



**Quick Start Guide
to Carnivory +**

**21 Day
Carnivore
Diet
Meal Plan**

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QUICK START GUIDE TO CARNIVORY + 21 DAY CARNIVORE DIET MEAL PLAN

Explore the most radical health-boosting diet on the planet

CONTENT



About the Diet



Carnivore Diet FAQ



Carnivore Nuances



Meal Plan



Tristan and Jessica Haggard are the founders of **Primal Edge Health**, a global meeting ground for people looking to transform their lives using a ketogenic or carnivore diet. Their collection of self-published cookbooks continues to grow, now including the latest work, *The Carnivore Cookbook*. Creators of the Keto & Carnivore Collective, they teach others how to successfully thrive on animal based nutrition. Tristan and Jessica share free videos, podcasts, recipes, and more at www.PrimalEdgeHealth.com.

ABOUT THE DIET

WHAT IS A CARNIVORE DIET?

It is a diet based on nutrient dense, satiating animal foods. Animal proteins and fats, the most nourishing and easily digestible foods for human beings on the planet, are eaten at every meal. A carnivore diet is the ultimate elimination diet, providing everything the body needs while removing all potential irritants. Eat steaks over cakes!

WHO IS A CARNIVORE DIET BEST FOR?

A well formulated carnivorous diet is one of the most amazing interventions discovered for many autoimmune conditions. Gut and digestive disorders, depression, anxiety, chronic inflammation, type 2 diabetes, chronic pain, skin issues, arthritis, PCOS, and many other ailments have been effectively managed and even eliminated with an animal based diet.

Even after a long-term ketogenic diet, many people find that a carnivorous approach brings profound benefits beyond ketosis. A carnivore diet is also a powerful way to find dietary confidence, reform habits, and reboot your relationship with food. Say goodbye to needlessly stuffing your face and finally reign in disordered eating!

WHAT ARE THE BENEFITS OF A CARNIVORE DIET?

These are a few of the most common benefits:

- Improved digestion
- Reduced inflammation
- Improved cognition
- Rapid weight loss
- Improved hormonal balance
- Improved physical performance
- Better Skin health
- Reduced hunger and need for frequent meals and snacking
- Food becomes fuel, not entertainment



CARNIVORE DIET FAQ

WHAT DO I EAT ON CARNIVORE?

Fatty meat!

Meat is your friend. Fat is your friend. The fattier the meat, the better. Protein and fat from ruminant animals (like beef) should be the foundation of your carnivore diet. Pork, chicken, fish, shellfish, seafood, and game may also be included. Some people can handle eggs and/or dairy, though some may need to exclude it in order to achieve optimal results. For more ideas, download our [Carnivore Diet Grocery List](#).

DO I NEED SUPPLEMENTS?

Fatty animal foods give the body everything it needs without any of the potentially irritating plant foods that block vitamin and mineral absorption, impede digestion, and prohibit the assimilation of nutrients. If you do not have a gallbladder or have low bile production, [ox-bile salts](#) may prove useful. If you have low stomach acid and don't digest the foods well in the beginning, [betaine HCL](#) may assist. Otherwise, daily supplementation is not necessary on a properly crafted carnivore diet. Keep it simple.

WILL I DIE OF SCURVY?

No! A carnivore diet consisting of fresh, unrefined animal foods and sufficient meat gives the body all the vitamins and minerals it requires. Vilhjalmur Stefansson's book *The Fat of the Land* is a great resource on the history of carnivorous diets and the scurvy myth.

ISN'T IT BORING AND RESTRICTIVE?

Due to the highly satiating nature of animal proteins and fats, this way of eating never gets old. In fact, many long term carnivores find that when they do include more plant foods they just aren't as enjoyable or satisfying as they once were. Nothing compares to animal foods!

Of course there is an adaptation period and it can take a few weeks to get used to the diet, but most people find that their food addictions, cravings, and carb obsessions completely dissolve under the power of the fatty meat. [The Carnivore Cookbook](#) is sure to inspire creativity in your diet with more than 100 recipes carved down to the most essential ingredients: animal protein and fats.



WHAT IF I CAN'T AFFORD GRASS-FED BEEF?

No problem. Most beef comes from cattle fed on grass for a significant portion of their life, they are fattened up on grain just before slaughter. Eating beef that ate some corn, wheat, and even soy is NOT the same as if we ate those grains directly. Grass-fed beef is superior, but economic reality must be considered. Go for the best quality you can source and afford; plenty of people have gotten their health back on non grass-fed/finished meats. Save some money by **sourcing direct as possible from the producers** themselves and buying in bulk.

DO I HAVE TO EAT ORGAN MEATS?

We are proponents of **eating nose-to-tail**. Organs happen to be the most nutrient dense parts of the animal, very affordable, and fun to use. We enjoy them in **a variety of recipes**, but are they absolutely NECESSARY for everyone? No. Most people will eventually include and enjoy them, but take it one step at a time. Begin with a daily dose of **dessicated beef organ capsules** if you want some of the benefits of nose-to-tail eating, then dive in to the preparation of organ meats once you are ready.

HOW LONG SHOULD I FOLLOW A CARNIVORE DIET?

The short answer is - as long as you want! There are people who've done this diet for over 20 years with nothing but benefits. Many people reintroduce certain plant foods and enjoy them, but if you prefer, you may eat a carnivorous diet for the rest of your life. There are various degrees of carnivory that you can employ to find the right level for you, see *Carnivore Nuances* for more.

HOW DO I REINTRODUCE PLANT FOODS?

After you've experienced the benefits of carnivory for some time and feel ready to include plant foods again, add one new food to your diet at a time. Start slowly to gauge your reaction to each individual ingredient. Keep a food journal or log to record what you eat, how it is prepared and how you feel after to track the ways your body responds to different stimuli. Choose plant foods low in anti-nutrients (avoid oxalates, lectins, and phytates). **Our list of low oxalate foods** may help with this.

After a successful trial on a carnivore diet, many people find their digestion can now handle foods it previously could not. If foods give you a severe reaction it may be best to exclude them. Experiment and find what works for YOU.



CARNIVORE NUANCES

A carnivore diet is a diet composed of animal foods. What animal foods you eat are up to you. There is some nuance when it comes to crafting your perfect diet. The idea is not to whittle your diet down to the fewest foods possible, but rather to eat ONLY the foods that you digest and assimilate well. A very elemental diet is useful to discern just exactly how specific ingredients affect us.

JUST MEAT

The bare essentials are red meat, salt, and water.

Salt is an important source of electrolytes, use it liberally. If you think you could use more on your meal, do it! We recommend **mineral rich salts** over table and refined salts. Use salt to taste.



MEAL IDEAS

- Any and all forms of red meat (fatty ground beef, burgers, steaks of all kinds, slow cooked meat)
- Baked, broiled, steamed, grilled fish and seafood.
- Slow cooked, seared, roasted, braised, or sautéed pork and poultry.
- Organ meats and bones are valuable resources provided to us by all animals. Make **Bone Broth**, **Liver Pate**, **Ground Beef Heart Burgers**, and **more!**
- Bone marrow, rendered animal fats (tallow, lard, chicken/duck fats), trimmings, back fat, and suet are central fat sources.

MEAT & EGGS

For variety, include chicken, duck, turkey, or goose eggs with your meats.



MEAL IDEAS

- Enjoy raw yolks or scrambled, fried, poached, hard and soft boiled, or baked eggs.

MEAT, EGGS, & DAIRY

To dairy or not to dairy? It really comes down to personal preference and individual goals.

We recommend high quality, raw, unpasteurized dairy foods. No “American” cheese singles or cheese-whiz!

If you want to gain healthy weight, and don't experience digestive issues from them, leveraging dairy foods can be useful. They are concentrated sources of whole food nutrition and also highly palatable. Dairy is easy to eat a lot of. These are the same reasons you may not want to use dairy foods in your diet. If you can't regulate portion size or think they trigger overeating or binge cycles, it is best to eliminate them for now. Dairy may cause fat loss stalls. Some of us may notice we have a certain threshold, meaning a little bit of dairy every now and again is fine but too much, too often and we suffer. Usually, butter is fine, even when cheese and cream are not tolerated.



MEAL IDEAS

- Top your meat and/or eggs with cream cheese, sour cream, cream, or cheese.
- Raw milk is excellent for recovering vegans/vegetarians and those desiring to gain healthy weight. Start with ½ cup and increase slowly over time.
- Colostrum is also a very special and unique food worth trying. Begin with small doses, increase over time.



MEAT, EGGS, DAIRY, & SEASONINGS

Herbs and spices can add flavors and texture to a meal. Specific ingredients like black pepper, hot pepper, ginger, and turmeric (among others) may cause reactions, be aware of what you eat and how you feel (gauge results for up to 3 days later after each new ingredient).

“Seasonings” broadly refers to culinary herbs like basil, oregano, rosemary, thyme. Blends of Mexican, Italian, Thai, etc. spices are also included. In some instances, a person may use raw apple cider vinegar, avocado or olive oil mayonnaise, mustard, hot sauce, sugar-free ketchup, BBQ sauce, steak sauce or other low-fiber condiment. This can be tricky territory, since many of these products are usually mass produced, they have a long list of ingredients, potentially with vegetable oils, sugars, stabilizers, and preservatives which are better avoided. Read the labels and proceed with caution.

KETO CARNIVORE

Some people find they do well with animal protein and fats as the main portion of the diet and small amounts of plant foods on the side. After a few months on a strict carnivore diet, you may want to add low-oxalate, easily digested foods like avocado, lettuce, or mushrooms. If you tolerate and enjoy them, there’s no problem!

Choose foods wisely. Learn about **oxalate**, lectins, phytic acid, and other plant toxins that are in many so called “healthy” plant foods. Also, educate yourself about nightshades.

Examples of keto carnivore meals are serving gilled onions on your burger, **Low-Carb Egg Drop Soup**, or **Cauliflower Rice** with baked fish and guacamole. View the entire collection of our **Keto Carnivore recipes here**. Animal proteins and fats are always central, herbs and select plant foods may be used on the side.

There may be some overlap between these categories. You may find that you do well with meat, eggs, and select seasonings; meat and dairy but not eggs; or just beef, fish and seafood, with no dairy, not ever butter. Find what works for you.

CARNIVORE DIET TIP Experiment with all the ingredients you have access to with a focus on fatty cuts of red meat from ruminant animals (beef, bison, lamb, mutton, goat, etc) and their fat as the foundation of your diet.

Some people like pork, seafood, and eggs, some don’t. Some do fine with hot peppers, garlic, and ginger, some don’t. Some people thrive on the simplicity of consistent meals day in and day out, others prefer more variety. There are variables here that need to be tested in your specific situation. The function of an elimination diet is to learn which foods are best for you. Pay attention to how you feel and take notes. Find what foods your body feels good with and keep those on repeat!

DRINKS

Water, mineral water, and broth are the top drinks of choice for a carnivore diet.

Some continue to drink coffee and tea (black, green, and herbal). Others decide to eliminate these, usually out of curiosity to learn more about the specific affects these plant based drinks have. Be aware that black and green teas contain moderate levels of oxalate and are best avoided if you have oxalate sensitivities. If you have auto-immune conditions, it will be beneficial to stick to water and broth.



21 DAY CARNIVORE DIET MEAL PLAN



WHAT TO EXPECT

Depending on where you're coming from, there may or may not be a period of adaptation. Some people feel great right away while others may have a few days, and up to a few weeks, of funk before their body adjusts. Stick with it and have patience; the benefits are worth it.

SLOWLY WEANING VS. COLD TURKEY

There are two ways you can go about transitioning to an all animal food diet. Either slowly decrease the amount of plants and fiber you have in your diet over time or jump right in and say "no more plants for at least 21 days!". Do what is most comfortable for you, there's no reason not to start right away.

SUGAR CRAVINGS

Old habits die hard. Push through cravings and know that they will pass. Eat fatty cuts of meat, use salt liberally, and drink water. Learn how to distinguish real hunger from boredom "hunger". You'll sit down and eat a meal of boiled eggs when you're really hungry.

If cravings hit, drink water and take a short walk or break outside in the fresh air and sunshine. The key is to find something else to focus on other than the urge to nibble. If true hunger persists, eat a little extra protein with your next meal. If you're on a 2 a day meal split, have an extra small or full sized carnivore meal on the day your appetite is strong. Women may feel more cravings around their monthly cycle.

With time and consistency in the diet, cravings will go away for good. One day you will be able to sit down next to a cake and not even think twice

about it. Eat the steaks and you won't crave the cakes.

GOT THE FLU?

The most common mistakes on carnivore are eating too lean of meat and having an imbalance of electrolytes. If you experience muscle cramps, headaches, heart palpitations, or dizziness be sure to take stock of your electrolytes! Having some heavily salted bone broth or taking 400 mg of **magnesium glycinate** up to 2 or 3 times a day can help. If symptoms persist, you may be having something akin to Keto Flu which you can learn more about [here](#).

COMING FROM A KETO DIET?

The transition to carnivore will probably be pretty easy for you. In the ketotic state your body is already fat adapted, it is primed for a low-carb, zero-fiber approach.

REFORM THE HABIT

It takes about 21 days to reform bad habits. For this reason, the next three weeks focus exclusively on animal based foods to help you rearrange your habits and craft your carnivore diet to get the body composition, mental clarity, and high energy benefits you are looking for. There is enough variety to keep you interested, satiated, and on your way to reaching long-term goals.



HOW TO USE THE 21 DAY MEAL PLAN

The meal plan will guide you through 21 days on a carnivore diet.

You will be nourished with a variety of animal proteins and fats. Each meal includes serving size, prep and cook time, ingredients, directions, complete macro profile and notes when applicable. Weekly spreads are mapped out for you in 7 day increments with 3 and 2 meals a day. Weekly grocery lists, substitution tips, and shopping resources are also included.

Week one plans for 3 meals a day plan, week two and three transition to 2 meals a day. In general, both men and women find this approach preferable due to the highly satiating nature of animal foods.

MAKING A MEAL PLAN WORK

- 1. Swap lunch for dinner, breakfast for lunch, etc.** within the same day. You can also swap whole days if you like.
- 2. You shouldn't need any snacks** between the meals. If you're feeling snacky, do your best to push through, drink some water, and move around a bit. If hunger persists, consider reevaluating macros and portion sizes to better suit your needs.
- 3. This diet plan may not be suitable for everyone.** You may have to make small adjustments. This plan is set to 90-120 grams of fat and protein per day. These are fat loss macros for a moderately sedentary lifestyle. If you have high energy demand or want to gain or maintain weight, you may need to adjust protein or fat or both.
- 4. Not everyone needs to track macros,** many do well by eating to satiety and following their natural hunger cues.
- 5. If you don't feel hungry, you may not**

need to eat. If fat loss is your goal, skipping a meal may be fine.

Everyone is a little different. Stress, lifestyle, and circadian rhythm impact hunger levels as much as build and daily energy expenditure do. You will need to pay attention to your hunger cues and adjust up or down to best suit your goals and nutritional needs.

All our recipes are written to be adaptable and easily scaled for larger or smaller portion sizes. If you prefer a dairy-free diet, you may still use all the recipes. Almost all dairy ingredients are optional and can be omitted easily or replaced with others fats.

Recipes are usually 1 or 2 servings, some make up to 6 servings. In this case you have the option to eat a freshly made meal the first day, leftovers the second day, and freeze the remaining portions for the following week OR stretch the meal until it is gone and skip the suggested recipes given in the meal plan for those days you make the substitution.

Of course, if you cook for a family, there are other mouths to feed and they can enjoy the meal with you. In this case, you may want to double or triple your carnivore meals and serve family favorite sides like rice, bread, and vegetables separately. Meat for all, vegetables for some.

BOTTOM LINE This meal plan is a guide on carnivore meal prep and formulation. It is a template, designed to give you an idea on how to start your diet. You must take an active role in tweaking and adjusting as needed to suit your goals, preference, and budget long-term.

You have all the information you need, now it's time to start!



WEEK ONE MEAT, EGGS, AND DAIRY

DIVE INTO IT!

Week one includes a broad spectrum of meats, fish, seafood, eggs, butter, and cheeses. With three meals a day, this week follows a standard breakfast/lunch/dinner spread.

Full-fat (raw if possible) dairy foods are used in a variety of ways. For maximum adaptability, all recipes may also be made dairy-free by simply omitting the butter, cheese, and sour cream. Ingredients in () are optional to the main recipe. If you are tracking macros, adjust the macros accordingly. We recommend using dairy-free sources of fat like suet, trimmings, tallow, lard, or duck fat to replace the dairy fats you remove.

Some ingredients will overlap between week one and two. For example roe, tallow, and salt only need to be purchased once and will last many weeks at a time. You may already have these on hand. To make your planning as clear as possible, each week's shopping list contains the exact ingredients you need. Make sure you have what you need on hand when the time comes to make the recipes.

DO MACROS MATTER?

Many people do well eating 1.5-2 pounds of meat a day. This is a very basic starting place for someone who wants to keep the diet ultra simple and doesn't like tracking macros.

If you are getting positive results eating to satiety, continue with it. If progress stalls, you gain weight when you want to lose it, or lose weight when you want to gain or maintain it, review your caloric intake and track macros for a few days, then reset portion sizes to better suit your goals. Each weekly meal plan contains one version with macros and one without. Use whichever one serves you the best.



Meat, Eggs, and Dairy

3 MEALS A DAY

DAY	Breakfast	Lunch	Dinner
1	Bacon & Eggs	Flat Iron Steak	(Cheese) Burgers
2	Baked Salmon with Roe	Slow-Cooked Beef in broth	(Cheese Stuffed) Beef Heart Meatballs Pan-Fried Suet
3	Ribeye	LEFTOVER (Cheese Stuffed) Beef Heart Meatballs Pan-Fried Suet	LEFTOVER Slow-Cooked Beef in broth
4	Mackerel with Roe (and Sour Cream)	Tri-Tip Steak	(Cheese) Burgers
5	Eggs & Beef Sausage	Ribeye	Shrimp (with Parmesan Cheese)
6	Cheesy Omelet	Roast Chicken	Ribeye
7	(Cheese) Burgers	LEFTOVER Roast Chicken	NY Strip Steak



Meat, Eggs, and Dairy

3 MEALS A DAY
WITH MACROS

DAY	Breakfast	Lunch	Dinner
<p>1</p> <p>1213 calories 93 g f / 94 g p</p>	<p>Bacon & Eggs</p> <p>372 calories 28 g f / 30 g p</p>	<p>Flat Iron Steak</p> <p>430 calories 30 g f / 40 g p</p>	<p>(Cheese) Burgers</p> <p>411 calories 35 g f / 24 g p</p>
<p>2</p> <p>1268 calories 102 g f / 90 g p</p>	<p>Baked Salmon</p> <p>396 calories 28 g f / 36 g p</p>	<p>Slow-Cooked Beef</p> <p>400 calories 34 g f / 26 g p</p>	<p>(Cheese Stuffed) Beef Heart Meatballs Pan-Fried Suet</p> <p>472 calories 40 g f / 28 g p</p>
<p>3</p> <p>1392 calories 114 g f / 94 g p</p>	<p>Ribeye</p> <p>520 calories 40 g f / 40 g p</p>	<p>LEFTOVER Beef Heart Meatballs Pan-Fried Suet</p> <p>472 calories 40 g f / 28 g p</p>	<p>LEFTOVER Slow-Cooked Beef</p> <p>400 calories 34 g f / 26 g p</p>
<p>4</p> <p>1305 calories 101 g f / 97 g p</p>	<p>Mackerel</p> <p>450 calories 30 g f / 43 g p</p>	<p>Tri-Tip Steak</p> <p>444 calories 36 g f / 30 g p</p>	<p>(Cheese) Burgers</p> <p>411 calories 35 g f / 24 g p</p>
<p>5</p> <p>1274 calories 103 g f / 105 g p</p>	<p>Eggs & Beef Sausage</p> <p>356 calories 33 g f / 33 g p</p>	<p>Ribeye</p> <p>520 calories 40 g f / 40 g p</p>	<p>Shrimp</p> <p>398 calories 30 g f / 32 g p</p>
<p>6</p> <p>1480 calories 112 g f / 119 g p</p>	<p>Cheesy Omelet</p> <p>502 calories 38 g f / 41 g p</p>	<p>Roast Chicken</p> <p>458 calories 34 g f / 38 g p</p>	<p>Ribeye</p> <p>520 calories 40 g f / 40 g p</p>
<p>7</p> <p>1355 calories 103 g f / 102 g p</p>	<p>(Cheese) Burgers</p> <p>411 calories 35 g f / 24 g p</p>	<p>LEFTOVER Roast Chicken</p> <p>458 calories 34 g f / 38 g p</p>	<p>NY Strip Steak</p> <p>466 calories 34 g f / 40 g p</p>



WEEK ONE: MEAT, EGGS, AND DAIRY

Please take note that the amount of meat referenced in the shopping list and recipes refer to boneless weight. You may purchase bone in or boneless. Consider the weight of the bone and estimate as best you can, when needed.



MEAL IDEAS Decide if you prefer to buy tallow or render your own from suet. One batch of tallow will last for a few weeks and you get cracklings as a delicious by product. If you opt for store-bought tallow, you do not need to buy suet.

NEED HELP SOURCING?

Connect with local suppliers as much as possible, use these [resources to source quality food in your area](#). There are many good choices online as well:

- [ButcherBox](#): beef, pork, chicken and FREE bacon
- [US Wellness](#): organ meats, beef, butter, bones, cheese, eggs, sausage, suet, and tallow
- [VitalChoice](#): mackerel, salmon, shrimp, and roe
- [Mountain Rose Herbs](#): quality mineral salts

RECIPE SUBSTITUTIONS

Using these alternatives won't significantly change the nutrition facts. However, keep in mind that the macros and shopping lists are created without using any substitutions.

- Exchange fatty meats with one another: pork, lamb, mutton, beef can replace the other. Various types of fatty fish (salmon, sardines, mackerel, etc) may also be exchanged for one the other.
- If you don't eat bacon, use beef bacon, beef sausage instead.
- You may use grass-fed beef heart capsules by [Ancestral Supplements](#) instead of the fresh organ. Replace ground heart with ground beef.
- In place of oven roasting your own chicken, a store-bought rotisserie chicken will do.
- Mozzarella may be replaced with Brie, Gruyère, or other cheese that melts well.
- Any fish roe or caviar is suitable (salmon, sturgeon, hake, herring, flounder, etc).
- Use lard, duck fat, and butter in place of tallow.

SHOPPING LIST

- Bacon, sugar-free; 6 ounces
- Beef, ground; 1 pound
- Beef heart, ground; 4 ounces
- Bones, meaty; 4 pounds
- Butter; 12 tbsps
- Cheese, mozzarella; 12 ounces
- Cheese, Parmesan; 4 tbsps
- Chicken, whole; ~ 5 pounds
- Eggs; 8
- Flat iron steak; 8 ounces
- Mackerel, fresh or canned; 8 ounces
- New York strip steak; 8 ounces
- Ribeye; 3 steaks, 8 ounces each, boneless weight
- Roe; 2+ tbsps (optional)
- Salmon; 6 ounces
- Sausage, beef; 3 ounces (sugar-free, herb-free)
- Shrimp, 6 ounces
- Sour cream, 6 ounces
- Suet; 4 pounds to render, save 2 ounces to eat
- Tallow (optional if not making your own)
- Tri-tip steak, 6 ounces
- Salt



WEEK ONE RECIPES

DAY 1

TALLOW + CRACKLINGS

SERVING VARIES / PREP 15 minutes /
COOK 4-6 hours

If you do not buy tallow you must make it yourself. "Cracklings" are leftover pieces of suet. Think of them like "carnivore popcorn" and add to any meal. The rendered fat will last you for many weeks.

4 pounds suet

1. Cut suet into small pieces and transfer to an empty stock or crock pot.
2. Set over very low heat. Cover with a lid, leaving a small crack open to allow the heat to escape.
3. Cook for 4-6 hours, stirring occasionally. Adjust as needed, make sure not to burn. Tallow is done once the "Cracklings" rise to the top and oil bubbles.
4. Cool slightly before straining through a fine mesh strainer, lined with cheesecloth. Save cracklings to salt and eat later.
5. Store in a glass jar at room temperature for a few months or in the fridge for longer.

MACROS PER 1 TABLESPOON / 126 CAL / FAT: 14 G, PROTEIN: 0 G CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

BACON AND EGGS

SERVES 1 / PREP 5 minutes / COOK 10 minutes

6 ounces bacon (sugar-free)

2 eggs
Salt

1. Cook the bacon over medium high heat.
2. Remove from heat and set aside.

3. Fry or scramble eggs in the bacon fat.
4. Salt to taste and serve warm.

MACROS / 372 CAL / FAT: 28 G, PROTEIN: 30 G
CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

FLAT IRON STEAK

SERVES 1 / PREP 10 minutes / COOK < 5 minutes

Tallow

1 flat iron steak, 8 ounces

½ tablespoon salt

1. Rub steaks all over with salt.
2. Heat a heavy bottomed skillet or cast-iron pan over high heat. Add fat.
3. Once hot, sear steak for 1-2 minutes per side, or until brown crust forms.
4. Remove from heat and rest for at least 5 minutes. Slice thinly against the grain.
5. Season with salt, if needed, and serve warm.

MACROS / 430 CAL / FAT: 30 G, PROTEIN: 40 G
CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

(Cheese) BURGERS

SERVES 1 / PREP 5 minutes / COOK 10 minutes

½ tablespoon tallow

4 ounces ground beef (or bison)

2 ounces mozzarella cheese, optional

Salt

1. Warm the fat in a skillet over high heat.
2. Form burger patties in your hands; 2-ounce patties are a good size for easy macro tracking.
3. Once smoking hot, arrange the burgers in the



- skillet and cook for 2-4 minutes.
- Flip to the second side, add a slice of cheese on each burger, and cover with a lid. Cook for another minute or two, until the desired doneness is achieved and cheese is melted.
 - Season liberally with salt and serve warm, also delicious cold.

MACROS (with cheese) / 411 CAL / FAT: 35 G, PROTEIN: 24 G CARBOHYDRATE: 2 G, FIBER: 0 G, NET CARBS: 2 G

DAY 2

BAKED SALMON *with Roe*

SERVES 1 / PREP 10 minutes / COOK 25 minutes
If roe is cost prohibitive, forgo it for now.

6 ounces salmon (fillet or steak)
1 tablespoon butter
1 tablespoon roe
Salt

- Preheat the oven to 400°F (204°C).
- Rub the fish with butter, arrange skin side down in a baking dish.
- Bake salmon for 25 minutes. Salmon is done when it flakes easily with a fork. Baking time may need to be increased for thicker pieces of fish.
- Season with salt as desired. Serve warm with roe.

MACROS / 396 CAL / FAT: 28 G, PROTEIN: 36 G CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

SLOW-COOKED BEEF *in Broth*

SERVES 6 / PREP 5 minutes / COOK 24 hours

4 pounds meaty bones (beef, bison, lamb, etc.)
1 tablespoon butter, per serving

- Cover the bones completely with water in a stock or crock pot.
- Cook for at least 18 and up to 48 hours at a low temperature. Simmer; do not boil. Add water as necessary to keep the contents submerged.
- Once done cooking, strain any scum that rises to the top of the broth.
- Cool and strain all contents through a fine mesh strainer. Separate the meat, marrow, and collagen from the bones. Discard bones.
- Serve 8 ounces of meat in warm broth with butter, salt to taste. Save another 8 ounces of meat for the next day; store leftovers in the freezer for next week(s).
- Broth will keep in the refrigerator for 3-5 days; freeze for longer. Sip on hot broth any time of the day.

MACROS / 400 CAL / FAT: 34 G, PROTEIN: 26 G CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

NOTE: BROTH IS NOT A COMPLETE PROTEIN; DO NOT COUNT TOWARD DAILY PROTEIN MACROS.

(Cheese Stuffed) BEEF HEART MEATBALLS

SERVES 2 / PREP 15 minutes / COOK 20 minutes

4 ounces ground beef
4 ounces ground beef heart
1 tablespoon salt
4 ounces mozzarella cheese, optional
Pan-Fried Suet, page 17 (or 2 tbsps added fat)

- Preheat the oven to 350°F (175°C).
- Mix the salt and meat together in a bowl. If using cheese, cube into 8 sections.
- Form the meat into 2-ounce balls in the palm of your hand. Make a well in the center of each ball with your thumb, press in a cheese cube. Cover the hole with meat.
- Arrange in a glass baking dish (like a 9x13-inch pyrex) and bake for 20 minutes.
- Cool slightly and serve warm with suet.



Save leftovers in the fridge for the next day, excellent cold.

MACROS / 238 CAL / FAT: 40 G, PROTEIN: 28 G
CARBOHYDRATE: 2 G, FIBER: 0 G, NET CARBS: 2 G

PAN-FRIED SUET

SERVES 1 / PREP < 5 minutes / COOK < 5 minutes
Certain cuts and types of meat are naturally lean, use this recipe to increase the fat content. You may also find unrendered fat to be more easily digested than rendered tallow.

1 ounce suet (beef, lamb, etc.)

1. Thinly slice suet into approximately two ½-ounce pieces.
2. Add to a hot skillet directly during or after other food is cooking.
3. Warm until outside begins to melt, about 30-60 seconds.
4. Flip and warm second side for about the same time.
5. Serve with any meal.

MACROS / 472 CAL / FAT: 26 G, PROTEIN: 0 G
CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

DAY 3

RIBEYE

SERVES 1 / PREP < 5 minutes / COOK < 5 minutes

1 ribeye steak, 8 ounces

½ tablespoon salt, plus extra

Tallow

1. Rub steaks all over with salt.
2. Heat a heavy bottomed skillet or cast-iron pan over high heat. Add fat.

3. Once hot, sear steak for 1-2 minutes per side, or until brown crust forms.
4. Remove from heat and rest for at least 5 minutes. Slice thinly against the grain.
5. Season with salt, if needed, and serve warm.

MACROS / 520 CAL / FAT: 40 G, PROTEIN: 40 G
CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

NOTE: GRASS-FED STEAKS TEND TO BE MORE LEAN; MAY BE AS LOW AS 3 G FAT PER OUNCE, ADD FAT AS NEEDED.

LEFTOVER MEATBALLS

LEFTOVER SLOW-COOKED BEEF

DAY 4

MACKEREL *with Roe (and Sour Cream)*

SERVES 1 / PREP < 5 minutes / COOK < 5 minutes
If roe is cost prohibitive, forgo it for now.

1 tablespoon butter

8 ounces canned mackerel (or fresh)

2 ounces sour cream, optional

1 tablespoon roe

Salt

1. Warm butter in skillet over medium heat.
2. Arrange fish, skin side up in butter cook until warm.
3. Serve hot with sour cream, garnish with roe. Salt to taste.

MACROS / 450 CAL / FAT: 30 G, PROTEIN: 43 G,
CARBOHYDRATE: 2 G, FIBER: 0 G, NET CARBS: 2 G

NOTE: IF USING FRESH FISH, COOK THOROUGHLY FIRST BEFORE SERVING.



TRI-TIP STEAK

SERVES 1 / PREP 10 minutes / COOK < 5 minutes

6 ounce tri-tip steak
1 tablespoon butter

See Ribeye, page 17 for directions. Serve with butter.

MACROS / 444 CAL / FAT: 36 G, PROTEIN: 30 G
CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

(Cheese) BURGERS

SERVES 1 / PREP 5 minutes / COOK 10 minutes

See (Cheese) Burgers, page 15 for directions.

MACROS (with cheese) / 411 CAL / FAT: 35 G,
PROTEIN: 24 G CARBOHYDRATE: 2 G, FIBER: 0 G,
NET CARBS: 2 G

DAY 5

EGGS AND BEEF SAUSAGE

SERVES 1 / PREP < 5 minutes / COOK 5 minutes

3 ounces beef sausage (sugar-free, herb-free)
3 eggs
½ tablespoon cooking fat
Salt

1. Cook the sausage according to directions on the package.
2. Remove from heat and fry eggs in fat.
3. Plate all together, salt to taste, and serve warm.

MACROS / 429 CAL / FAT: 33 G, PROTEIN: 33 G,
CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G
*may vary with sausage

RIBEYE

SERVES 1 / PREP < 5 minutes / COOK < 5 minutes

See Ribeye, page 17 for directions.

MACROS / 520 CAL / FAT: 40 G, PROTEIN: 40 G
CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

SHRIMP (with Parmesan cheese)

SERVES 1 / PREP 5 minutes / COOK 5 minutes

This is a lean recipe, if needed add more fat from butter or non-dairy animal fats.

6 ounces shrimp, peeled and deveined
1.5 tablespoons butter
1 teaspoon salt
4 tablespoons Parmesan cheese, grated, optional

1. Rinse shrimp.
2. Melt butter in a large skillet over medium heat.
3. Add the shrimp. Cook, stirring frequently, until shrimp is completely pink and cooked through, about 5 minutes.
4. Season with salt and sprinkle cheese on top. Stir to combine. Serve hot.

MACROS / 367 CAL / FAT: 30 G, PROTEIN: 32 G
CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

DAY 6

CHEESY OMELET

SERVES 1 / PREP 5 minutes / COOK 5 minutes

An excellent opportunity to try different mineral-rich salts! There are so many good flavors, black lava salt and smoked sea salt are some of our favorite.

½ tablespoon butter



3 eggs, whisked
2 ounces mozzarella cheese, shredded
½ teaspoon salt

1. Warm the butter over medium heat in a skillet.
2. Once the pan is warm, pour the eggs in.
3. Arrange the cheese down the center of the omelet. Wait until the eggs are cooked, then use a spatula to fold in the sides so the omelet is folded in thirds.
4. Serve warm with a salt on top.

MACROS / 502 CAL / FAT: 38 G, PROTEIN: 41 G
CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

ROAST CHICKEN *(with Sour Cream)*
SERVES 6 / PREP 15 minutes / COOK 1 hour

1 (~ 5-pound) whole chicken
¼ cup butter or duck fat, softened
1 tablespoon salt
2 ounces sour cream, per serving, optional

1. Preheat the oven to 425°F (218°C).
2. Rub chicken with cooking fat. Season thoroughly with salt.
3. Place in a baking dish and bake for 1 hour, or until internal temperature reaches 165°F (74°C). The outside will be crispy and golden once done.
4. Remove from heat and let rest for 10 minutes before serving.
5. Carve meat off, serve 6 ounces warm with sour cream or other added fat.
6. Save a second 6 ounce portion for the next day. Freeze leftover for next week.

MACROS PER 6 OUNCES, BONELESS / 409 CAL
FAT: 34 G, PROTEIN: 38 G CARBOHYDRATE: 0 G,
FIBER: 0 G, NET CARBS: 0 G

RIBEYE

SERVES 1 / PREP < 5 minutes / COOK < 5 minutes

See Ribeye, page 17 for directions.

MACROS / 520 CAL / FAT: 40 G, PROTEIN: 40 G
CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

DAY 7

(Cheese) BURGERS

SERVES 1 / PREP 5 minutes / COOK 10 minutes

See (Cheese) Burgers, page 15 for directions.

MACROS (with cheese) / 411 CAL / FAT: 35 G,
PROTEIN: 24 G CARBOHYDRATE: 2 G, FIBER: 0 G,
NET CARBS: 2 G

LEFTOVER ROAST CHICKEN

NY STRIP STEAK

SERVES 1 / PREP 10 minutes / COOK < 5 minutes

8 ounce New York Strip Steak
2 tablespoons butter

See Ribeye, page 17 for directions. Serve with butter.

MACROS / 426 CAL / FAT: 34 G, PROTEIN: 40 G
CARBOHYDRATE: 2 G, FIBER: 0 G, NET CARBS: 2 G

WEEK TWO MEAT AND EGGS

SMALL ADJUSTMENTS

We narrow the ingredients down the second week by eliminating dairy foods. Dairy doesn't agree with every one. For some, (either known or unknown to them), it can cause digestive discomfort or lead to overeating. If you're having a stall or feel ready to take the diet to the next level, it often proves advantageous to remove dairy. Take note of changes, if any, that occur.

The second big change you'll see this week is going from 3 to 2 meals a day. Choose the meal timing (breakfast/lunch, breakfast/dinner, lunch/dinner) that works best for your lifestyle. Breakfast can be an important, but it isn't for everyone. However, we do noticed that clients who have high stress lives, fat loss stalls, and/or poor sleep tend to do better eating breakfast and lunch or dinner rather than skipping breakfast and eating lunch and dinner.

If you're feeling great and manipulating the timing of your meals doesn't create additional stress in your life, it's fine to skip breakfast and/or intermittent fast. Some may ultimately,

discover one meal a day (OMAD) is preferable. It all depends on context!

Don't be overly concerned with restricting calories during these initial weeks, we want to become adapted to the diet. It is likely that you will easily identify your satiety threshold soon after beginning this diet. Learn how to listen to your body. Adjust food intake according to your goals. If you are going for fat loss, remember - less fat on the plate means you burn more fat from the body.

Depending on lifestyle and stress, meal timing may need been to be tweaked at various times during the year. Always make sure the diet supports you and doesn't become an extra hurdle to your day.



Meat and Eggs

2 MEALS A DAY

DAY	MEAL 1	MEAL 2
1	Basted Eggs Burgers	Ribeye
2	Organ Meat Quiche Cups	Slow-Cooked Leg of Lamb Pan-Fried Suet
3	Eggs & Beef Sausage	Roast Chicken Raw Beef Liver
4	LEFTOVER Organ Meat Quiche Cups	LEFTOVER Slow-Cooked Leg of Lamb Pan-Fried Suet
5	Raw Beef Liver NY Strip Steak	LEFTOVER Roast Chicken Raw Beef Liver
6	Burgers	Slow-Cooked Beef Shank Pan-Fried Suet
7	Baked Salmon with Roe	LEFTOVER Slow-Cooked Beef Shank Pan-Fried Suet

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Meat and Eggs

2 MEALS A DAY
WITH MACROS

DAY	MEAL 1	MEAL 2
<p>1</p> <p>1492 calories 116 g f / 112 g p</p>	<p>Basted Eggs Burgers</p> <p>712 calories 56 g f / 52 g p</p>	<p>Ribeye</p> <p>780 calories 60 g f / 60 g p</p>
<p>2</p> <p>1418 calories 106 g f / 116 g p</p>	<p>Organ Meat Quiche Cups</p> <p>728 calories 56 g f / 56 g p</p>	<p>Slow-Cooked Leg of Lamb Pan-Fried Suet</p> <p>690 calories 50 g f / 60 g p</p>
<p>3</p> <p>1526 calories 122 g f / 116 g p</p>	<p>Eggs & Beef Sausage</p> <p>837 calories 74 g f / 54 g p</p>	<p>Roast Chicken Raw Beef Liver</p> <p>689 calories 48 g f / 62 g p</p>
<p>4</p> <p>1418 calories 106 g f / 116 g p</p>	<p>LEFTOVER Organ Meat Quiche Cups</p> <p>728 calories 56 g f / 56 g p</p>	<p>LEFTOVER Slow-Cooked Leg of Lamb Pan-Fried Suet</p> <p>690 calories 50 g f / 60 g p</p>
<p>5</p> <p>1328 calories 91 g f / 125 g p</p>	<p>Raw Beef Liver NY Strip Steak</p> <p>647 calories 43 g f / 65 g p</p>	<p>LEFTOVER Roast Chicken Raw Beef Liver</p> <p>681 calories 48 g f / 60 g p</p>
<p>6</p> <p>1579 calories 123 g f / 118 g p</p>	<p>Burgers</p> <p>798 calories 62 g f / 60 g p</p>	<p>Slow-Cooked Beef Shank Pan-Fried Suet</p> <p>781 calories 61 g f / 58 g p</p>
<p>7</p> <p>1462 calories 110 g f / 118 g p</p>	<p>Baked Salmon with Roe</p> <p>681 calories 49 g f / 60 g p</p>	<p>LEFTOVER Slow-Cooked Beef Shank Pan-Fried Suet</p> <p>781 calories 61 g f / 58 g p</p>

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WEEK TWO: MEAT AND EGGS

With only two meals a day, portions are going to be slightly bigger than they were in the first week. Meats are measured in 12-16 ounces of boneless weight. If buying bone-in, adjust weight accordingly.

If you find a recipe calls for 16 ounces but 12 ounces is really all you need, save the leftovers for another meal and scale down the meals going forward. You will quickly learn how much food you need and be able to scale up or down as needed.

NEED HELP SOURCING?

Connect with local suppliers as much as possible, use these [resources to source quality food in your area](#). There are many good choices on-line as well:

- [ButcherBox](#): beef and chicken
- [US Wellness](#): organ meats, beef, bones, duck fat, eggs, lamb, suet, and tallow
- [VitalChoice](#): salmon and roe
- [Mountain Rose Herbs](#): quality mineral salts
- [Kettle and Fire](#): Bone broth

SUBSTITUTIONS

Using these alternatives won't significantly change the nutrition facts. However, keep in mind that the macros and shopping lists are created without using any substitutions.

- In general, all animal fats can be used interchangeably. Tallow may be substituted with lard or duck fat as well as butter and ghee, depending on tolerance.
- Suet refers to the fat around the kidneys and down the loins of any ruminant animals (beef, bison, sheep, goat, etc.) Use any you have access to.
- Replace Pan-Fried Suet with extra tallow or other animal fat.
- Roe is optional; enjoy as budget allows. It's an excellent source of nutrition for improving fertility and healing from nutrient deficient vegan and vegetarian diets. If it is in your home, eat up!
- Raw liver may seem an odd place to start but it goes down easy, like a grape. If you aren't ready, begin with grass-fed liver capsules by [Ancestral Supplements](#).

SHOPPING LIST

- Beef, ground; 28 ounces
- Beef heart, ground; 8 ounces
- Beef liver; 3-6 ounces
- Beef liver, ground; 8 ounces
- Beef shank; 1.5 pounds
- Bone broth; 5 cups
- Chicken, whole; ~ 5 pounds
- Duck fat, 4 tbsps (optional)
- Eggs; 10
- Leg of lamb; ~4.5 pound
- NY strip steak; 12 ounces (boneless weight)
- Ribeye; 12 ounces (boneless weight)
- Roe; 1+ tbsp (optional)
- Salmon; 12 ounces
- Sausage, beef (sugar-free, no herbs); 3 ounces
- Suet; 4 pounds to render, save 4 ounces to eat
- Tallow (optional, if not rendering yourself)
- Salt



WEEK TWO RECIPES

DAY 1

BASTED EGGS AND BURGERS

SERVES 1 / PREP 1 minute / COOK 5 minutes

8 ounces ground beef
1 tablespoon tallow
2 eggs
Salt

1. Cook 2 (4-ounce) burger patties in minimal fat, see (Cheese) Burgers page 15. Set aside.
2. In the same skillet add the tallow and then eggs to the pan. Season with salt.
3. Tilt the skillet toward you so the fat pools against the side of the pan. Use a spoon to baste eggs with hot fat. Target the uncooked parts of the egg whites, avoid the yolk.
4. Baste until eggs are puffy and cooked, about 45-60 seconds. Plate on top of the burgers and serve warm.

MACROS / 712 CAL / FAT: 56 G, PROTEIN: 52 G
CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

RIBEYE

SERVES 1 / PREP < 5 minutes / COOK < 5 minutes

12 ounces ribeye (boneless weight)

See Ribeye, page 17 for directions.

MACROS / 780 CAL / FAT: 60 G, PROTEIN: 60 G
CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

NOTE: GRASS-FED STEAKS TEND TO BE MORE LEAN; MAY BE AS LOW AS 3 G FAT PER OUNCE.

DAY 2

ORGAN MEAT QUICHE CUPS

SERVES 4 / PREP 15 minutes / COOK 15 minutes

½ pound ground beef
½ pound ground beef heart
½ pound ground beef liver
Cooking fat
3 free-range organic eggs
Salt

1. Preheat oven to 350°F (175°C).
2. Lightly brown the meat in fat over medium heat.
3. Combine all ingredients in a mixing bowl. Salt to taste.
4. Pour evenly into a greased standard size 12-cup muffin pan.
5. Bake for 12-15 minutes, until egg is set.
6. Remove from heat, cool for 5 minutes. Serve warm, refrigerate a serving for the next day. Freeze leftovers for the following week.

MACROS / 728 CAL / FAT: 56 G, PROTEIN: 56 G
CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

SLOW-COOKED LEG OF LAMB

SERVES 2 / PREP 5 minutes / COOK 8-10 hours

1 leg of lamb, about 4.5 pounds
Salt
1 pint bone broth or water
1 serving Pan-Fried Suet, page 17

1. Season the lamb well all over with salt
2. Place the lamb in the slow cooker.
3. Pour in the broth.



- Cook on low for 8-10 hours until tender.
- Halfway through the cooking time, turn the lamb joint over and cover again with the lid.
- Serve warm with Pan-Fried Suet.

MACROS / 690 CAL / FAT: 50 G, PROTEIN: 60 G, CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

NOTE: IF USING STOVE TOP, DOUBLE AMOUNT OF LIQUID. KEEP AN EYE ON IT SO IT DOESN'T DRY OUT.

DAY 3

EGGS AND BEEF SAUSAGE

SERVES 1 / PREP < 5 minutes / COOK 5 minutes

See Eggs and Beef Sausage page 18 for directions. Cook 2 additional eggs.

MACROS / 837 CAL / FAT: 74 G, PROTEIN: 54 G, CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

*may vary with sausage

ROAST CHICKEN

SERVES 6 / PREP 15 minutes / COOK 1 hour

Prepare 1.5 servings (9 ounces boneless meat).

See Roast Chicken page 19 for directions. Use duck fat, lard, or melted tallow in step 2. Substitute sour cream with 2 raw egg yolks or 1 tablespoon schmaltz, duck fat, tallow, or lard.

MACROS / 648 CAL / FAT: 48 G, PROTEIN: 54 G, CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

RAW BEEF LIVER

SERVES 1 / PREP 1 minute / COOK 0 minutes

Serve 1-2 ounces and increase in proportion to the amount that you enjoy. If you prefer, begin with grass-fed liver

capsules by Ancestral Supplements.

1-2 ounces beef liver (or other ruminant)

- Rinse, slice thinly or cube, and eat.
- Avoid the thick artery and connective tissue, remove if attached.

MACROS (per 1 ounce) / 33 CAL / FAT: 1 G, PROTEIN: 6 G, CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

DAY 4

LEFTOVER ORGAN MEAT QUICHE CUPS

LEFTOVER SLOW-COOKED LEG OF LAMB

DAY 5

NY STRIP STEAK

SERVES 1 / PREP 10 minutes / COOK < 5 minutes

12 ounces New Your Strip Steak (boneless weight)

2 tablespoons tallow

See Ribeye, page 17 for directions. Serve with (melted) tallow.

MACROS / 618 CAL / FAT: 42 G, PROTEIN: 60 G, CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G



RAW BEEF LIVER

SERVES 1 / PREP 1 minute / COOK 0 minutes

See Raw Beef Liver, page 25 for directions.

LEFTOVER ROAST CHICKEN

DAY 6

BURGERS

SERVES 1 / PREP 5 minutes / COOK 10 minutes

12 ounces ground beef

See (Cheese) Burgers, page 15 for directions. Omit cheese. Add 2 raw egg yolks or additional 0.5 tablespoon tallow.

MACROS / 798 CAL / FAT: 62 G, PROTEIN: 60 G
CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

SLOW-COOKED BEEF SHANK

SERVES 2 / PREP 5 minutes / COOK 1½ - 2 hours

In a two meal a day spread, this meal is low in fat. You'll need to add fats of your choice: raw egg yolk, schmaltz, duck fat, tallow, lard, butter, ghee, or Pan-Fried Suet (page 17). Egg yolks have 5 g fat per yolk. Every tablespoon of animal fat has 14 g fat. Macros below include 1 ounce of Pan-fried Suet. Adjust accordingly.

2 pieces beef shank, about 1.5 pounds

1 tablespoon tallow

2 cups bone broth or water

Salt

Pan-Fried Suet, page 17

1. Season meat with salt.
2. Warm tallow in a Dutch oven over medium

high heat.

3. Brown shanks on both sides.
4. Add broth and bring to a simmer.
5. Reduce heat to low. Cover with a lid and cook for 1½ - 2 hours, until meat is very tender.
6. Serve warm with Pan-Fried Suet.

MACROS / 781 CAL / FAT: 61 G, PROTEIN: 58 G
CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

NOTE: IF YOU DON'T HAVE A DUTCH OVEN, BROWN IN A SKILLET AND THEN PLACE IN A SLOW-COOKER FOR 6-8 HOURS ON MEDIUM, UNTIL TENDER.

DAY 7

BAKED SALMON *with Roe*

SERVES 1 / PREP 10 minutes / COOK 25 minutes

12 ounces salmon

See Baked Salmon with Roe, page 16 for directions. Replace butter with other animal fat, if needed.

MACROS / 681 CAL / FAT: 49 G, PROTEIN: 60 G
CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

LEFTOVER SLOW-COOKED OSSO BUCO AND SUET



WEEK THREE

JUST

MEAT

SIMPLIFY FOR SUCCESS

Our third week is limited strictly to meat only, no dairy and no eggs. It is useful to try these different tiers to better understand your base line and any possible sensitivities.

As you become a more established meat eater, it is likely that you will simplify your meal plan even more than what is outlined here. Tristan and I each have our favorite meals and keep them on repeat for a few months at a time, if not longer! We see this trend in our clients as well, people are naturally able to pick out the meals that work best for them and are satisfied with simple eating.

It is sometimes surprising that one can enjoy the same meal over and over. I certainly could never do that on any other diet! As a woman who has spent years in the kitchen and enjoys cooking, I never thought I would like such an elemental diet – but I, and so many others with the same background, do! Surprisingly or not, it clearly demonstrates the nutritional power of animal foods.

Don't be surprised if you find yourself enjoying the meals in this plan but ultimately decide to stick to a handful of recipes like burgers, steaks, and slow-cooked meat. That's fine too! Along with rapid fat loss, sustainable energy, and laser sharp focus, spending minimal time in the kitchen is one of the great benefits of a carnivore diet. Cooking is so easy now.

What are you going to do with your new found free time? Enjoy the new lease on life, may you use it to make the world a better place around you!



All Meat

2 MEALS A DAY

DAY	MEAL 1	MEAL 2
1	Ribeye	Raw Beef Liver Beef Heart Meatballs Pan-Fried Suet
2	LEFTOVER Beef Heart Meatballs (Raw) Tenderloin	Slow-Cooked Leg of Lamb Pan-Fried Suet
3	Baked Salmon with Roe	Burgers
4	LEFTOVER Slow-Cooked Leg of Lamb Pan-Fried Suet	Lamb Chops
5	Tri-Tip Pan-Fried Suet	Ribeye
6	Baked Salmon with Roe	Slow-Cooked Beef in broth Pan-Fried Suet
7	Burgers	LEFTOVER Slow-Cooked Beef in broth Pan-Fried Suet



All Meat

2 MEALS A DAY
WITH MACROS

DAY	MEAL 1	MEAL 2
<p>1 1557 calories 117 g f / 120 g p</p>	<p>Ribeye 780 calories 60 g f / 60 g p</p>	<p>Raw Beef Liver Beef Heart Meatballs Pan-Fried Suet 777 calories 57 g f / 60 g p</p>
<p>2 1416 calories 112 g f / 102 g p</p>	<p>LEFTOVER Beef Heart Meatballs (Raw) Tenderloin 726 calories 62 g f / 42 g p</p>	<p>Slow-Cooked Leg of Lamb Pan-Fried Suet 690 calories 50 g f / 60 g p</p>
<p>3 1479 calories 111 g f / 120 g p</p>	<p>Baked Salmon 681 calories 49 g f / 60 g p</p>	<p>Burgers 798 calories 62 g f / 60 g p</p>
<p>4 1368 calories 104 g f / 108 g p</p>	<p>LEFTOVER Slow-Cooked Leg of Lamb Pan-Fried Suet 690 calories 50 g f / 60 g p</p>	<p>Lamb Chops 678 calories 54 g f / 48 g p</p>
<p>5 1506 calories 114 g f / 120 g p</p>	<p>Tri-Tip Steak Pan-Fried Suet 726 calories 54 g f / 60 g p</p>	<p>Ribeye 780 calories 60 g f / 60 g p</p>
<p>6 1481 calories 117 g f / 112 g p</p>	<p>Baked Salmon 681 calories 49 g f / 60 g p</p>	<p>Slow-Cooked Beef Pan-Fried Suet 800 calories 68 g f / 52 g p</p>
<p>7 1598 calories 130 g f / 112 g p</p>	<p>Burgers 798 calories 62 g f / 60 g p</p>	<p>LEFTOVER Slow-Cooked Beef Pan-Fried Suet 800 calories 68 g f / 52 g p</p>



WEEK THREE: ALL MEAT

Don't let the simplicity of this week turn you off. You may find this is your favorite week yet!

Grocery shopping, meal prep, and macro tracking are all ultra easy. Energy levels, sleep quality, and daily function usually go through the roof!

NEED HELP SOURCING?

Connect with local suppliers as much as possible, use these [resources to source quality food in your area](#). There are many good choices online as well:

- [ButcherBox](#): beef
- [US Wellness](#): organ meats, beef, butter, bones, lamb, suet, and tallow
- [VitalChoice](#): salmon and roe
- [Mountain Rose Herbs](#): quality mineral salts
- [Kettle and Fire](#): Bone broth

SUBSTITUTIONS

Using these alternatives won't significantly change the nutrition facts. However, keep in mind that the macros and shopping lists are created without using any substitutions.

- You may use grass-fed beef heart or liver capsules by [Ancestral Supplements](#) instead of the fresh organs. Replace ground heart with ground beef. Omit raw liver.
- In general, all animal fats can be used interchangeably. Tallow may be substituted with lard or duck fat.
- Suet refers to the fat around the kidneys and down the loins of any ruminant animals. Beef, bison, sheep, goat, etc. Use any you have access to.
- Substitute fatty meats with one another: pork, lamb, mutton, beef can replace the other. Various types of fatty fish (salmon, sardines, mackerel, etc) may also be exchanged for one the other.
- Any fish roe or caviar is suitable (salmon, sturgeon, hake, herring, flounder, etc).

SHOPPING LIST

- Beef, ground; 2 pounds
- Beef heart, ground; 8 ounces
- Beef liver, grass-fed; 1-2+ ounces
- Beef tenderloin; 4 ounces
- Bone broth, 1 pint
- Bones, meaty; 4 pounds
- Lamb chops; 12 ounces
- Leg of lamb; 4.5 pounds
- Ribeye; 2 steaks, 12 ounces each (boneless weight)
- Roe; 2+ tbsps (optional)
- Salmon; 1.5 pounds
- Suet; 4 pounds to render, save 6 ounces to eat
- Tallow (optional, if not rendering your own)
- Tri-Tip steak, 12 ounces

- Salt



WEEK THREE RECIPES

DAY 1

RIBEYE

SERVES 1 / PREP < 5 minutes / COOK < 5 minutes

12 ounces ribeye (boneless weight)

See Ribeye, page 17 for directions.

MACROS / 780 CAL / FAT: 60 G, PROTEIN: 60 G
CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

RAW BEEF LIVER

SERVES 1 / PREP 1 minute / COOK 0 minutes

See Raw Beef Liver, page 25 for directions.

MACROS (per 1 ounce) / 33 CAL / FAT: 1 G,
PROTEIN: 6 G, CARBOHYDRATE: 0 G, FIBER: 0 G,
NET CARBS: 0 G

BEEF HEART MEATBALLS

SERVES 2 / PREP 15 minutes / COOK 20 minutes

Make a double batch of meatballs. Have $\frac{3}{4}$ of a pound, save $\frac{1}{4}$ for breakfast the next day.

See Beef Heart Meatballs, page 16 for directions. Omit cheese. Serve with Pan-Fried Suet. Save left overs for another day.

MACROS / 744 CAL / FAT: 56 G, PROTEIN: 60 G
CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

DAY 2

(RAW) TENDERLOIN

SERVES 1 / PREP 1 minute / COOK 0 minutes

Many are interested in potential benefits of raw meat. If that's you, begin with this recipe and expand out to other cuts. If you prefer cooked meat, see Ribeye, page 17 for directions.

2 tablespoons tallow or 1 ounce suet
4 ounces tenderloin (beef, mutton, pork etc)
Salt

1. Melt tallow in a skillet or oven.
2. Cube or thinly slice tenderloin. Season liberally with salt.
3. Transfer tallow to a small dish suitable for dipping the meat into.
4. Serve tenderloin with tallow. Dip meat in tallow, one piece at a time.

MACROS / 484 CAL / FAT: 44 G, PROTEIN: 22 G
CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G
*add 14 g fat per 1 additional tablespoon tallow

SLOW-COOKED LEG OF LAMB

SERVES 2 / PREP 5 minutes / COOK 8-10 hours

See Slow-Cooked Leg of Lamb, page 24 for directions.

MACROS / 690 CAL / FAT: 50 G, PROTEIN: 60 G,
CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G



DAY 3

BAKED SALMON *with Roe*

SERVES 1 / PREP 10 minutes / COOK 25 minutes

12 ounces salmon

See Baked Salmon with Roe, page 16 for directions. Replace butter, if needed.

MACROS / 681 CAL / FAT: 49 G, PROTEIN: 60 G
CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

BURGERS

SERVES 1 / PREP 5 minutes / COOK 10 minutes

12 ounces ground beef

See (Cheese) Burgers, page 16 for directions. Omit cheese. Add 2 raw egg yolks or 0.5 tablespoon tallow.

MACROS / 798 CAL / FAT: 62 G, PROTEIN: 60 G
CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

DAY 4

LEFTOVER SLOW-COOKED LAMB LEG

LAMB CHOPS

SERVES 1 / PREP 15 minutes / COOK 5 minutes

4 lamb chops, 3 ounce each 1 tablespoon salt

1. Salt the chops. Leave to sit for 10 minutes.

- Heat heavy bottomed or cast-iron skillet over high heat. Cook chops 2 minutes on each side, until a browned crust forms on both sides. A meat thermometer will read 130°F (55°C) once a medium-rare finish is achieved.
- Plate the chops and let them rest for a couple minutes before serving. Season with extra salt and fat as needed.

MACROS / 678 CAL / FAT: 54 G, PROTEIN: 48 G
CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

DAY 5

TRI TIP STEAK

SERVES 1 / PREP 10 minutes / COOK < 5 minutes

12 ounce tri-tip steak Pan-Fried Suet, page 17 or 2 tablespoons tallow

See Ribeye, page 17 for directions.

MACROS / 726 CAL / FAT: 54 G, PROTEIN: 60 G
CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

RIBEYE

SERVES 1 / PREP < 5 minutes / COOK < 5 minutes

12 ounces ribeye (boneless weight)

MACROS / 780 CAL / FAT: 60 G, PROTEIN: 60 G
CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G



DAY 6

BAKED SALMON *with Roe*

SERVES 1 / PREP 10 minutes / COOK 25 minutes

12 ounces salmon

See Baked Salmon with Roe, page 16 for directions. Replace butter, if needed.

MACROS / 681 CAL / FAT: 49 G, PROTEIN: 60 G
CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

SLOW-COOKED BEEF *in Broth*

SERVES 4 / PREP 5 minutes / COOK 24 hours

Have 2 servings of the original recipe with Pan-Fried Suet, page 17.

See Slow-Cooked Beef, page 16 for directions. Omit butter. Serve with Pan-Fried Suet instead.

MACROS / 800 CAL / FAT: 68 G, PROTEIN: 52 G
CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

DAY 7

BURGERS

SERVES 1 / PREP 5 minutes / COOK 10 minutes

12 ounces ground beef

See (Cheese) Burgers, page 16 for directions. Omit cheese. Add 2 raw egg yolks or 0.5 tablespoon tallow.

MACROS / 798 CAL / FAT: 62 G, PROTEIN: 60 G
CARBOHYDRATE: 0 G, FIBER: 0 G, NET CARBS: 0 G

LEFTOVER SLOW-COOKED BEEF

THRIVE WITH ANIMAL FOODS

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