up to the boil. Reduce heat beneath the pan so the water is just at the simmering point. You will see small bubbles forming across the bottom of the pan that rise gently to the surface when the water is at the right temperature.
2. Crack fresh eggs, one at a time, into a measuring cup that has a long handle. Gently slip the eggs into the simmering water, one at a time. Poach the eggs for 5 minutes altogether.
3. Use a slotted spoon to remove each egg from the pan. I like to remove excess water by gently blotting the egg while it's still in the spoon. Serve while hot with a quick grinding of salt & pepper if desired.

Yield: 4 servings





Carnivore Breakfast “Pizza”

When bacon strips are slightly overlapped while cooking they will stick together. In this breakfast pizza I use this to advantage when making a bacon “crust”. It’s a simple technique that makes plain old bacon & eggs a bit more fun.

Ingredients

- 3 bacon strips, cut in half horizontally
- 2 eggs
- Grinding of pink Himalayan salt & black peppercorns
- 1 T fresh parsley, chopped for garnish

Preparation

1. Heat a heavy bottomed skillet over high heat until nice and hot. Arrange bacon in the center of the pan, overlapping the slices slightly and forming a circle about 6 or 7 inches in diameter.
2. Adjust heat under the skillet to medium high and fry the bacon circle until crisp on one side. Flip and continue to cook the bacon pizza crust until it is crisp. Remove from pan and drain on paper towel. Keep warm while you cook the eggs.
3. Crack eggs into the hot pan and fry in the bacon grease to your liking. Add salt and pepper. Serve on top of the bacon “crust”.

Yield: 1 serving





Baked Eggs in Prosciutto Cups

Here's a breakfast that's sure to impress. It's a great choice for a Sunday brunch. You can bake a whole muffin tin full of these eggs, so serving your guests a hot egg dish will be easy. This recipe will yield 3 servings but you can easily double or triple the ingredients for a larger gang if necessary.

Ingredients

- 1 T melted fat
- 6 eggs
- 6 very thin slices of prosciutto ham, (use turkey bacon if you don't eat pork)
- Grinding of fresh pepper





Preparation

1. Pre-heat oven to 375 F.
2. Brush 6 muffin cups with melted fat. Cut a slice of prosciutto in half horizontally and line a muffin cup by criss-crossing the half slices. You can either leave the edges hanging up over of the top of the cup or tuck them in a bit to make an even edge. If using turkey bacon, partially cook the bacon before lining the muffin cups.
3. Crack an egg into the meat lined muffin cup. Repeat with the remaining ingredients. Grind a bit of fresh pepper over each egg.
4. Place the muffin tin on the middle rack of the pre-heated oven and bake for 8 minutes.
5. Allow the baked eggs to rest for a few minutes. Carefully remove the baked eggs in their prosciutto cup from the muffin tin and serve immediately. The egg white should be firm with an opaque white color while the yolk of the egg is thickened but remains a bit runny.

Yield: 3 servings (two baked eggs in each serving)





Carnivore Omelet

It doesn't take much time to cook up an omelet and it's a fine way to start a busy day. I've used baked deli ham in this omelet, but you can swap it out for smoked deli turkey or chicken slices. Smoked salmon is a great alternative on a day when you want a special treat!

Ingredients

- 1 T allowed fat
- 3 large eggs, whisked
- 2 T chopped fresh herbs of your choice
- ¼ lb baked deli ham, thin slices cut in half

Preparation

1. Pre-heat small heavy bottomed skillet over high heat. When hot adjust the heat down to medium high.
2. Melt fat and pour in the whisked eggs. Leave undisturbed while the egg begins to set. Gently lift the set egg up around its edges so the any uncooked egg can run beneath.
3. Sprinkle on the herbs and distribute the ham evenly around the omelet. When the egg is cooked, fold the omelet over and slip it out of the pan and onto a warmed plate. Serve immediately while still warm.

Yield: 1 serving





Carnivore Eggs Benny

Perfect for a week-end brunch and a lot easier to make than you might think! In this carnivore version of Eggs Benny we simply skip the English muffin base and use a nice layer of meat instead. Candidates for the base include baked ham or smoked salmon. My [Hollandaise Sauce](#) recipe provides the perfect topping.

Ingredients

- 1 batch of Hollandaise Sauce
- 2 slices of your preferred base meat (baked ham steak or smoked salmon)
- 2 [Perfectly Poached Eggs](#)
- Grinding of pink Himalayan salt and black peppercorns
- 1 T chopped fresh parsley, for garnish





Preparation

1. Prepare Hollandaise Sauce. Set aside and keep warm.
2. Prepare the meat base. If using baked ham or pork belly slices, fry the slices in a heavy bottomed skillet until done. Set aside and keep warm.
3. Using the [Perfectly Poached Eggs](#) recipe, prepare 2 poached eggs.
4. Layer the Eggs Benny by starting with your meat base, followed by your poached egg and topping with warm Hollandaise sauce. Season with a grinding of pink Himalayan salt and black peppercorns. And garnish with a sprinkling of chopped fresh parsley.

Yield: 2 servings





Egg-stravagant Sandwiches

I usually have hard boiled eggs and some deli meat slices on hand in the fridge so making a quick sandwich for my lunch kit is an easy morning chore before zooming out the door.

Ingredients

- 6 Perfectly Hard-boiled Eggs, shells removed
- 2 thin slices smoked deli turkey
- 2 thin slices smoke meat
- 2 thin slices black forest ham

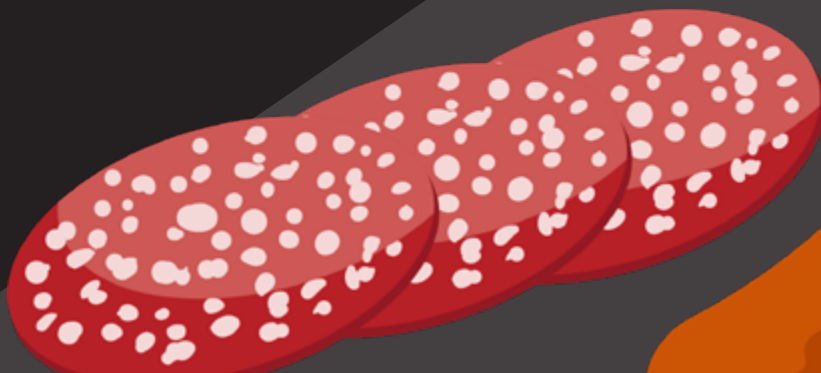
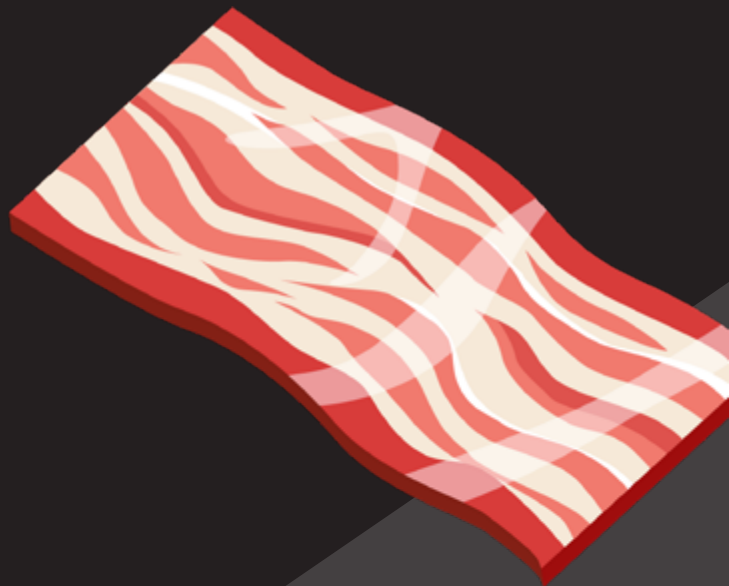
Preparation

1. Cut each egg in half lengthwise. Fold and pile a single meat slice on one half of an egg and top with the other half. Repeat with all of the eggs and meat slices. Hold the sandwiches together with a toothpick if necessary.
2. Serve 3 egg-stravagant sandwiches on each plate. Garnish with fresh herbs if desired.

Yield: 2 servings (3 sandwiches/serving)



RECIPES
Misc.





Antipasto Meat Platter

When I really don't have any time to make a meal I opt for an antipasto meat platter. I will have this in the morning, afternoon or evening. I am not going to list ingredients for this one as you are free to use whatever type of meat you have on hand in the fridge and simply eat until you are full. If you have a bit of extra time arrange the meat in an appealing way, roll thin slices and fan out – eye appeal always helps with feeling like your meal has been a satisfying experience. Here's a few of my favorite meat platter choices:

- Smoked salmon
- Liver pate
- Turkey sausage pepperoni
- Smoked turkey slices
- Leftover Meat Balls



Shopping List





Chapter 8

Speed Carnivore Weekly Shopping lists

Grocery shopping just got easier ...

The Speed Carnivore eating program is really easy to follow. Only meat and meat products are on the menu; almost everything else is restricted with the exception of seasonings as well as herbs & spices in very small quantities. So ... grocery shopping just got easier!

Bullet Proof Coffee (BPC)

If you are one of my clients transitioning to Speed Carnivore from a Keto or Speed Keto program you will be used to starting your day with a Bullet Proof Coffee. This tasty coffee will still be part of your morning for the first weeks of this new program. A teaspoon of heavy cream will be allowed in your morning Bullet Proof Coffee for the first two weeks, while you transition and get acquainted with the carnivore lifestyle but after this period ends, it will be time to switch to black coffee. You can continue using MCT oil for one more week after this, but when the fourth week rolls around it will be time to make the switch to black coffee or clear tea.

On a ketogenic eating plan you're still eating carbohydrates on a daily basis and Bullet Proof Coffee aids in getting you into and keeping you in ketosis. But once you transition into a carnivore way of eating you will no longer need the boost that Bullet Proof Coffee gives. Zero carbs in the diet means that your body will quickly get into the ketosis fat burning mode and extra help won't be needed to maintain your weight loss.



Pastured Meats or Wild-caught Fish ...

When we say “pastured” we mean meat from animals, like beef cattle, that have been allowed a more natural diet. They eat grass from a pasture instead of grains and are considered a much healthier meat source and are what I recommend to my Speed Carnivore clients.

Grass-fed, raised-without-antibiotics meats are starting to appear on main-stream supermarket shelves in North America but are quite a bit more expensive than other meats. I just urge my clients to do the best they can on the budget they have when shopping for meat. Your local farmers market could be a source of quality meats ... or direct purchase from local farmers might also be a good option.

Farmed fish are often raised using antibiotics so select wild caught fish if available. You can often find fish labeled wild-caught in the grocery store freezer section or, even better; get out your fishing rod! If you have friends that hunt (or are a hunter yourself) then you have another great source for good quality meat.

Read labels

When purchasing pre-packaged products always read labels and stay on the lookout for hidden sugars and fillers.

Most bacon has added sugar but there are some brands that are naturally smoked and contain no sugar. The same is true for deli-meats. In general choose the baked roast beef, ham, chicken or turkey when shopping for deli lunch meats.

Before you dive in, a quick word about substitutions ...

You will be more successful if you enjoy each mouthful, so substitutions are allowed; with one caveat. You must only substitute using recipes that are provided on the program. If you prefer one meal over another then that's what you should have. If the spice profile of a dish doesn't suit, then change it up for something that does appeal. I've provided more recipes than are actually used in the provided menu so you have extra options to choose from. The main thing here is to enjoy the meals you eat. As long as you exchange for allowed food items the substitutions shouldn't be overly significant.



Please Note: *The amounts of each item you purchase will depend on how many people you are feeding at each meal. The recipes provided can be doubled or tripled as necessary. If you are cooking for yourself you will also have to adjust some of the recipes (and what you need to purchase) accordingly.

Week 1

This week's shopping list will be larger than the ones on the weeks that follow. You may have many of the listed seasonings and spices on hand already so be sure to have a look in your pantry before heading out to the grocery store.

Throughout the Speed carnivore program you will be drinking plenty of fluids so make sure to stock up on a variety of organic teas, coffee, chicken broth and beef broth (if not making your own from scratch). It doesn't hurt to have a few extra boxes of organic broth available in case you run out of homemade as the week progresses. Electrolyte drinks are also something you should have on hand for daily use. I've provided a recipe for a [Homemade Electrolyte Drink](#) but there are also many flavors of commercially prepared, sugar free Electrolyte drinks available for purchase.

Meat

- 2 lb bacon, pork or turkey
- 1 lb skirt steak
- 1 grilling steak (your choice of: tenderloin, t-bone, strip loin or prime rib)
- 1 lb simmering steak for [Simple Shredded Beef Soup](#) (Wednesday lunch)
- 3-4 lb Beef Brisket
- 1 lb ground lamb
- Beef suet (if making your own tallow) or already prepared beef tallow
- 1 lb lard (if using as a fat)
- 2-3 lb beef marrow bones (if making homemade beef bone broth)
- Ham (if using for [Carnivore Eggs Benny](#))





Fowl

- 1 roasting chicken
- 2 turkey thighs
- 1 lb Italian Turkey Sausages (for Breakfast Sandwich on Saturday)

Fish

- ½ lb smoked salmon (if using for Carnivore Eggs Benny)

Dairy

- 1 pint heavy (whipping) cream, if using
- 1 lb grass-fed butter (for making ghee) or purchase already prepared ghee

Eggs

- 2 dozen eggs

Herbs, Spices & Seasonings

- Fresh flat leaf parsley
- Fresh thyme
- Fresh rosemary
- Bay leaves
- Black peppercorns
- Pink Himalayan salt
- Dried thyme
- Garlic granules
- Onion powder
- Mustard powder



- Cayenne pepper
- Smoked chipotle powder
- Smoked paprika
- Dried basil
- Chili powder
- Ground ginger
- Ground cumin
- Cinnamon



Miscellaneous

- MCT oil
- Apple cider vinegar
- 1 lemon
- 1 lime
- 1 cooking onion
- 2 Beef broth (tetra pack)
- 2 Chicken broth (tetra pack)
- Organic coffee, optional
- Organic water process decaffeinated coffee, optional
- Organic herbal teas, optional
- Organic black tea, optional
- Sugar free electrolyte drinks
- Calcium/magnesium powder (if making Homemade Electrolyte Drinks)





Week II

Take a look through your fridge and pantry to see what's leftover or not used from last week before doing your shopping.

Meat

- 1 lb ground breakfast sausage meat (for making Speed Carnivore Waffle on Monday)
- 4 lamb chops
- 7 lb Pork Blade Roast (also known as Boston Butt Roast)
- 1-2 lb bacon (pork or turkey bacon)
- ¼ lb deli baked ham (for Ham Omelet on Thursday morning & Egg-stravagant Sandwiches on Saturday) — use another deli meat of choice if you don't eat pork
- 1 grilling steak (your choice of: tenderloin, t-bone, strip loin or prime rib)
- 1 lb simmering steak (for Simple Shredded Beef Soup)
- 2 lb beef marrow bones (for soup)

Fowl

- 1 lb ground turkey
- 1 roasting chicken
- 8 boneless & skinless chicken thighs





Fish

- 2 lb salmon fillet

Dairy

- 1 pint heavy (whipping) cream, if using
- 1 lb butter (for making ghee), if needed

Eggs

- 1 or 2 dozen eggs

Herbs, Spices and Seasonings

- Fresh dill
- Fresh parsley

Miscellaneous

- 1 lime
- Tetra-pack chicken or beef broth (if needed)
- 1 lemon
- Pork rinds (if using for Ground Turkey Meatloaf on Wednesday)
- Sugar free electrolyte drinks
- Calcium/magnesium powder (if making Homemade Electrolyte Drinks)





Week III

Meat

- $\frac{3}{4}$ lb breakfast sausage meat (pork or turkey)
- 1 lb ground lamb
- 1 $\frac{1}{2}$ lb ground beef
- $\frac{1}{2}$ lb ground calf liver
- $\frac{1}{2}$ lb ground beef heart
- $\frac{1}{2}$ lb simmering steak (for [Shredded Beef Soup](#))
- 1 lb bacon if needed, (pork or turkey)
- $\frac{1}{4}$ lb baked deli meat, of choice
- 1 steak of choice: tenderloin, strip loin, t-bone or prime rib
- Soup bones, if making Homemade Bone Broth
- Baked ham steak or smoked salmon (for making [Carnivore Eggs Benny](#))
- 1 lb chorizo sausage (if using for [Meat Muffins](#))

Fowl

- 1 lb ground turkey sausage if sing for [Meat Muffins](#)

Fish & Seafood

- 1 lb fish fillets, haddock or halibut
- 4 salmon steaks (5-7 oz. each)

Dairy

- 1 pint Heavy (whipping cream), if using
- 1 lb butter, for Home-made Ghee, if making





Eggs

- 1 or 2 doz. eggs, as needed

Herbs, Spices and Seasonings

- Curry powder
- Ground coriander
- Ground sage
- Turmeric
- Fresh cilantro
- Fresh parsley, if needed
- 2 lemons

Miscellaneous

- Pork rinds, for Meat Patty Pie (if using)
- Organic beef broth, as needed
- Organic chicken broth, as needed
- Sugar free electrolyte drinks
- Calcium/magnesium powder (if making Homemade Electrolyte Drinks)



Week IV

Meat

- 2 beef marrow bones, split in half vertically
- 4-6 lb flat cut beef brisket
- 1 lb bacon (if needed), pork or turkey
- 4 lamb shanks
- 2 lb pork tenderloin
- Baked ham steak (if using for Carnivore Eggs Benny)
- ½ lb simmering steak, (for Simple Shredded Beef Soup)
- 1 ½ lb skirt steak

Fowl

- 1 lb. Italian style turkey sausage meat
- 5-6 lb whole chicken
- 2 turkey thighs

Fish

- Smoked salmon (if using for Carnivore Eggs Benny)

Dairy

- 1 pint heavy (whipping cream), if using
- 1 lb butter (for making Homemade Ghee if needed)

Eggs

- 1 or 2 dozen eggs, as needed



Herbs, Spices and Seasonings

- Pickling spice
- Ground rosemary
- Fresh parsley, if needed
- Fresh Rosemary
- Fresh thyme

Miscellaneous

- Organic beef broth, if needed
- Organic chicken broth, if needed
- 1 cooking onion
- 1 lemon
- 1 lime
- Sugar free electrolyte drinks
- Calcium/magnesium powder (if making [Homemade Electrolyte Drinks](#))

Week V

Meat

- 2 lb ground beef
- 1 steak: tenderloin, t-bone, strip loin or prime rib

Herbs, Spices and Seasonings

- Garam masala

Miscellaneous

- Pork rinds (if using for [Meatballs](#))
- 1 lemon



Chapter 9

Speed Carnivore 30 Day Menu Plan

Week I

Day #1: Monday

You can start your day with Bullet Proof Coffee. This isn't mandatory but my clients that are transitioning from one of my Keto programs may want to continue enjoying a Bullet Proof Coffee (BPC) for a few weeks while switching into the Speed Carnivore way of eating.

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 1 tsp heavy cream.

Menu for the day:

- Breakfast: Bacon & Egg Muffins
- Lunch: Leftover Bacon & Egg Muffins
- Dinner: Rustic Roasted Chicken
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, clear tea, herbal tea, black coffee.

**Try to drink at least 8 cups of water daily*

Day #2: Tuesday

Today is an OMAD day, so only one meal in the evening will be on today's menu. Be sure to stay well hydrated throughout the day. Remember that you may have as many mugs of bone broth as desired. I suggest you have both chicken and beef bone broth on hand.



Start your day with Bullet Proof Coffee, if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil). No cream today.

Menu for the day:

- Breakfast: Fasting
- Lunch: Fasting
- Dinner: Thai Style Skirt Steak
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, clear tea, herbal tea, black coffee.

**Try to drink at least 8 cups of water daily*

Day #3: Wednesday

Start your day with Bullet Proof Coffee, if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 1 tsp heavy cream.

Menu for the day:

- Breakfast: Carnivore Eggs Benny
- Lunch: Simple Shredded Beef Soup
- Dinner: Lamb Kofta

Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*



Day #4: Thursday

Start your day with Bullet Proof Coffee if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 1 tsp heavy cream.

Menu for the day:

- Breakfast: Perfectly Boiled Eggs and leftover Lamb Kofta
- Lunch: Leftover Simple Shredded Beef Soup
- Dinner: Broiled Salmon Steak
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #5: Friday

Today is an OMAD day, so only one meal in the evening will be on today's menu. Be sure to stay well hydrated throughout the day. Remember that you may have as many mugs of bone broth as desired. I suggest you have both chicken and beef bone broth on hand.

Start your day with Bullet Proof Coffee if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) – no cream in coffee today

Menu for the day:

- Breakfast: Fasting
- Lunch: Fasting
- Dinner: The Perfect Steak: select the steak cut you prefer and enjoy!
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, clear tea, herbal tea, black coffee.

**Try to drink at least 8 cups of water daily*



Day #6: Saturday

Start your day with Bullet Proof Coffee if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 1 tsp heavy cream.

Menu for the day:

- Breakfast: Breakfast “Pizza”
- Lunch: Antipasto Platter
- Dinner: Bacon Draped Turkey Thighs
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #7: Sunday

Start your day with Bullet Proof Coffee, if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 1 tsp heavy cream.

Menu for the day:

- Breakfast: Breakfast Sandwich
- Lunch: Perfectly Boiled Eggs
- Dinner: Brisket
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Week II

Day #8: Monday

Start your day with Bullet Proof Coffee, if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 1 tsp heavy cream.

Menu for the day:

- Breakfast: Carnivore Sausage Waffle
- Lunch: Combine 1 C of leftover Brisket with hot Beef Bone Broth (or store bought organic beef broth) to make a quick bowl of soup.
- Dinner: Oven Baked Ginger, Lime & Garlic Lamb Chops
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #9: Tuesday

Today is an OMAD day, so only one meal in the evening will be on today's menu. Be sure to stay well hydrated throughout the day. Remember that you may have as many mugs of bone broth as desired. I suggest you have both chicken and beef bone broth on hand.

Start your day with Bullet Proof Coffee if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil): no cream today

Menu for the day:

- Breakfast: Fasting
- Lunch: Fasting
- Dinner: Pulled Pork



- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, black coffee.

**Try to drink at least 8 cups of water daily*

Day #10: Wednesday

Start your day with Bullet Proof Coffee if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 1 tsp heavy cream.

Menu for the day:

- Breakfast: Perfectly Poached Eggs
- Lunch: Sandwich made with leftover Pulled Pork and Carnivore “Bread” Slices
- Dinner: Turkey Meatloaf
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #11: Thursday

Start your day with Bullet Proof Coffee, if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 1 tsp heavy cream.

Menu for the day:

- Breakfast: Ham Omelet
- Lunch: Use leftover Turkey Meatloaf to make and Carnivore “Bread” Slices to make a sandwich
- Dinner: Roast Spatchcocked Chicken



- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #12: Friday

Today is an OMAD day; so only one meal in the evening will be on today's menu. Be sure to stay well hydrated throughout the day. Remember that you may have as many mugs of bone broth as desired. I suggest you have both chicken and beef bone broth on hand.

Start your day with Bullet Proof Coffee, if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil)
– no cream in coffee today

Menu for the day:

- Breakfast: Fasting
- Lunch: Fasting
- Dinner: The Perfect Steak: select the steak cut you prefer and enjoy!
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, black coffee.

**Try to drink at least 8 cups of water daily*

Day #13 Saturday

Start your day with Bullet Proof Coffee, if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 1 tsp heavy cream.



Menu for the day:

- Breakfast: Bacon & Egg Muffins
- Lunch: Egg-stravagant Sandwiches
- Dinner: Dilled Salmon with Hollandaise Sauce
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #14: Sunday

Start your day with Bullet Proof Coffee, if desired:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 1 tsp heavy cream.

Menu for the day:

- Breakfast: Leftover Bacon & Egg Muffins
- Lunch: Shredded Beef Soup
- Dinner: Carnivore Chicken Fingers (make enough for lunch tomorrow)
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Week III

Day #15: Monday

Start your day with bone broth, herbal tea, tea or coffee. It's time to give up heavy cream but you may continue to have MCT oil in your morning coffee for another week, if desired.





Menu for the day:

- Breakfast: Breakfast Sandwich
- Lunch: Leftover Carnivore Chicken Fingers
- Dinner: Lamb Kofta
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #16: Tuesday

It's an OMAD day today. Remember to drink plenty of broth and water throughout the day to stay well hydrated.

- Start your day with a cup of bone broth, herbal tea, tea or coffee (with MCT oil, if desired).

Menu for the day:

- Breakfast: Fasting
- Lunch: Fasting
- Dinner: Classic Carnivore Meatloaf
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*



Day #17: Wednesday

Start your day with a cup of bone broth, herbal tea, tea or coffee (with MCT oil, if desired).

Menu for the day:

- Breakfast: Perfectly Hard Boiled Eggs (make extra for Egg-stravagant Sandwiches later this week)
- Lunch: Use leftover Classic Carnivore Meatloaf and Carnivore “Bread” Slices to make a meatloaf sandwich.
- Dinner: Fish Curry
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #18: Thursday

Start your day with a cup of bone broth, herbal tea, tea or coffee (with MCT oil, if desired).

Menu for the day:

- Breakfast: Egg-stravagant Sandwiches with deli meat of choice
- Lunch: Shredded Beef Soup
- Dinner: Meat Patty Pie (save some leftovers for dinner tomorrow)
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #19: Friday

It's an OMAD day today. Remember to drink plenty of broth and water throughout the day to stay well hydrated.

- Start your day with a cup of bone broth, herbal tea, tea or coffee (with MCT oil, if desired).

Menu for the day:

- Breakfast: Fasting
- Lunch: Fasting
- Dinner: Leftover Meat Patty Pie
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #20: Saturday

- Start your day with a cup of bone broth, herbal tea, tea or coffee (with MCT oil, if desired).

Menu for the day:

- Breakfast: Speed Carnivore Waffle
- Lunch: Leftover Shredded Beef Soup
- Dinner: The Perfect Steak: tenderloin, t-bone, Strip loin or Prime Rib
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #21: Sunday

- Start your day with a cup of bone broth, herbal tea, tea or coffee (with MCT oil, if desired).

Menu for the day:

- Breakfast: Carnivore Eggs Benny
- Lunch: Meat Muffin (save some for breakfast tomorrow)
- Dinner: Broiled Salmon Steaks
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Week IV

Day #22: Monday

This week it's time to leave MCT oil behind. You will be used to drinking clear tea or black coffee in no time!

Start your day with a cup of bone broth, herbal tea, clear tea or black coffee.

Menu for the day:

- Breakfast: Leftover Meat Muffin
- Lunch: Bone Marrow Treat
- Dinner: Corned Beef
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #23: Tuesday

It's an OMAD day today. Remember to drink plenty of broth and water throughout the day to stay well hydrated.

- Start your day with a cup of bone broth, herbal tea, clear tea or black coffee



Menu for the day:

- Breakfast: Fasting
- Lunch: Fasting
- Dinner: Italian Kofta
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea or herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #24: Wednesday

- Start your day with a cup of bone broth, herbal tea, clear tea or black coffee

Menu for the day:

- Breakfast: Carnivore Breakfast "Pizza"
- Lunch: Use leftover Homemade Corned Beef to make Egg-stravagant Sandwiches
- Dinner: Tender Lamb Shank (save some shank meat and broth to make a bowl of Shredded Lamb Soup for lunch tomorrow)
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #25: Thursday

- Start your day with a cup of bone broth, herbal tea, clear tea or black coffee.



Menu for the day:

- Breakfast: Perfectly Soft Boiled Eggs
- Lunch: Shredded Lamb Soup
- Dinner: Herbed Pork Tenderloin Roast
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #26: Friday

It's an OMAD day today. Remember to drink plenty of broth and water throughout the day to stay well hydrated.

- Start your day with a cup of bone broth, herbal tea, clear tea or black coffee.

Menu for the day:

- Breakfast: Fasting
- Lunch: Fasting
- Dinner: Rustic Roasted Chicken
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #27: Saturday

- Start your day with a cup of bone broth, herbal tea, clear tea or black coffee.





Menu for the day:

- Breakfast: Breakfast Sausage Muffins (freeze leftover muffins for an easy breakfast next week)
- Lunch: Use leftover chicken to make a Chicken Sandwich
- Dinner: Bacon Draped Roasted Turkey Thighs
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #28: Sunday

- Start your day with a cup of bone broth, herbal tea, clear tea or black coffee.

Menu for the day:

- Breakfast: Carnivore Eggs Benny
- Lunch: Simple Shredded Beef Soup
- Dinner: Thai Style Skirt Steak
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Week V

Day #29: Monday

- Start your day with a cup of bone broth, herbal tea, clear tea or black coffee.



Menu for the day:

- Breakfast: Leftover Meat Muffins (from the freezer)
- Lunch: Meatballs
- Dinner: Tikka Lamb Chops
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #30: Tuesday

It's an OMAD day today. Remember to drink plenty of broth and water throughout the day to stay well hydrated.

- Start your day with a cup of bone broth, herbal tea, clear tea or black coffee.

Menu for the day:

- Breakfast: Fasting
- Lunch: Fasting
- Dinner: The Perfect Steak: tenderloin, T-bone, strip loin or prime rib
- Beverages as desired throughout the day: electrolyte drinks, bone broth, water, tea, herbal tea or coffee.

**Try to drink at least 8 cups of water daily*

Congratulations!

You've completed your first month of the Speed Carnivore Program!!!



speed CARNIVORE

Speed Carnivore is a 30-day plan to double or even triple your weight loss, break through a stall, and burn away those stubborn pounds with just a few simple tweaks to the Keto diet.

Whether you're new to Keto, or have been doing it for a while. Whether you have lots of weight to lose, or are close to your goal. Whether your priority is healing your body or getting your ideal body ... this will totally transform the way you look and eat with a quick blast of action.

In Just 30 Days ...

- You won't recognize yourself in the mirror.
- You'll look years younger.
- You'll have more energy than you've ever had.
- Your blood work will stun your doctors.
- You'll feel a sense of accomplishment and confidence because you did it!

Speed Carnivore includes a day by day eating plan, simple, delicious recipes, food lists and a complete explanation of how and why this works (when nothing else has).

Take back control and start loving your body and your life again with Speed Carnivore.

Dr. Harlan Kilstein leads a large online community of people following the Keto way of life, has published the Completely Keto™ Cookbook, and reversed his own weight gain and pre-diabetes diagnosis by following a Ketogenic diet.

Get a Free Keto Recipe Daily. Just go to CompletelyKeto.com and enter your email address. And while you are there look over the hundreds of delicious recipes including Cheesecakes, Thanksgiving dinners (with all the trimmings), Pies, Brownies, Barbecued Ribs and more. All kitchen tested and delicious. (And don't miss our Bye Bye Rye - you'll think it's real rye bread!)

Connect with Harlan Kilstein



www.CompletelyKeto.com