
BY GLENDA THOMPSON

10X QUICK AND EASY CARNIVORE DIET RECIPES

10 X QUICK AND EASY CARNIVORE DIET RECIPES FOR SATISFYING YOUR HUNGER WITHOUT SPENDING HOURS IN THE KITCHEN.

Whether you're a busy professional, athlete recovering from intense workouts, or anyone seeking to amplify their health, you can reap the full benefits of carnivore in 30 minutes flat with the recipes in this cookbook.



30 Minute Carnivore Diet Recipes

10 x quick and easy carnivore diet recipes for satisfying your hunger without spending hours in the kitchen.

By Glenda Thompson

Disclaimer

The carnivore diet is a very low-carbohydrate, high-protein diet that consists of eating only animal foods and products, such as meat, fish, eggs, and cheese. Some people claim that this diet can help with weight loss, inflammation, and chronic diseases, but it is also very controversial and may have some risks and drawbacks.

The information and recipes in this cookbook are based on the personal experiences and opinions of the author, and are not intended as medical advice or diagnosis. The author is not a licensed nutritionist, dietitian, or medical professional, and does not guarantee the accuracy, completeness, or suitability of the information and recipes for any individual or purpose.

The carnivore diet may not be suitable or safe for everyone, especially for people with certain medical conditions, allergies, or dietary restrictions. It may also cause some side effects, such as nutrient deficiencies, digestive issues, high cholesterol, and kidney problems. Therefore, it is highly recommended that you consult your doctor before starting the carnivore diet, and monitor your health and blood tests regularly while following it.

The author and publisher of this cookbook are not responsible or liable for any adverse effects, injuries, or damages that may result from following the carnivore diet or using the recipes in this cookbook. The readers are advised to use their own judgment and discretion when following the carnivore diet or using the recipes in this cookbook, and to seek professional medical advice if they have any concerns or questions.

It's strongly suggested that you use this information in consultation with your doctor or other health professional. Before making any changes to your diet or undertaking an exercise program, it is essential that you obtain clearance by your physician/doctor. Use or viewing of any recipe, article or other product or service signifies your understanding and agreement to the disclaimer and acceptance of these terms of use.

Copyright Notice

Copyright © 2024. All Rights Reserved

Erudite Lifestyle retains 100% rights to this material and it may not be republished, repacked, and/or redistributed for any purpose whatsoever without the express written consent from the owners of Erudite Lifestyle.



Introduction

The Carnivore Diet offers incredible health benefits including reduced inflammation, improved mental clarity, balanced mood, effortless fat loss, and relief from common health issues.

However, many carnivore recipes call for lengthy cooking times, which can be a problem when you have a busy schedule. So I created this collection of delicious carnivore recipes that you can prepare in 30 minutes or less!

The 10 quick and satisfying recipes found inside this book prove you don't need to spend all day in the kitchen to prepare nutrient-dense carnivore meals. They range from strict carnivore to a more flexible meat eater, where you allow some vegetables on your plate.

From lightning-fast tuna salad lettuce wraps and deviled eggs to baked Italian meatballs and carnivore shrimp, you'll discover plenty of options for carnivore meals you can prepare in a flash.

Whether you're a busy professional, athlete recovering from intense workouts, or anyone seeking to amplify their health, you can reap the full benefits of carnivore in 30 minutes flat with the recipes in this cookbook.

So grab your chopping board and best steak knife and let's get cooking carnivore style!

Index

1. Quick Steak & Eggs
2. Tuna Salad Lettuce Wraps
3. Deviled Eggs
4. Quick Carnivore Pork Chops
5. Quick Shrimp
6. Baked Italian Meatballs
7. Quick Chicken Skewers
8. Taco Wraps
9. Carnivore Pan-Seared Salmon
10. Egg Drop Soup

Please note the nutritional information for each recipe is per serving.



Quick Steak & Eggs

Serves: 1 | **Prep time:** 3 mins | **Cook time:** 7 mins

Calories	Fats	Protein
500 kcal	35 grams	42 grams

INGREDIENTS

- 1 Ribeye steak (around 8 ounces)
- 2 eggs
- Salt to taste
- Pepper to taste
- 1 tablespoon of butter

INSTRUCTIONS

1. Heat a skillet over medium heat.
2. While the pan is heating, season both sides of the steak with salt and pepper.
3. Add the steak to the heated pan and cook for about 3 minutes on each side for a medium-rare steak or adjust the cooking time to suit your preferred level.
4. Remove the steak and let it rest on a plate.
5. In the same pan, add a tablespoon of butter. Once the butter is melted, crack the eggs into the pan and cook to your liking.
6. Serve the cooked eggs alongside the rested steak.



Tuna Salad Lettuce Wraps

Serves: 2 wraps | **Prep time:** 10 minutes

Calories	Fats	Carbohydrates	Protein
300 kcal	15 grams	25 grams	25 grams

INGREDIENTS

- 2 cans wild caught albacore tuna
- 1/4 cup olive oil mayonnaise
- 2 ribs celery, diced
- 1 shallot, minced
- 3 tbsp capers, rinsed and chopped
- 8 butter lettuce leaves
- Lemon wedges

INSTRUCTIONS

1. Carefully drain the tuna, reserving the oil.
2. Separate chunks of tuna using a fork rather than mixing to retain moisture.
3. Combine with the mayo, celery, shallot, and capers until a creamy consistency is reached, adding drops of reserved oil for added richness.
4. Add a squeeze of fresh lemon juice and fragrant chopped dill.
5. Season with sea salt and cracked pepper.
6. Arrange the lettuce on plates and then with a slotted spoon mound the tuna salad into the lettuce leaves.
7. Garnish with lemon wedges.



Deviled Eggs

Serves: 12 halves | **Prep time:** 10 mins | **Cook:** 10 mins

Calories	Fats	Protein
80 kcal	6 g per half	4 g per half

INGREDIENTS

- 6 large pasteurized eggs
- 3 tbsp olive oil mayo
- Mustard, hot sauce to taste
- Smoked paprika

INSTRUCTIONS

1. Add eggs to a saucepan and cover with cool water by 1 inch.
2. Over high heat, bring eggs to a boil then cover the pan, remove from heat and let steep for 12 full minutes.
3. Transfer the eggs into another pan filled with ice cubes for one minute, or rinse them under a cold tap and peel.
4. Slice eggs lengthwise and arrange halves on a plate and scoop out the yolks into a separate bowl.
5. Combine the yolks with mayonnaise, mustard, hot sauce and spices to form a spreadable paste.
6. Spoon the yolk mixture onto the egg white halves. Sprinkle it with paprika and chopped parsley then serve.



Quick Carnivore Pork Chops

Serves: 2 | **Prep time:** 3 mins | **Cook time:** 7 mins

Calories	Fats	Protein
350 kcal	20 g per serving	38 g per serving

INGREDIENTS

- 2 boneless pork chops
- Salt to taste
- Pepper to taste
- 2 tablespoons of butter

INSTRUCTIONS

1. Heat a large skillet over medium-high heat.
2. While the pan is heating up, season both sides of the pork chops with salt and pepper.
3. Add the butter to the heated pan. Once the butter is melted and starts to sizzle, add the pork chops.
4. Cook the pork chops for 3-4 minutes on each side, until they are golden brown and cooked through (internal temperature should be 145°F or 63°C).
5. Remove the pork chops from the pan and let them rest for a few minutes before serving. This allows the juices to redistribute throughout the meat, making it more tender and flavorful.



Quick Shrimp

Serves: 2 | **Prep time:** 5 mins | **Cook time:** 5 mins

Calories	Fats	Protein
300 kcal	18 grams	2 grams

INGREDIENTS

- 12 large shrimps, peeled
- 4 cloves garlic, minced
- 2 tablespoons butter
- Salt to taste
- Pepper to taste
- Lemon wedges for serving
- Fresh parsley for garnish (optional)

INSTRUCTIONS

1. Heat a large skillet over medium heat.
2. While the pan is heating, pat the shrimp dry and season both sides with salt and pepper.
3. Add the butter to the heated pan. Once the butter is melted, add the minced garlic and sauté for about 1 minute until fragrant.
4. Add the shrimp to the pan and cook for about 2-3 minutes on each side, until they are pink and cooked through.
5. Remove the pan from heat. Squeeze fresh lemon over the shrimp and garnish with fresh parsley if desired. Serve immediately.



Baked Italian Meatballs

Serves: 20 balls | **Prep time:** 5 mins | **Bake time:** 20 mins

Calories	Fats	Protein
80 kcal	5 g per meatball	6 g per meatball

INGREDIENTS

- Grain-free bread
- Milk
- 1 lb grass-fed ground beef
- 1/2 cup grated parmesan
- 1 pastured egg
- Garlic, onion powder
- Italian seasoning
- Sea salt and pepper
- zucchini noodles

INSTRUCTIONS

1. Soak the bread in milk for 5 minutes to soften. Squeeze out excess liquid and add to ground beef along with grated parmesan, egg, minced garlic, onion powder, Italian seasoning, sea salt and pepper.
2. Line a baking tray with paper. Roll tablespoon sized portions of mixture to form meatballs. Space neatly on the baking tray.
3. Bake for 15 minutes. Gently flip each meatball using a spatula. Bake 5 minutes more until browned all over and firm yet still tender when pressed gently.



Quick Chicken Skewers

Serves: 2 | **Prep time:** 5 mins | **Cook time:** 7 mins

Calories	Fats	Protein
220 kcal	5 grams	40 grams

INGREDIENTS

- 2 boneless, skinless chicken breasts, cut into 1-inch cubes
- Salt to taste
- Pepper to taste
- 1 tablespoon olive oil

INSTRUCTIONS

1. Heat the grill to medium-high.
2. Season the chicken cubes with salt and pepper.
3. Thread the chicken cubes onto skewers. If using wooden skewers, soak them in water for at least 30 minutes prior to grilling to prevent them burning.
4. Brush the grill grates or grill pan with olive oil to prevent sticking.
5. Place the skewers on the grill or grill pan and cook for about 3-4 minutes on each side, until the chicken is cooked through and reaches an internal temperature of 165°F (74°C).
6. Remove the chicken skewers from the grill and let them rest for a few minutes before serving.



Taco Wraps

Serves: 4 wraps | **Prep time:** 5 mins | **Cook time:** 10 mins

Calories	Fats	Protein
300 kcal	18 grams	25 grams

INGREDIENTS

- 1 lb ground beef or turkey
- 1 packet taco seasoning
- Shredded lettuce
- Avocado, salsa
- Cilantro, lime wedges

INSTRUCTIONS

1. In a large skillet over medium-high heat, cook ground meat breaking it apart with a wooden spoon until it's browned after about 6-8 minutes.
2. Stir in taco packet contents and 1/4 cup water. Cook for 2 minutes, allowing mixture to bubble and thicken to a rich, saucy consistency. Add more water a tablespoon at a time to reach the desired texture if needed.
3. Arrange crisp lettuce cups on serving plates. Use a slotted spoon to mound taco meat into lettuce leaves. Top with fresh pico de gallo, avocado, cilantro leaves and lime wedges for squeezing over before eating.



Carnivore Pan-Seared Salmon

Serves: 2 | **Prep time:** 3 mins | **Cook time:** 7 mins

Calories	Fats	Protein
350 kcal	20 grams	40 grams

INGREDIENTS

- 2 salmon fillets (6 ounces each)
- Salt to taste
- Pepper to taste
- 2 tablespoons olive oil
- Lemon wedges for serving (optional)

INSTRUCTIONS

1. Heat a non-stick skillet over medium-high heat.
2. While the pan is heating, pat the salmon fillets dry with a paper towel and season both sides with salt and pepper.
3. Add the olive oil to the heated pan. Once the oil is hot, add the salmon fillets, skin side down, and cook for about 4 minutes without moving them, until the skin is crispy.
4. Flip the salmon and cook for another 2-3 minutes, until the salmon is cooked through.
5. Remove the salmon from the pan and serve immediately. If desired, squeeze fresh lemon over the salmon before serving.



Egg Drop Soup

Serves: 2 | **Prep time:** 5 mins | **Cook time:** 10 mins

Calories	Fats	Protein
80 kcal	4 grams	7 grams

INGREDIENTS

- 4 cups chicken bone broth
- 2 eggs, beaten
- 2 scallions, sliced
- Coconut aminos
- Toasted sesame oil
- Ground ginger

INSTRUCTIONS

1. In a medium saucepan, bring chicken bone broth to a gentle simmer over medium heat. Crack eggs into a small bowl and beat until frothy.
2. While stirring the broth slowly, use a fork to gradually drizzle the beaten eggs into broth in a very thin, steady stream.
3. Remove the pan from heat just before all the eggs are added so they're not overcooked.
4. Gently stir in sliced scallions, coconut aminos, sesame oil and ginger.
5. Ladle piping hot soup into bowls and serve.



Quick and Easy Carnivore Diet Recipes

The 10 quick and satisfying recipes found inside this book prove you don't need to spend all day in the kitchen to prepare nutrient-dense carnivore meals. They range from strict carnivore to a more flexible meat eater, where you allow some vegetables on your plate.

From lightning-fast tuna salad lettuce wraps and deviled eggs to baked Italian meatballs and carnivore shrimp, you'll discover plenty of options for carnivore meals you can prepare in a flash.

Whether you're a busy professional, athlete recovering from intense workouts, or anyone seeking to amplify their health, you can reap the full benefits of carnivore in 30 minutes flat with the recipes in this cookbook.

So grab your chopping board and best steak knife and let's get cooking carnivore style!