

BONUS RECIPES

speed CARNIVORE



Dr. Harlan Kilstein

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RECIPES

Breakfast



Smoked Salmon and Fried Egg

Smoked salmon is so tasty. It's amazing at any time of the day but goes especially well with eggs in the morning. Make sure to check for sugar on the packaging. Some smoked salmon is packed with sweetener.

Ingredients

- 2 eggs
- 4 oz smoked salmon
- ¼ tsp tallow
- Salt and pepper to taste





Preparation

1. Heat skillet to medium heat and add bacon grease
2. Crack eggs into skillet and cook to your desired temperature
3. Place eggs onto your plate with the smoked salmon
4. Salt and pepper to taste
5. Serve and enjoy

Nutritional Info

- Net carbs 1g
- Total carbs 1g
- Fiber 0g
- Fat 17g
- Protein 33g
- Calories 297

Servings 1



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Morning Meatballs

These are perfect to make in advance and pop right into the microwave for a busy morning on the go. Feel free to use turkey or chicken ground sausage instead of pork if you like.

Ingredients

- 1 lb ground pork
- ½ lb ground beef
- 6 oz sliced ham finely cubed
- 1 egg
- 1 ½ tsp kosher salt
- 1 tsp cracked black pepper
- ½ tsp dried parsley for garnish



Preparation

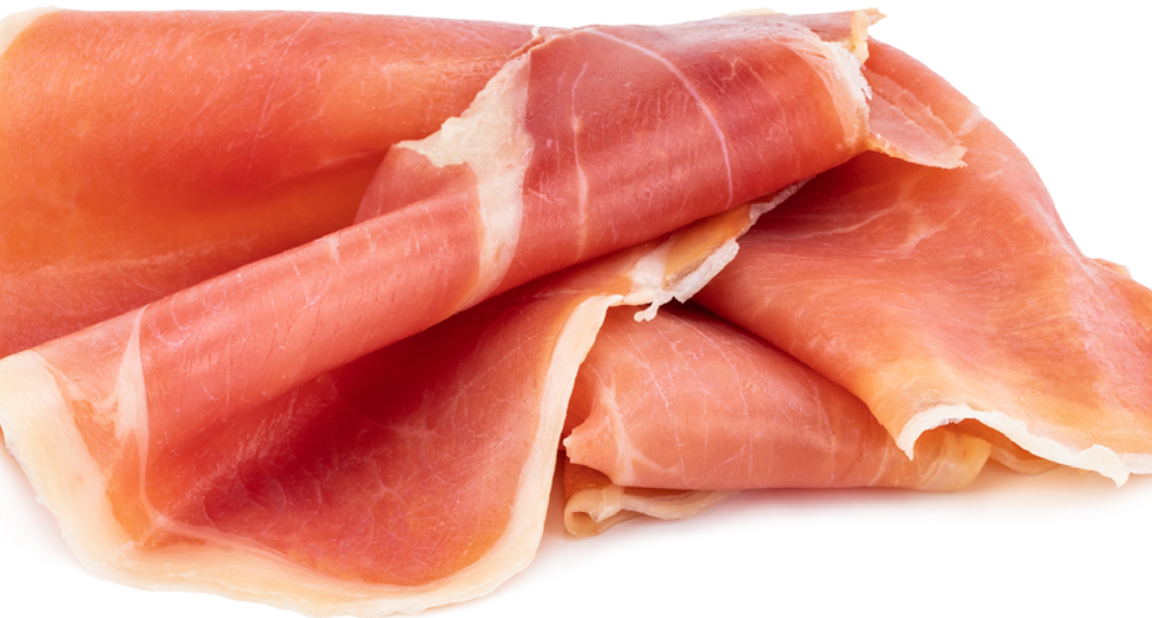
1. Preheat oven to 350° F.
2. Mix all ingredients together in a mixing bowl using your hands.
3. Cover a baking sheet with parchment paper.
4. Form 1 ½ inch meatballs from the mixture and place on the lined baking sheet.
5. Place on the middle rack of the oven and bake for 20 minutes, turning meatballs half way through cooking.
6. Allow to rest 5 minutes.
7. Serve with a sprinkle of parsley and enjoy.

Nutritional Info

- Net carbs 0g
- Total carbs 0g
- Fiber 0g
- Fat 17g
- Protein 28g
- Calories 278

Servings 8





Prosciutto Wrapped Breakfast Pockets

The prosciutto is nice and thin, so it firms up pretty quickly. Cooking these pockets on low allows everything to come together nicely. The salty flavor of the lightly fried pork is delicious in this recipe.

Ingredients

- 9 thin slices prosciutto
- 8 oz ground beef
- 2 eggs
- 1 tsp tallow or bacon grease
- ½ tsp kosher salt



Preparation

1. Heat skillet to medium high and brown ground beef while breaking apart. When cooked through reduce heat to medium.
2. Whisk eggs, add salt and pour into the skillet with ground beef. Cook eggs with the beef.
3. Try to keep egg mixture cohesive like an omelet. Remove egg and divide into 3 portions.
4. Lay out 3 pieces of prosciutto on top of each other making a star. Place 1 portion of egg into the middle of the prosciutto star.
5. Fold the arms in, starting with the piece laying at the bottom, to make a wrapped pocket.
6. Add bacon grease to pan on medium low heat. Place prosciutto pockets into the pan and cook for 3 minutes per side or until prosciutto is crispy.
7. Serve and enjoy.

Nutritional Info

- Net carbs 0g
- Total carbs 0g
- Fiber 0g
- Fat 16g
- Protein 30g
- Calories 275

Servings 3





Scotch Eggs

Eggs inside a meatball! These are a nice size and make a great snack as well as a filling breakfast.

Ingredients

- 1 lb ground beef
- 1 lb ground sausage (pork or chicken)
- 12 small hard-boiled eggs, peeled
- 1 tsp fine ground kosher salt
- 1 tsp rosemary
- 1/2 tsp mustard powder



Preparation

1. Preheat oven to 350° F.
2. Line baking sheet with parchment paper.
3. Add beef and sausage to a large mixing bowl and combine with hands.
4. Add dry spices and mix well. Form 12 meatballs from the meat mixture.
5. Place meatballs on baking sheet and press into a patty large enough to wrap eggs in.
6. Place one hard boiled and peeled egg in the middle of each flattened meatball and wrap the meat around the egg securely.
7. Bake for 10-15 minutes. The top should look cooked. Flip over and continue baking for another 10 minutes.
8. Serve and enjoy.

Nutritional Info

- Net carbs 0.8g
- Total carbs 0.8g
- Fiber 0
- Fat 28g
- Protein 50g
- Calories 507

Servings 6





Sausage and Eggs

This classic breakfast duo can be made with pork or chicken sausage. If there is enough grease left in the pan from cooking the sausage there is no need to add the bacon grease for cooking the eggs. Turkey sausage will have a watery texture and won't be good for frying your eggs. If using turkey sausage, drain the juice before cooking the eggs and add bacon grease.

Ingredients

- 6 sugar free pork or turkey sausage links
- 2 eggs
- ½ tsp bacon grease (if needed)
- Salt and pepper to taste



Preparation

1. Heat skillet to medium heat.
2. Place sausages in skillet and cover. Cook for 8 minutes, flipping sausages half way through.
3. Remove sausages from pan and set aside.
4. If there isn't enough sausage grease left in the pan to fry eggs, add bacon grease.
5. Crack eggs into the pan and reduce heat to medium low. Allow them to cook slowly so the whites will cook through and leave the yolk runny. About 4 minutes.
6. Remove eggs, plate with sausage and enjoy.

Nutritional Info

- Net carbs 1g
- Total carbs 1g
- Fiber 0g
- Fat 13g
- Protein 12g
- Calories: 175

Servings 2





Carnivore Egg Muffins

The ham holding these cups will release enough grease to make them easy enough to remove without the muffin cup liners but they are much easier when using the liners. Feel free to use whisked eggs instead of simply cracking them whole into the ham cup.

Ingredients

- 6 eggs
- 6 round slices of sugar free ham
- 6 pieces of cooked, crispy sugar free bacon, crumbled
- 6 muffin cup inserts (optional)
- Salt and pepper to taste

Preparation

1. Preheat oven to 350° F.
2. Heat skillet to medium heat. Fry bacon for 2-4 minutes on each side until cooked through.
3. Chop or crumble bacon and set aside.
4. Place muffin liners into muffin tin cups (if using), if not use bacon grease to coat the inside of each cup.
5. Press 1 ham slice down into each muffin cup. There will be some extra ham left at the top, that's OK.





6. Crack 1 egg into each ham cup.
7. Sprinkle bacon evenly over each egg cup.
8. Place muffin tin into the oven and bake 20-25 minutes.
9. Allow to rest for 5 minutes and serve with a sprinkle of salt and pepper to taste.

Nutritional Info

- Net carbs 1g
- Total carbs 1g
- Fiber 0
- Fat 21g
- Protein 30g
- Calories 330

Servings 3



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Bacon & Eggs

Feel free to use turkey bacon instead of pork bacon. However, the great thing about cooking pork bacon is all the nice bacon grease you'll have some left over to use in your other recipes.

Ingredients

1. 8 strips of sugar free bacon
2. 4 eggs
3. ½ tsp kosher salt
4. ¼ tsp cracked black pepper



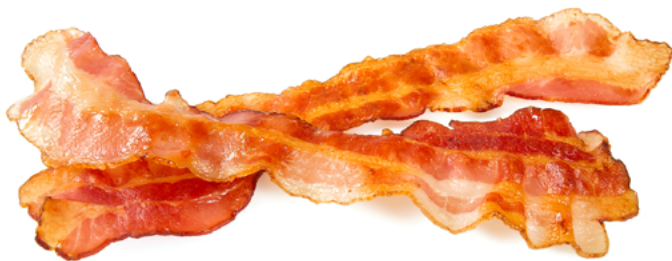
Preparation

1. Heat skillet to medium.
2. Add bacon to the skillet and fry for about 8 minutes, turning half way through. Remove and place bacon on a paper towel to rest.
3. Save some of your bacon grease for other recipes but leave at least 1 tbsp in the pan for cooking the eggs.
4. Crack eggs into the pan and reduce heat to medium low.
5. Fry eggs without flipping until the white is cooked through and the yolk is still runny. About 4 minutes.
6. Plate bacon and eggs, serve and enjoy.

Nutritional Info

- Net carbs 1.5
- Total carbs 1.5
- Fiber 0
- Fat 22g
- Protein 23
- Calories 305

Servings 2





Ham Steak and Eggs

Ham steak is different from the lunch meat style ham. Ham steak is not processed and chars nicely in the cast iron skillet.

Ingredients

- 2 eggs
- 5 oz thick cut butchers ham
- ½ tsp bacon grease
- Salt and pepper to taste

Preparation

1. Heat skillet to medium high heat.
2. Place ham steak into the pan and char on both sides, about 1-2 minutes per side. Remove and place on plate.
3. Reduce heat to medium and add bacon grease. Crack eggs into the pan and fry until eggs are just firm enough to flip. Flip eggs and cook to your desired temperature. 2 minutes per side for medium.
4. Plate with ham steak and serve.

Nutritional Info

- Net carbs 1g
- Total carbs 1g
- Fiber 0g
- Fat 26g
- Protein 45g
- Calories 427

Servings 1



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RECIPES
Lunch



Sardine Patties

These salty, savory sardine patties are so tasty and filling for lunch or even for a snack if you'd like to make a batch to freeze. The pork rinds add the perfect crunch and cooking them in bacon grease adds fantastic flavor as well.

Ingredients

1. 2 oz tin sardines
2. ½ oz plain crushed pork rinds
3. 2 egg yolks
4. 1 tbsp tallow
5. 1/8 tsp seafood seasoning
6. 1/16 tsp mustard powder
7. 1/8 tsp dried dill



Preparation

1. Use food processor to lightly crush pork rinds into small crumbles. Remove and place in a small bowl.
2. Add sardines to food processor and pulse a few times until lightly crushed and mold-able. Remove and place into the bowl with the crushed pork rinds.
3. Add 2 egg yolks and dry seasoning to the bowl. Mix all ingredients together with a fork or spoon.
4. Heat skillet to medium heat and add bacon grease.
5. Form 2 patties from the sardine mixture and place into the skillet. Cook 3-4 minutes per side until well browned.
6. Plate and allow to rest 2 minutes then enjoy.

Nutritional Info

- Net carbs 1
- Total carbs 1g
- Fiber 0g
- Fat 34g
- Protein 28g
- Calories 433

Servings 1





Bacon Wrapped Chicken Tenders

Feel free to use turkey bacon in this recipe if you'd like, the flavor is still wonderful. We love the crunch pork bacon adds to the chicken breast and of course, the left over bacon grease is always a plus.

Ingredients

- 1.5 tsp kosher salt
- Pinch of cayenne pepper
- 1 tsp paprika
- 1 teaspoon oregano
- 1 teaspoon thyme
- 2 pounds chicken breast tenders about 16 pieces
- 16 slices no sugar bacon



Preparation

1. Preheat oven to 425.
2. Line 2 rimmed baking sheets with aluminum foil and place a wire rack on top.
3. Mix all dry spices together. Sprinkle spice mixture over chicken coating all sides.
4. Wrap each chicken tender with 1 piece of bacon and place them on the wire rack with a little room between each one.
5. Place pan into the oven and bake for 35 minutes until bacon is crispy. If bacon isn't crispy place the pan under the broiler for 1-2 minutes.
6. Remove from oven and allow to rest for 3-5 minutes.
7. Serve and enjoy.

Nutritional Info

- Net carbs 1g
- Total carbs 1g
- Fiber 0
- Fat 21g
- Protein 81g
- Calories 567

Servings 4





Crispy Curry Chicken Wings

When you bite into these crispy, spicy wings, you definitely won't miss the sauce. The spices combine with the chicken skin to form an amazing crunch that your family won't be able to get enough of.

Ingredients

- 3 lb chicken wings (wings and drums)
- 3 tbsp curry powder
- ¼ tsp chili powder
- ½ tsp baking powder
- ½ tsp cayenne pepper
- ¼ tsp kosher salt



Preparation

1. Preheat oven to 300° F.
2. Place one oven rack on the highest rung inside the oven and one rack on the lowest rung.
3. Rinse and pat chicken dry and place in a large mixing bowl.
4. Now mix together all dry spices in a separate smaller bowl.
5. Slowly sprinkle seasoning blend over chicken wings while tossing with your hands until evenly coated.
6. Place a wire rack on top of a rimmed baking sheet or casserole dish.
7. Arrange chicken wings on top of the wire rack and place pan on the lowest shelf in the oven. Bake for 30 minutes.
8. Then remove pan and place it on the top rack inside the oven. Increase temperature to 425°. Continue baking for another 20-30 minutes until the internal temperature of the chicken is 165° and remove.
9. Allow to rest 3-5 minutes and serve.

Nutritional Info

- Net carbs 0g
- Total carbs 0g
- Fiber 0g
- Fat 10g
- Protein 70g
- Calories 392

Servings 3





Prosciutto Wrapped Salmon Skewers

The reason we use prosciutto instead of bacon with these skewers is because bacon needs much longer to cook than salmon does. The prosciutto will be crisp and tasty when the salmon is done. Feel free to use metal skewers instead of wood if you have them.

Ingredients

- Wooden grilling skewers (metal works as well)
- 1 lb salmon fillets. 4 thick, narrow fillets cut into 1-inch wide, long strips. 8 strips in total
- 8 slices prosciutto
- Cracked black pepper to taste (optional)



Preparation

1. If using wooden skewers, soak them in water for 10 minutes to prevent burning in the oven.
2. Preheat oven to 425°.
3. Top a parchment lined, rimmed baking sheet with a wire rack.
4. Cut your salmon fillets into 8 strips. They should be about 1 inch wide. If using 1 large thin piece of salmon, slice it into 4 equal pieces, then cut those pieces in half.
5. Thread each piece of salmon onto a skewer.
6. Wrap each salmon skewer with one piece of prosciutto.
7. Place skewers onto the wire rack.
8. Bake skewers in the middle rack of the oven for 10-12 minutes until prosciutto is crispy and salmon is cooked through.
9. Serve and enjoy.

Nutritional Info

- Net carbs 0g
- Total carbs 0g
- Fiber 0g
- Fat 31g
- Protein 58g
- Calories 532

Servings 2





Bacon Wrapped Shrimp

These are amazing for a filling lunch, snack or as hors d'oeuvres at a party. They are little, bite sized pieces of heaven. You may want to make extra for a quick bite to grab throughout the day.

Ingredients

- 10 strips sugar free bacon
- 20 washed fresh shrimp
- 20 tooth picks
- 1 tsp kosher salt
- ½ tsp cracked black pepper



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Preparation

1. Heat skillet to medium heat.
2. Preheat oven to 400° F
3. Add bacon and fry until nearly done and able to wrap around shrimp easily. (about 3 minutes per side) Slice bacon in half and set aside on a paper towel.
4. Wash shrimp and pat them dry with a paper towel. Sprinkle shrimp with salt and pepper and hand toss to season evenly.
5. Wrap each shrimp in ½ piece of bacon and secure with a tooth pick.
6. Line a baking sheet with parchment paper and arrange shrimp with a small bit of space between each one.
7. Bake for 6-8 minutes until shrimp is cooked through and bacon is firm.
8. Remove and serve.

Nutritional Info

- Net carbs 1g
- Total carbs 1g
- Fiber 0g
- Fat 14g
- Protein 25g
- Calories 236

Servings 2





Egg Salad

Peeling hard boiled eggs can be very frustrating. The method of using vinegar to break the egg shells, explained below, makes it easy. When the egg shells crack against the ice and the pot, the vinegar loosens the egg shell from the egg inside.

Ingredients

- 8 large eggs
- 2 tbsp homemade mustard
- ½ tsp kosher salt
- 2 tsp bacon mayonnaise
- ¼ tsp paprika
- 2 tbsp white vinegar



Preparation

1. Place eggs in a medium saucepan and cover with cold water. Leave at least an inch of room from the lip of the pot.
2. Bring water to a boil and remove from heat.
3. Cover the saucepan immediately.
4. Allow eggs to cook in the hot water for 13 minutes.
5. Drain hot water from saucepan, cover with cold water and add 6 ice cubes. Allow to cool for 10 minutes then drain water.
6. Place 6 more ice cubes into the saucepan with 2 tbsp white vinegar.
7. Replace lid and shake the saucepan gently back and forth to crack the egg shells. Peel eggs, rinse and set aside.
8. Chop eggs roughly and place into a mixing bowl.
9. Add mustard, salt, mayonnaise and paprika. Smash yolks with a fork and mix all ingredients well.
10. Serve alone or with pork rinds for dipping.

Nutritional Info

- Net carbs 2g
- Total carbs 2g
- Fiber 0g
- Fat 25g
- Protein 25g
- Calories 348

Servings 2





Roasted Bone Marrow

If you've never tried bone marrow, you're in for a treat. This dish is easy to prepare and has few ingredients. The bone marrow is tasty on its own and if you'd like a little crunch, spread onto pork rinds.

Ingredients

- 2 beef femur bones halved lengthwise
- Fine pink Himalayan sea salt to taste
- 1 cup plain pork rinds (optional)

Instructions

1. Preheat oven to 450° F.
2. Line a large baking sheet with parchment paper.
3. Place beef bones on baking sheet cut side up.
4. Bake 15 to 30 minutes until marrow rises slightly and some marrow drips out when the middle is punctured.
5. Sprinkle with salt to taste and serve immediately.

Nutritional Info

- Net carbs 0g
- Total carbs 0g
- Fiber 0g
- Fat 71g
- Protein 6g
- Calories 688

Servings 1



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Chicken Salad

This chicken salad is a little different than what you're used to. Traditionally, there would be plenty of mayonnaise to dress the chicken. Since we are using bacon mayo, we use a bit less because the flavor goes a long way. Our home made yellow mustard adds a nice bright kick to the smoky flavor of the dish as well.

Ingredients

- 1 lb boneless, skinless chicken breast
- 2 boiled egg whites
- 1 tbsp bacon grease, tallow or lard
- 1 tsp large grain sea salt
- 1 tsp homemade mustard
- ¼ cup bacon mayonnaise
- 1 cup plain pork rinds (optional)



Preparation

1. Heat a cast iron or heavy bottom skillet to medium high heat.
2. Add bacon grease, tallow or lard to the pan and melt.
3. Season chicken with salt and add to the pan and cover.
4. Cook 5 minutes per side until internal temperature reads 165° F.
5. Chop chicken into bite sized pieces and place into a large mixing bowl.
6. Slice boiled eggs in half, remove yolk, roughly chop egg whites and add to chicken.
7. Add mayonnaise and mustard, mix well and serve with pork rinds for dipping (optional).

Nutritional Info

- Net carbs 0g
- Total carbs 0g
- Fiber 0g
- Fat 24g
- Protein 49g
- Calories 427

Servings 3





Meatball Soup

These meat balls can be eaten on their own and they are amazing for freezing and using later. However, the broth really makes this into a whole meal. Perfect for cold afternoons or a filling dinner.

Ingredients

- 1 lb ground beef or pork
- 4 cups bone broth
- 1 egg
- 2 tsp kosher salt
- ½ tsp cracked black pepper



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Preparation

1. Combine meat, 1 tsp salt, pepper and 1 cracked egg into a mixing bowl with your hands.
2. Preheat oven to broil.
3. Form meat mixture into round balls about the diameter of a silver dollar.
4. Line a baking sheet with parchment paper and line meatballs onto the pan in a grid making sure they aren't touching.
5. Place pan on the second rung down from the top. Broil meatballs for 5 minutes.
6. Move pan to the middle rack and reduce heat to 350° F. Bake for another 20-25 minutes.
7. Heat broth on the stove top on medium heat while meatballs are cooking, add 1 tsp of salt.
8. Remove and check one meatball by cutting it in half. If there is still a small bit of pink, that's OK as they will continue to cook in the broth. If not done, place back in the oven and cook another 5 minutes.
9. Remove from oven and divide bone broth into 3 bowls. Divide meatballs between the 3 bowls, serve and enjoy.

Nutritional Info

- Net carbs 1g
- Total carbs 1g
- Fiber 0g
- Fat 38g
- Protein 50g
- Calories 550

Servings 3





Pork Fried Steak Nuggets

This dish is similar to chicken fried steak. The pork rinds add an amazing crunch to the tender steak. We think these are even better than traditional chicken fried steak.

The more tender the cut of steak used for this recipe, the better. You want to be able to easily bite into these savory nuggets. Beef tender loin is the best cut for this recipe but feel free to use any cut you like.

Ingredients

- 1 lb of beef tenderloin or steak cut of your choice
- 2 cups crushed pork rinds
- ½ tsp kosher salt
- ½ tsp cracked black pepper
- 1 beaten egg
- 2 tbsp bacon grease



Preparation

1. Slice steak into 1 inch wide, 2 inch long pieces.
2. Whisk egg for dredging.
3. Pulse pork rinds in food processor until you have a fine, bread crumb consistency. Place them in a bowl big enough to dredge your steak pieces.
4. Mix salt and pepper into pork rinds with a fork.
5. Heat a cast iron or heavy bottom skillet to medium high heat and add bacon grease.
6. Dip each piece of steak into the egg, then into the pork rind mixture. Carefully place steak into the pan.
7. Fry for 1-2 minutes per side for medium temperature. More or less time to your desired doneness.
8. Remove and place on a wire rack to rest for 3 minutes.
9. Serve and enjoy.

Nutritional Info

- Net carbs 0g
- Total carbs 0g
- Fiber 0g
- Fat 36g
- Protein 41g
- Calories 505

Servings 4





Seared Sea Scallops

Scallops are easy to prepare and are a decadent, light treat. Sometimes you will see scallops labeled as wet or dry. If the scallops at the meat counter in your super market aren't labeled as wet or dry, I'm sure the person working the butcher counter will be able to tell you. Wet scallops have been treated with a chemical additive so that they can absorb more water. Dry scallops have not been treated. It's best to choose dry scallops.

Ingredients

- 12 large, fresh scallops (dry scallops)
- 1 tbsp seafood seasoning blend
- 1 tbsp bacon grease



Preparation

1. Heat a cast iron or heavy bottom pan to medium high heat and add bacon grease.
2. Pat scallops dry with a paper towel and season both sides with seafood seasoning.
3. Place them in the pan with about ½ inch of space between each one.
4. Cook for about 2 minutes per side.
5. Serve and enjoy.

Nutritional Info

- Net carbs 4g
- Total carbs 4g
- Fiber 0g
- Fat 7g
- Protein 18g
- Calories 158

Servings 2



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Carnivore Taco Salad

Well ... not exactly a salad, but you'll enjoy all of the zesty south west flavor and crunch from the pork rinds.

Ingredients

- 1 lb ground beef
- 2 cups plain pork rinds
- 3 hard boiled eggs
- 1 tbsp water
- 1 tsp chili powder
- ½ tsp cumin
- ½ tsp kosher salt
- ¼ tsp cayenne pepper



Instructions

1. Heat skillet to medium high heat.
2. Add ground beef. Stir and break apart until cooked through.
3. Drain fat, add 1 tbsp water and return to stove top, reduce heat to medium.
4. Add all dry spices to beef and combine well. Allow to cook stirring constantly for 1 minute.
5. Separate beef into 3 bowls.
6. Roughly chop egg and add one each to bowls.
7. Roughly break apart pork rinds and divide evenly between bowls.
8. Serve and enjoy.

Nutritional Info

- Net carbs 0.6
- Total carbs 0.6
- Fiber 0g
- Fat 28g
- Protein 59g
- Calories 517

Servings 3





Air Fryer Perfect Ribeye

The air fryer is amazing for cooking meat quickly. Surprisingly there isn't any flavor lost! This recipe is quick, easy and quite tasty.

Ingredients

- 1 lb frozen ribeye steak, 2 cuts
- 1 tsp kosher salt
- ½ tsp cracked black pepper

Preparation

1. Preheat air fryer to 400° F.
2. Sprinkle steaks with salt and pepper.
3. Place steaks inside air fryer and close.
4. Cook for 18 minutes, flipping half way through.
5. Remove, serve and enjoy.

Nutritional Info

- Net carbs 0g
- Total carbs 0g
- Fiber 0g
- Fat 34g
- Protein 60g
- Calories 567

Servings 2



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Fried Catfish

Ingredients

- 1 lb catfish fillets
- 8 oz crushed plain pork rinds
- 2 beaten eggs
- ½ tsp paprika
- 1 tsp kosher salt
- ½ tsp black pepper
- 1 tsp dried parsley
- 2 tbsp bacon grease



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Preparation

1. Pulse pork rinds in the food processor until they resemble bread crumbs.
2. Add all dry spices to the pork rinds and mix well with a fork.
3. Whip eggs for dredging.
4. Heat cast iron or heavy bottom skillet to medium high heat and add bacon grease.
5. Pat fish fillets dry with a paper towel.
6. Dip fillet into the egg, coating on both sides. Press fillet into the pork rind mixture, coating on both sides. Place coated fillet into the hot pan.
7. Fry on each side for 4 minutes or until the coating is well browned.
8. Serve and enjoy.

Nutritional Info

- Net carbs 0.25g
- Total carbs 0.25g
- Fiber 0g
- Fat 28g
- Protein 58g
- Calories 510

Servings 4





Beef Liver and Bacon

Beef liver is packed with nutrients. It is high in vitamin A, folic acid, iron and zinc. Of all the organ meats, liver is most beneficial to your health.

Ingredients

- $\frac{3}{4}$ lb calf or veal liver
- $\frac{1}{2}$ lb sliced bacon
- $\frac{3}{4}$ tsp kosher salt
- $\frac{1}{4}$ tsp pepper
- $\frac{1}{4}$ tsp paprika
- 1 tsp dried parsley





Preparation

1. Heat cast iron or heavy bottom skillet to medium heat.
2. Add bacon and fry until cooked through but not crispy. About 8 minutes.
3. Use remaining bacon fat in skillet to cook liver.
4. Combine all dry spices and sprinkle evenly over liver.
5. Place liver in skillet and cook for 4 minutes, turning half way through.
6. Serve with bacon slices on top and a sprinkle of parsley.

Nutritional Info

- Net carbs 1.3g
- Total carbs 1.3g
- Fiber 0g
- Fat 34g
- Protein 48g
- Calories 519

Servings 3



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Fried Bacon & Egg Smash Burger

Depending upon how hungry you are, this dish can serve 2-4 people. The bacon adds amazing flavor, while the egg yolk is like a creamy sauce. This meal is great for any time of the day.

Ingredients

- 1 lb ground beef
- ½ lb bacon sliced
- 4 eggs
- 1 tsp kosher salt
- 1 tsp cracked black pepper

Preparation

1. Heat cast iron or heavy bottom skillet to medium heat.
2. Add bacon to the skillet and fry until crispy 8-10 minutes, turning half way through. Remove and place bacon on paper towels to rest. Save the bacon grease.



3. Add salt and pepper to ground beef and mix well with hands. Form 4 patties from the hamburger meat.
4. Increase heat on stove eye to medium high.
5. Place hamburgers into the skillet and cover for 1 minute. Uncover and smash them down with a spatula to form a crust and cover. Cook for 1 additional minute, uncover and flip. Cover and cook for 1 more minute, uncover and smash patty, cover and cook for 1 more minute for medium.
6. Remove hamburgers, set aside and drain hamburger grease.
7. Lower stove eye to medium and add bacon grease.
8. Crack eggs into skillet and cook on medium or medium low depending on your stove. You want the whites to cook through without burning the bottom of the egg while leaving the yolk runny. About 3-4 minutes.
9. Plate hamburgers, divide bacon on top of each burger and add 1 fried egg on top of each.
10. Serve and enjoy.

Nutritional Info

- Net carbs 1.5g
- Total carbs 1.5g
- Fiber 0g
- Fat 37g
- Protein 55g
- Calories 585

Servings 4





Steak Tartare

It is best to use only the highest quality USDA prime beef in this dish since it is served completely raw. Anchovies add a wonderful, salty kick and it all comes together with creamy egg yolk.

Ingredients

- Good quality USDA 10 oz prime beef tenderloin, diced small (refrigerate until ready for use)
- 3 medium oil packed anchovy fillets, rinsed and minced
- 2 large egg yolks
- 3 tsp homemade mustard
- 3 dashes hot sauce
- $\frac{3}{4}$ tsp crushed chili flakes
- 1 tsp large ground pink Himalayan sea salt
- $\frac{1}{2}$ tsp cracked black pepper



Preparation

1. Combine anchovies and mustard in a bowl and mash to combine with the back of a spoon then mix in egg yolks.
2. Add all other ingredients to the diced beef along with the mustard mixture and fold to combine with a rubber spatula.
3. Form 2 round mounds from the meat mixture and press a small hole into the middle of the mound.
4. Place 1 egg yolk in the center of each mound.
5. Serve and enjoy with pork rinds for dipping (optional).

Nutritional Info

- Net carbs 0.5g
- Total carbs 0.5g
- Fiber 0g
- Fat 28g
- Protein 47g
- Calories 455

Servings 2





Tuna & Salmon Sashimi

The fish you use for sashimi should always be salt water fish. The reason for this is there are parasites in fresh water fish that cause problems when eaten raw. When eating raw fish, fresh, wild caught, high quality salt water fish is the best choice. The hira-zukuri cut is best for tuna and salmon because of the perfect bite sized width.

Ingredients

- ½ lb Hira-zukuri cut, skinned salmon
- ½ lb Hira-zukuri cut, skinned tuna
- 1 tsp seafood seasoning (optional)





Preparation

1. Make sure your fish is already skinned. You may need to remove the salmon skin. Using a very sharp knife, turn the skin side up on your cutting board. Slice only the skin from the fillet starting from the middle out. Slice off one half of the salmon skin, then the other.
2. When slicing your sashimi pieces, cut against the grain horizontally. Cut $\frac{1}{2}$ inch thick, short pieces.
3. Plate your sashimi and if using, sprinkle on some seafood seasoning.
4. Serve and enjoy.

Nutritional Info

- Net carbs 0g
- Total carbs 0g
- Fiber 0g
- Fat 15g
- Protein 53g
- Calories 357

Servings 2



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Baked Oysters on the Half Shell

Raw oysters taste fresh and amazing but this baked oyster recipe is the best we've tried. There is rice on our ingredients list but not to worry, it's only used to hold the oyster shells steady.

Ingredients

- $\frac{3}{4}$ cup crushed plain pork rinds
- 1 dozen fresh oysters in the shell
- 3 tbsp herb bacon butter
- 1 tsp paprika
- Tobacco hot sauce to taste (optional)
- 1 tsp dried parsley
- 1-2 cups uncooked rice (not for eating)



Preparation

1. Preheat oven to 425° F.
2. Line a rimmed baking sheet with aluminum foil.
3. Shuck oysters. Hold oyster with a towel, flat side up. Using a small oyster knife or butter knife, insert knife into the shell and twist then slide side to side. The shell will pop open. Preserve the liquid inside, don't let it spill out.
4. Heat a skillet to medium and add 2 tbsp bacon grease. Sprinkle crushed pork rinds into the pan and toss with a spatula constantly until lightly browned.
5. Sprinkle rice onto prepared baking sheet to help oysters stay upright. Arrange oysters in the baking sheet.
6. Top each oyster with a tiny bit of herb bacon butter (you may not use the whole tbsp of leftover bacon herb butter) then sprinkle pork rinds on top.
7. Sprinkle paprika lightly over oysters.
8. Place oysters in the oven. Bake for 8-10 minutes until the topping is golden brown.
9. Sprinkle with parsley.
10. Serve with hot sauce (optional) and enjoy.

Nutritional Info

- Net carbs 2.5g
- Total carbs 2.5g
- Fiber 0g
- Fat 38g
- Protein 40g
- Calories 527

Servings 2





RECIPES
Dinner



Beef Ribs

These beef ribs are cooked low and slow in the oven to crispy perfection. The dry rub seasoning blend crisps up nicely, leaving the meat inside tender and juicy.

Ingredients

- 2.5 lb beef spare ribs
- 1 tbsp kosher salt
- 1 tsp cumin
- 1 tsp chili powder
- 1 tsp smoked paprika
- Large freezer bag



Preparation

1. Mix together all dry spices.
2. Cover each rib liberally with the dry rub mixture.
3. Place all ribs into a covered dish or sealable bag and allow to marinade on the counter for 1-2 hours.
4. Preheat oven to 250° F.
5. On a large baking sheet lay out a piece of aluminum foil and place ribs on top without stacking them. Top with another piece of foil and crimp all sides to form a secure package.
6. Place baking sheet on the middle rack in the oven. Bake for 3.5 hours.
7. Remove from the oven and remove the top sheet of foil.
8. Set oven to broil and replace baking sheet into the oven on the middle rack. Broil ribs, watching closely for 3-5 minutes until ribs are crispy on top.
9. Remove from oven and allow to rest for 3-5 minutes.
10. Serve and enjoy.

Nutritional Info

- Net carbs 1g
- Total carbs 0.8g
- Fiber 1g
- Fat 48g
- Protein 43g
- Calories 546

Servings 5





Southern Fried Chicken

Dark meat chicken on the bone like the thigh is perfect for pan frying. Bacon grease is our favorite for frying chicken but feel free to use a mix of tallow. If you don't have a food processor to pulverize the pork rinds, crushing them in a plastic bag works just as well. The pork rinds add that amazing crunch we all love about fried chicken.

Ingredients

- 6 chicken thighs
- 1 3.75 oz bag of plain pork rinds
- 3 eggs
- ¼ tsp paprika
- Dash of cayenne pepper
- ½ tsp kosher salt
- ¼ tsp black pepper
- Bacon grease or tallow for frying



Preparation

1. Pulse pork rinds in food processor until finely ground and pour into a bowl big enough to dredge the chicken thighs.
2. Add all dry spices to the ground pork rinds and mix well. If you'd like your chicken be mild, skip all spices other than salt and pepper.
3. Rinse and pat chicken dry.
4. Crack eggs in a large bowl and whisk to combine. Place all chicken thighs into the egg wash and coat all pieces.
5. In a cast iron or heavy bottom skillet, melt 1 part bacon grease and one part tallow. You'll want about a half inch depth of frying grease.
6. Heat the frying grease to medium high heat at about 375° F.
7. Press one chicken thigh at a time into the pork rind mixture coating all sides and place gently into the skillet.
8. Allow chicken thighs to cook for 7-8 minutes per side.
9. Remove chicken from pan in the order you put them in and place on a wire drying rack or paper towel to rest for 5 minutes.
10. Serve and enjoy.

Nutritional Info

- Net carbs 0.3g
- Total carbs 0.3g
- Fiber 0g
- Fat 34g
- Protein 40g
- Calories 481

Servings 6





Slow Cooker Pot Roast

Smelling the tender pot roast slow cooking all day will have your mouth watering. It is a perfect dinner for the whole family. Make sure your slow cooker is at its low setting. The low temperature and long cook time are what binds the flavors of the spices and makes the meat tender. The macros for this recipe are for a 4 lb cut.

Ingredients

- 3-5 lb chuck roast or bottom round
- 1 tbsp tallow
- 1 tbsp salt
- 1 tbsp cracked black pepper
- 1 tbsp dried thyme
- 1 tbsp dried parsley



Preparation

1. Set slow cooker to low.
2. Season roast on all sides with dry spices and press them into the meat.
3. Heat a cast iron or heavy bottom skillet to medium high heat and add 1 tbsp tallow.
4. Place roast in the pan and sear about 1 ½ minutes per side to form a nice crust.
5. Move roast to slow cooker and cover with no added liquid.
6. Cook on low for 6-8 hours without lifting the lid.
7. After 6-8 hours uncover and test tenderness of the meat. Separate with 2 forks inside the slow cooker or remove and slice on a cutting board.
8. Serve and enjoy.

Nutritional Info

- Net carbs 0.08g
- Total carbs 0.3g
- Fiber 0.1g
- Fat 39g
- Protein 35g
- Calories 510

Servings 12





Bacon Wrapped Meat Loaf

Ingredients

- 2 lb ground beef
- 2 eggs
- 6 thin strips of bacon
- 1 tsp dried oregano
- 1 tsp chili powder
- 1 ½ tsp kosher salt
- 1 tsp cracked black pepper



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Preparation

1. Preheat oven to 400° F.
2. Line a large baking dish with a piece of parchment paper.
3. In a large bowl add ground beef, eggs and dry spices. Mix well with your hands.
4. Place beef into the lined casserole dish and form into a tight loaf.
5. Lay bacon strips across the meatloaf and tuck the ends underneath.
6. Place meatloaf into the oven uncovered and cook for about an hour. If bacon is cooking too fast, cover the dish.
7. Remove from oven and allow to rest 5 minutes before slicing and serving.

Nutritional Info

- Net carbs 0.75g
- Total carbs 1.5g
- Fiber 0.5g
- Fat 32g
- Protein 68g
- Calories 584

Servings 4





Crock Pot Pulled Pork

The reason we choose a bone cut of pork shoulder is because of the extra flavor the bone slowly adds to the meat while cooking. It helps keep the meat moist as well. This recipe is made using a 4 lb cut.

Ingredients

- 3-4 lb pork shoulder, bone in
- 2 tsp chili powder
- 2 tsp smoked paprika
- 2 tsp cumin
- 2 tsp kosher salt



Instructions

1. Mix all dry spices together in a small bowl.
2. Rub spice mixture onto all sides of the pork shoulder.
3. Heat a large pot to medium high on the stove top and add 1 tbsp tallow or bacon grease.
4. Place pork shoulder into the pot and brown on all sides, about 3-4 minutes per side.
5. Set slow cooker to low, place pork shoulder inside and cook for 8 hours without opening the lid.
6. After 8 hours lift the lid and shred pork with 2 forks mixing the shredded meat in with the juices in the slow cooker. Remove bone.
7. Serve and enjoy.

Nutritional Info

- Net carbs 0.3g
- Total carbs 0.7g
- Fiber 0.4g
- Fat 32g
- Protein 58g
- Calories 528

Servings 10





Stove Top Lamb Chops

These lamb chops need very little seasoning because of their savory, deep built in flavor. There's no need to use extra fat, the fatty edge of the chop provides all the cooking grease you'll need.

Ingredients

- 4 thick bone in lamb chops (about $\frac{3}{4}$ lb each including bone)
- 1 tbsp kosher salt
- 1 tsp dried thyme
- $\frac{1}{2}$ tsp rosemary



Preparation

1. Remove lamb chops from the refrigerator 30 minutes before cooking.
2. Mix all dry spices together and sprinkle onto both sides of each chop.
3. Heat a cast iron skillet to medium high heat.
4. Place the narrow fatty outside edge of each chop down onto the dry heated skillet to crisp the fat, about 5 minutes. You'll need to hold them in place on their side.
5. Then lay chops down onto their flat side in the rendered fat and cook each side for 3 minutes.
6. Serve and enjoy.

Nutritional Info

- Net carbs 0g
- Total carbs 0g
- Fiber 0g
- Fat 21g
- Protein 88g
- Calories 552

Servings 4





Seared & Oven Baked Swordfish

Ingredients

- 1 lb thick swordfish fillet cut into 2 or 4 pieces
- 2 tbsp tallow or bacon grease
- 1/8 tsp dried basil
- 1/8 tsp dried mint
- 1/8 tsp dried dill
- 1/2 tsp kosher salt

Preparation

1. Preheat oven to 425° F.
2. Heat bacon grease to medium high heat in a cast iron skillet or oven safe pan.
3. Season swordfish with all dry spices and place into the pan and sear for 3-4 minutes on one side.
4. Flip fish and transfer pan to the oven and bake for 10 minutes.
5. Remove from oven and serve immediately.

Nutritional Info

- Net carbs 0g
- Total carbs 0g
- Fiber 0g
- Fat 31g
- Protein 53g
- Calories 506

Servings 2



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Broiled Lobster Tails

Lobster tails are a real treat. You will often be able to buy your lobster tails already opened. If not, it's quite easy to cut them open yourself and expose the meat. Lobster meat is sweet and tender and the bacon herb butter adds a nice smoky flavor.

Ingredients

- 4 medium sized, fresh or thawed, opened lobster tails, About 2 lb total including shell
- ½ tsp kosher salt
- ¼ tsp dried parsley
- ½ tsp paprika
- Kosher salt to taste
- ½ tsp white pepper
- 1 tsp melted bacon herb butter



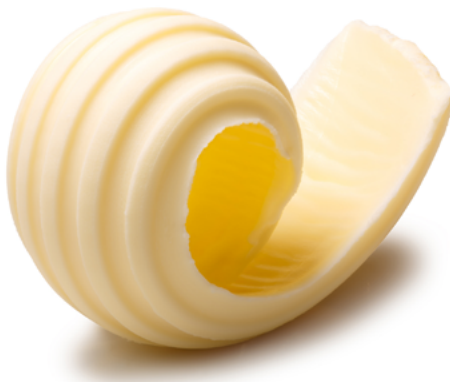
Preparation

1. Thaw lobster tails if using frozen. If using fresh lobster tails, remove from the refrigerator 10 minutes before cooking.
2. If your lobster tail isn't already butterflied, cut down the top middle with a pair of kitchen shears to expose the meat. Pull the shell down and outward.
3. Preheat oven to broil at 500°F-525°F.
4. Line a baking sheet with parchment paper and place lobster tails on the pan.
5. Mix all dry spices together and sprinkle them onto the exposed lobster meat. You may not need all of the seasoning.
6. Drizzle a little bacon herb butter over the lobster meat.
7. Place the pan in the middle rack and broil for 8-10 minutes until the meat is white and has an internal temperature of 140° F.
8. Serve immediately and enjoy.

Nutritional Info

- Net carbs 2g
- Total carbs 2g
- Fiber 0g
- Fat 4g
- Protein 93
- Calories 446

Servings 2





Crispy Duck Breast

Duck breast is a fantastic cut of red meat. The flavor and texture closely resemble steak. The best part is the layer of fat on one side of the breast. The fat layer is seared and crisps up like a layer of duck bacon. It's absolutely delicious.

Duck fat keeps for 6 months in the fridge.

Ingredients

- 1 lb duck breast
- ½ tsp kosher salt
- ¼ tsp cracked black pepper



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Preparation

1. Preheat oven to 400° F.
2. Score the fatty side of the duck breast into a checker board pattern. 4 slices lengthwise and 4 slices cross wise. Make sure to only score the fat and not the duck muscle.
3. Season the breast with the salt and pepper on both sides.
4. Heat cast iron skillet or oven safe skillet to medium heat.
5. Place duck breast into the heated pan with the fatty side down and cook for 12-15 minutes to crisp the fat. Then flip the breast over to brown the other side for 1 minute.
6. Flip the duck back over to fatty side down and place pan in the oven. Cook in the oven for 6 minutes.
7. Remove and allow to rest 10 minutes before serving.

Nutritional Info

- Net carbs 0g
- Total carbs 0g
- Fiber 0g
- Fat 7g
- Protein 102g
- Calories 500

Servings 2





Prime Rib Roast

To calculate your cooking time, allow for 5 minutes per pound of beef. For example, if you have an 8 lb cut of prime rib, you'll cook it initially for 40 minutes. Sense this is a large cut of meat, making sure the temperature is even before cooking is important. Be sure to remove your roast 4 hours prior to cooking.

Ingredients

- 4 lb cut of prime rib roast
- 2 tbsp beef tallow melted
- 1 tbsp cracked black pepper
- 1 tbsp dried thyme
- 1 tbsp dried rosemary
- 2 tbsp kosher salt



Instructions

1. Remove prime rib from the fridge 4 hours prior to cooking.
2. Preheat your oven to 500° F.
3. Mix all dry spices in a small bowl.
4. Rub the entire outside of your roast with the beef tallow then liberally season the roast on all sides with your seasoning blend and allow to rest for 10 minutes.
5. Set your initial cooking time with the 5 minute per pound rule. 20 minutes for this 4 lb roast.
6. After 20 minutes turn off your oven but DO NOT OPEN the oven door.
7. Allow prime rib to remain in the oven for 2 hours after you have turned the heat off.
8. For medium rare, the internal temperature should be 135° F when read with a meat thermometer, medium should be 150° F.
9. When at your desired temperature, remove from oven and let rest for 10 minutes before slicing.
10. Serve and enjoy.

Nutritional Info

- Net carbs 0.3g
- Total carbs 0.75g
- Fiber 0.4g
- Fat 48g
- Protein 34g
- Calories 574

Servings 12





Whole Roasted Turkey

Bacon grease adds so much flavor to this recipe and crisps the skin of the roasted turkey perfectly. Remember to thoroughly thaw your turkey. You'll need 24 hours for thaw time for every 5 lb of turkey. Allow turkey to rest on the counter for another hour to bring it to room temperature. During this time, you can prep your herb bacon grease. This recipe does include fresh herbs but they will be removed after cooking. This recipe is for an 8 lb turkey.

Ingredients

- 8-12 lb whole turkey
- 1/2 cup room temperature herb bacon butter
- 1 fresh small bundle of rosemary
- 1 fresh small bundle of thyme
- 1 fresh small bundle of sage

Preparation

1. Defrost turkey, place in cool water for 1 hour. Remove from water, pat dry, and rest on the counter 1 hour.
2. Remove the bag of giblets from the inner cavity and remove the turkey neck if it's not already removed.



3. Separate the skin from the turkey muscle. Using your hands, begin at the back of the bird and work hands under the skin. Using a careful fan motion work your way up toward the neck making room for the herb butter. Be careful not to puncture the skin.
4. Using the herb infused bacon grease, coat the turkey under the skin and on top of the skin of the entire bird.
5. Preheat oven to 400° F.
6. Tie all fresh herbs together with cooking twine and place inside the empty cavity of the turkey and tie legs together with cooking twine.
7. Place turkey into a high rimed broiling dish UPSIDE DOWN and place into the oven. Allow to cook for 45 minutes at this temperature.
8. Reduce heat to 325° F, remove turkey from oven and flip it over to right side up using rubber oven mitts. Cook for an additional 1.5 hours. If turkey is browning too much on top at any time, remove and cover with foil. Otherwise don't open the oven door.
9. Remove from oven when internal temperature has reached 155° F. Allow to rest on the counter for 30 minutes and remove herb. Slice and serve.

Nutritional Info

- Net carbs 0g
- Total carbs 0g
- Fiber 0g
- Fat 16g
- Protein 70g
- Calories 476

Servings 10



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Surf and Turf Skewers on the Grill

Ingredients

- 1 lb beef tenderloin or your choice steak
- 1 lb fresh medium sized shrimp, tail on
- 1 tsp melted bacon grease
- 1 tbsp kosher salt
- 1 tsp cracked black pepper
- 6-10 soaked wooden skewers



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Preparation

1. Soak skewers in water for 20 minutes.
2. Prepare your charcoal/gas grill.
3. Toss shrimp in bacon grease.
4. Slice steak into bite sized cubes.
5. Sprinkle all meat with the salt and pepper and toss to combine.
6. Thread shrimp and steak onto the same skewer if cooking steak medium rare. Use separate skewers if you like your steak at a higher temperature. Leave a small bit of space between each piece.
7. Place skewers on the grill and cook shrimp for about 3 minutes per side. Steak medium rare will take 3 minutes as well.
8. Serve and enjoy.

Nutritional Info

- Net carbs 0.25g
- Total carbs 0.25g
- Fiber 0g
- Fat 18g
- Protein 57g
- Calories 405

Servings 4





Chicken Bacon Kebobs

These bacon chicken skewers are perfect for the grill. The chicken is perfectly tender right when the bacon becomes crispy. These are perfect for a barbeque or a family gathering.

Ingredients

- 2 lb chicken breast cubed 1.5 inch
- 12 slices of bacon
- 6 soaked skewers
- 2 tsp kosher salt
- 1 tsp cracked black pepper
- 1 tsp dried oregano



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Preparation

1. Prepare your charcoal/gas grill.
2. Soak skewers in water for 30 minutes.
3. Slice bacon strips into lengths long enough to wrap around chicken pieces. Wrap each piece of chicken with a segment of bacon and pierce with the skewer. Repeat until all chicken is used.
4. Place on the grill and cook 4-5 minutes per side or until chicken is cooked through.
5. Plate and serve.

Nutritional Info

- Net carbs 0.25
- Total carbs 0.5g
- Fiber 0g
- Fat 18g
- Protein 78g
- Calories 504

Servings 4





Slow Cooker Ribs

The slow cooker is another way to cook tender, juicy ribs. Baby back ribs get a lot of hype but spare ribs are the better choice. They have more meat on the bone and are juicier after cooking.

Ingredients

- 1 rack pork spare ribs about 4 lb
- 1 tbsp bacon grease
- 1 tsp cracked black pepper
- ¼ tsp cayenne pepper
- 1 tbsp chili powder
- 1 tbsp kosher salt
- 1 tbsp paprika
- 1 tsp dried oregano



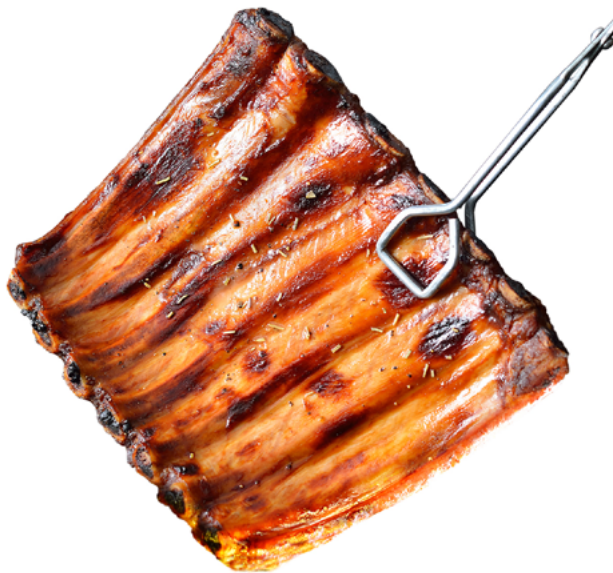
Preparation

1. Preheat oven to 300° F.
2. Mix together all dry spices.
3. Rub bacon grease onto the entire rack of ribs.
4. Pour the dry seasoning blend over the rack of ribs on both sides and rub the spices in evenly.
5. Line a baking sheet with aluminum foil and place ribs on baking sheet.
6. Place in the oven and bake for 2.5 hours until crispy on the outside.
7. Remove and allow to rest for 5 minutes before serving.

Nutritional Info

- Net carbs 0.25g
- Total carbs 1.25g
- Fiber 0.75g
- Fat 52g
- Protein 49g
- Calories 691

Servings 4





Dungeness Crab Legs

This recipe will work great with any type of crab but Dungeness is the absolute star of crab legs. King crab is widely available at restaurants but the meat is a bit more tough and less sweet. Dungeness is lesser known but available when asked for at the grocery store meat counter. Publix always has amazing deals on them. Feel free to sprinkle a little more of the seafood seasoning onto the shells once the crab legs are plated.

Ingredients

- 6 large Dungeness crab leg clusters
- Steam pot with a raised rack or insert
- 1 part water & 1 part white vinegar 2 inches high in the pot
- 2 tbsp seafood seasoning



Preparation

1. Pour 1 part water and 1 part vinegar into your steam pot. No less than 2 inches but below the rack or divider.
2. Bring liquid to a boil.
3. Place crabs onto the divider without overlapping. Sprinkle seasoning blend on top of crabs and cover pot.
4. Steam crab legs about 8-10 minutes. The shell will turn bright orange when they are done.
5. Drain water and serve.

Nutritional Info

- Net carbs 0g
- Total carbs 0g
- Fiber 0g
- Fat 6g
- Protein 120g
- Calories 480

Servings 2





Roasted Turkey Thighs

These are best at an internal temperature of 165° F. The skin will be nice and crispy while the meat is tender and juicy.

Ingredients

- 1 tbsp bacon grease
- 2 turkey thighs 1.5-2 lb
- ½ tsp kosher salt
- ½ tsp cracked black pepper
- 1 tbsp poultry seasoning



Preparation

1. Preheat oven to 400° F.
2. Rub thighs in bacon grease using ½ tbsp, the rest will go into the bottom of your baking dish.
3. Season turkey thighs with salt and pepper, then sprinkle poultry seasoning onto the all sides.
4. Grease the bottom of the pan with remaining bacon grease.
5. Place turkey skin side up into the roasting pan and into the oven.
6. Roast for 50 minutes to one hour and remove when internal temperature is 165° F.
7. Cover pan with foil to rest for 10 minutes before serving.
8. Enjoy.

Nutritional Info

- Net carbs 0g
- Total carbs 0g
- Fiber 0g
- Fat 24g
- Protein 54g
- Calories 450

Servings 3





Slow Cooker Beef Brisket

For this recipe we are using a 4 lb cut of brisket.

Ingredients

- Beef brisket 4-5 lb
- 2-3 cups bone broth
- 2 tbsp beef seasoning
- 2 tbsp beef bouillon
- 1 tsp mesquite liquid smoke
- ½ tsp bacon grease or tallow



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Preparation

1. Rub beef seasoning evenly over the entire brisket and allow to rest on the counter for at least 30 minutes or up to 24 hours in the fridge.
2. Preheat oven to 425° F.
3. Line a baking sheet with parchment paper.
4. Coat the bottom of slow cooker with a thin layer of bacon grease.
5. Place brisket on baking sheet and cook in the oven for 30 minutes to sear.
6. Add bone broth to the slow cooker and mix in beef bouillon and liquid smoke. Liquid should be at the level of ½ of the brisket. Turn slow cooker on low.
7. Remove brisket from oven and place into slow cooker.
8. Cook on low in slow cooker for 8-10 hours turning half way through cooking.
9. Remove from slow cooker after 8-10 hours and slice or separate meat with a fork.
10. Serve with a few tablespoons of the cooking broth.

Nutritional Info

- Net carbs 1g
- Total carbs 1g
- Fiber 0g
- Fat 30g
- Protein 94g
- Calories 549

Servings 6





Steak and Poached Egg

Poached eggs have a few more steps to prepare but they are worth it. It's amazing how different ways of cooking eggs can make them taste so different. You will have some wispy pieces of egg white. Don't worry, those can be discarded and leave you with a nice looking, delicate poached egg to top your steak with.

Ingredients

- 1 lb ribeye steak 1 or 2 cuts.
- 1 ¼ tsp kosher salt
- ½ tsp cracked black pepper
- 2 poached eggs
- 1 tbsp white vinegar
- 1 small ramekin



Preparation

1. Preheat cast iron skillet for 4-5 minutes or heavy bottom pan to medium high heat.
2. Fill a saucepan with a minimum of 4 inches of water and bring to a boil.
3. Season both steaks with salt and pepper. Reserve ¼ tsp salt for the skillet and sprinkle salt into the pan. Place steak in the skillet to cook for 2-3 minutes per side.
4. Add vinegar to the simmering water and reduce the heat to low.
5. Crack one egg at a time into the ramekin. Pour the raw egg carefully into the water. Repeat with the second egg. Allow to cook for 3 minutes. Use a slotted spoon to remove egg when done.
6. Plate steak and top with poached egg.

Nutritional Info

- Net carbs 0.5g
- Total carbs 0.5g
- Fiber 0g
- Fat 39g
- Protein 67g
- Calories 644

Servings 2





Sausages on the Grill

When grilling meat, it's best to use a medium to medium low temperature. That's easy to do on a propane grill but takes a bit of patience when using charcoal. Allow the flames to die down to where the coal is red and no longer blazing. This allows the meat to cook evenly throughout and not burn on the outside.

Ingredients

- 4 large pork sausages, chicken sausages or bratwurst
- 2 tbsp homemade mustard (optional)

Preparation

1. Prepare the grill. Heat grill to medium-low heat, between 300° F and 350° F.
2. Place sausages on the grill and close the lid. Turn sausages every 5 minutes to brown on all sides. Total cook time should be about 20 minutes.
3. Remove and allow to rest 3 minutes.
4. Serve and enjoy with mustard on the side if using.

Nutritional Info

- Net carbs 1g
- Total carbs 1g
- Fiber 0g
- Fat 41g
- Protein 16g
- Calories 460

Servings 2



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RECIPES

Sauces and Seasoning



Poultry Seasoning

Ingredients

- ½ tsp fine ground black pepper
- ½ tsp nutmeg
- ¾ tsp ground rosemary
- 1 tsp ground marjoram
- 1 ½ tsp ground thyme
- 2 tsp ground sage

Preparation

1. Mix all dry spices together and store in an air tight container.

Nutritional Info

- Serving size 1 tsp
- Net carbs 0.3g
- Total carbs 0.6g
- Fiber 0.3g
- Fat 0.1g
- Protein 0.1g
- Calories 3

Servings 6



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Herb Bacon “Butter”

Ingredients

- 1 cup bacon grease
- 1 tbsp dried rosemary
- 1 tbsp dried parsley
- 1 tbsp dried thyme

Preparation

1. Heat a saucepan to medium low.
2. Add bacon grease and melt. If grease begins to bubble reduce heat.
3. Add all dry herbs to the saucepan and stir to combine.
4. Cook for 3 minutes, stirring continuously.
5. Remove from heat and allow to become solid again.
6. Transfer to a container with a lid and store in the fridge for up to 3 months.

Nutritional Info

- Servings 48
- Net carbs 0g
- Total carbs 0g
- Fiber 0g
- Fat 4g
- Protein 0g
- Calories 29

Serving size 1 tsp





Seafood Seasoning Blend

Ingredients

- ½ tsp ground cinnamon
- ¾ tsp ground cardamom
- 1 tsp ground ginger
- 1 tsp ground all spice
- 1 tsp ground clove
- 1 ½ tsp paprika
- 1 ½ tsp ground bay leaves
- 1 ½ tsp ground black pepper
- 2 ½ tsp red pepper flakes (optional)
- 2 ½ tsp dried mustard powder
- 3 ½ tbsps ground celery seed
- 6 ½ tbsps kosher salt

Preparation

1. Mix all dry spices together well
2. Save in an air tight container

Nutritional Info

- Serving 40
- Net carbs 0.2g
- Total carbs 0.4g
- Fiber 0.2g
- Fat 0g
- Protein 0g
- Calories 2

Serving size 1 tsp



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Beef Seasoning and Dry Rub

Ingredients

- 2 tbsp beef bouillon
- 2 tbsp paprika
- 1 tbsp chili powder
- 2 tsp kosher salt
- 1 tsp ground chipotle powder
- 1 tsp black pepper
- ½ tsp dried thyme

Preparation

1. Mix all ingredients together well and store in an air tight container.

Nutritional Info

- Servings 1 tsp
- Net carbs 0.6g
- Total carbs 0g
- Fiber 0g
- Fat 0g
- Protein 0g
- Calories 3.2

Serving size 24





Bacon Mayo

Ingredients

- 2 large egg yolks
- 2 tsp apple cider vinegar
- 1 cup melted bacon grease
- Pinch of salt

Preparation

1. Add egg yolks and vinegar to a tall plastic cop or container. Use an immersion blender to combine.
2. While blending constantly, very slowly pour in the bacon grease. As you blend the mixture will begin to thicken.
3. Blend until the mixture is a thick, spreadable consistency.
4. Scoop mayo into a mason jar or sealable container. It can keep well in the fridge for up to a month.

Nutritional Info

- Net carbs 0g
- Total carbs 0g
- Fiber 0g
- Fat 4.4g
- Protein 0.1g
- Calories 40

Servings 48





Homemade Mustard

Mustard is almost completely carnivore friendly except for that pesky bit of garlic. This recipe has everything we love about mustard without the garlic and it tastes amazing.

Ingredients

- $\frac{3}{4}$ cup yellow dry mustard
- $\frac{3}{4}$ tsp kosher salt
- $\frac{1}{2}$ tsp ground turmeric
- $\frac{1}{8}$ tsp paprika
- $\frac{1}{2}$ cup white vinegar.
- 1 cup water



Preparation

1. Using a small, nonreactive saucepan combine water, dry mustard, turmeric, salt, paprika and water.
2. Whisk until smooth and heat to medium low. Continue stirring often while cooking 30-45 minutes. It will reduce to a thick paste.
3. Pour vinegar into mustard mixture while whisking and continue cooking and whisking until the mustard is at your desired thickness. About 7-15 minutes.
4. Allow mustard to cool and store in an air tight container in the fridge for up to 3 months.

Nutritional Info

- Serving size 1 tsp
- Net carbs 0g
- Total carbs 0g
- Fiber 0g
- Fat 0g
- Protein 0g
- Calories 0.5

Servings 48



speed CARNIVORE

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