

CARNIVORE-ISH

**125 Protein-Rich Recipes to
Boost Your Health & Build Muscle**

Bonus Ebook

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Thank you so much for your interest in *Carnivore-ish!*

We can't wait to share our favorite protein-forward recipes with you, as well as all the information you need to start setting up your carnivore-ish pantry and fridge. We believe food is meant to nourish, delight, and satisfy, and that's best done when we prepare healthy food that our bodies crave without sacrificing flavor.

Here are a few sneak-peak recipes to get you started. If you make any of these, or try recipes from the book, please share them and tag us on Instagram, @themusclemaven and @cookiepie0402, using the hashtag #carnivoreish

Thank you!

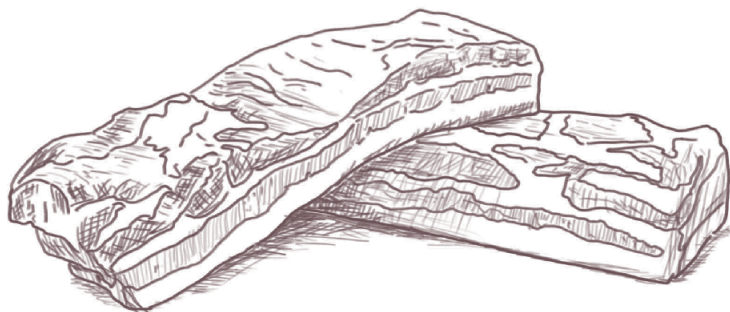
Ashleigh and Beth

SO WHAT DOES CARNIVORE-ISH MEAN, ANYWAY?

Carnivore-ish is our cheeky way of saying that we value and emphasize animal protein for its nutrition and taste. But we're not here to demonize vegetables, fruit, spices, or desserts—you'll see them all over our book. *Carnivore-ish* keeps animal protein front and center while acknowledging that preferences and availability wax and wane: we may want to eat differently when we're training for something, whether it's summer or winter, or whether we happen to be craving steak one day and scrambled eggs with vegetables the next. We're carnivore-ish because we know that diet is fluid and flexible and should be pleasurable, not punishing.

If we remove emotion and our general modern discomfort with death, it's easy to see that animal protein is a crucial part of our evolution, function, and health, and we thrive when we can enjoy healthy sources of animal protein. We're not here to tout one "best" way of eating. What we hope to show you, over the course of our book, is that animal protein is undeserving of the bad reputation it's received in the mainstream press and profit-driven health industry. In fact, it may be the hiding-in-plain-sight "secret" to the energy, good health, longevity, and, yes, body composition we all strive for.

With our combined backgrounds in recipe development, cookbook writing, nutrition and food journalism, and various other work in the health and wellness industry, we understand how complex and dogmatic the world of healthy eating can be. What usually sells books, diet plans on social media, and products in the grocery store is a strict set of rules for you to follow and a tribe for you to join and identify with. But the reason these don't work in the long term is that a successful approach to eating involves nuance and flexibility. We each need to find the diet that is nourishing, sustainable, and enjoyable for *us*, no matter what someone on the internet says is the right choice. This book is our answer to that—a tool we've created to help you find what works for you as the individual you are.



THREE WAYS TO MAKE YOUR MEALS MORE CARNIVORE-ISH

Here are some quick and easy tips to add animal protein to your diet and make your meals a little more satisfying, nutritious, and carnivore-ish.

- 1. Start with protein.** So often we build our meals around a carb source: pasta, rice, or even salad, and we often have little space in our stomachs for the really nutrient-dense stuff like protein. Reframing our meals to make protein the main attraction, with carbs and veggies in a supporting role, helps ensure that you're getting the nutrients and muscle-building support you need. When you envision your plate, place the greens next to your steak, mix some rice into your ground beef, and so on.
- 2. Experiment with new meats, cuts, and preparations.** Sure, the whole "carnivore thing" can get pretty boring if you're eating the same plain chicken breast or ground beef over and over again. But if you use a little imagination and exploration in the kitchen, your options are nearly endless. Head to your local butcher shop or farmers market and pick up something a little different than usual—duck breast instead of chicken, ground lamb for meatballs, maybe even some organ meat. Our book gives you the rundown on how to prep and cook all types of proteins and gives you some new recipes to spice things up.
- 3. Up your snack game.** It's easy to snack on hyperpalatable, easily accessible carbs when you're preoccupied or a little hangry: chips, crackers, candy, even fruit. None of these things are evil, but simple carbs and sugars can contribute to energy crashes and don't keep you full for long. They often aren't nutritionally dense and thus aren't really contributing to your health. By focusing on protein for snacks, you're supporting your body's functions and giving yourself nutritious fuel. Plus, because it's highly satiating, protein can help you avoid overeating and eating when you're not truly hungry. Beef jerky, leftover meat from dinner, cheese, Greek yogurt, eggs—these are all great examples of high-protein snacks.



CARNIVORE-ISH COFFEE SMOOTHIE

SERVES: 2 | **PREP TIME:** 5 minutes (not including time to brew coffee)

This coffee smoothie is super simple, super delicious, and super satisfying. It's also a reminder that you can add a nutrient boost to your favorite meals and beverages quickly and easily, often without impacting the taste at all! Feel free to add the sweetener of your choice or some cinnamon for a little sweetness.

2 cups brewed coffee, cold

1 cup milk of choice

¼ cup chocolate-flavored protein powder

¼ cup grass-fed collagen powder

1 teaspoon cacao powder

½ cup ice cubes

Put all the ingredients in a blender and blend until smooth. Pour into 2 large glasses, add a few more ice cubes, and enjoy.



BREAKFAST PIZZA

SERVES: 6 | **PREP TIME:** 10 minutes | **COOK TIME:** 30 minutes

We will never tire of eggs and sausage—so we'll just keep coming up with new ways to eat them! The whole family will love this fun and easy sheet pan recipe; you can make it together and enjoy it at any time of day. Use whatever ground meats or veggies or seasonings you like.

1 pound bulk breakfast sausage, crumbled

8 large eggs, divided

1 cup shredded mozzarella cheese

Paprika, garlic powder, onion powder, freshly ground black pepper, and/or fine sea salt, as desired

3 cups fresh spinach (optional)

½ white onion, chopped (optional)

1 cup shredded cheddar Jack cheese

- 1.** Preheat the oven to 425°F. Line a rimmed baking sheet with parchment paper.
- 2.** In a large bowl, mix the sausage, two of the eggs, the mozzarella, and seasonings, if using, with wet hands. Place the mixture on the prepared sheet pan and top with a second sheet of parchment paper. Using a rolling pin or your hands, evenly spread the sausage mixture to form a crust about ¼ inch thick.
- 3.** Bake the crust for 10 minutes. Remove the top sheet of parchment and use a spoon to create 6 small wells in the crust, then continue to bake for another 10 minutes.
- 4.** Top the crust with the spinach (if using), onion (if using), and cheddar Jack cheese. Crack the remaining 6 eggs into the wells and bake until the eggs are set, about 10 minutes. Let cool for a few minutes before cutting the pizza into 6 slices and serving.



BEEF STROGANOFF

SERVES: 6 | PREP TIME: 10 minutes | COOK TIME: 40 minutes

This one-skillet meal is as hearty, warming, and nostalgic as it gets, but it doesn't have to be a carb bomb. The steak and savory sauce is great on its own and tastes equally delicious over cauliflower rice, potatoes, or veggie noodles.

5 tablespoons ghee, divided
1½ pounds top sirloin steak or beef tenderloin, sliced into ½ inch by 2-inch strips
Fine sea salt and freshly ground black pepper
1 large onion, thinly sliced
8 ounces button mushrooms, sliced
3 cloves garlic, minced (about 1 tablespoon)
1½ cups beef broth
1 tablespoon coconut aminos
1 teaspoon Dijon mustard
1 teaspoon paprika
½ cup heavy cream or coconut cream
Cooked cauliflower rice, zucchini noodles, or other veggie noodles, for serving (optional)

1. In a large, deep skillet, melt 2 tablespoons of the ghee over medium-high heat. Add the steak strips in a single layer, season with salt and pepper, and cook undisturbed until browned on the bottom, about 3 minutes. Flip and cook until browned on the other side, about 2 minutes longer. Remove the steak from the pan with a slotted spoon and transfer to a plate.
2. Lower the heat to medium and melt the remaining 3 tablespoons of ghee in the skillet. Add the onion, mushrooms, and garlic and sauté until tender and fragrant, about 5 minutes.
3. In a bowl or large liquid measuring cup, whisk together the beef broth, coconut aminos, mustard, and paprika until combined. Pour the mixture into the skillet and stir well. Cover and let simmer, stirring occasionally, for 5 minutes. Taste and season with additional salt and pepper if needed.
4. Remove the lid and raise the heat to medium-high; stir in the cream and cook, stirring occasionally, until the sauce coats the back of a spoon, about another 10 minutes.
5. Return the steak to the skillet and stir until just warmed, 2 to 3 minutes.
6. Remove from the heat and serve the stroganoff over cauliflower rice or your favorite veggie noodles, if desired.



SWEET & SPICY BAKED CHICKEN

SERVES: 4 | PREP TIME: 10 minutes | COOK TIME: 40 minutes

Chicken breast isn't usually the most exciting meat, but when it's topped with a simple-to-make but super tasty sweet and spicy sauce, it takes on tons of personality. This quick and easy dish is sure to become a new family fave. The sauce is so good—try it on pork loin, too.

Unsalted butter, for greasing the baking dish

½ cup (64g) coconut sugar

¼ cup maple syrup

¼ cup medium-hot hot sauce, such as Frank's RedHot

1 tablespoon apple cider vinegar

3 cloves garlic, grated on a Microplane or minced

Fine sea salt and freshly ground black pepper

1 tablespoon avocado oil

1½ pounds boneless, skinless thin chicken tenders, patted dry

Cooked rice or cauliflower rice, for serving (optional)

- 1.** Preheat the oven to 400°F. Grease a 9 by 13-inch glass baking dish with butter.
- 2.** In a small saucepan, combine the coconut sugar, maple syrup, hot sauce, vinegar, garlic, and ½ teaspoon salt.
- 3.** Warm the oil in a large skillet over medium-high heat. Season the chicken tenders generously with salt and lightly with pepper and place in the skillet. Cook until golden on both sides, 2 to 3 minutes per side (don't worry about cooking it through). Transfer the chicken to the prepared baking dish.
- 4.** Pour ¼ cup of water into the skillet. Cook, stirring up the browned bits, until the water has reduced to 1 tablespoon, about 2 minutes. Scrape the liquid into the saucepan with the maple syrup mixture.
- 5.** Place the saucepan over medium-high heat and bring to a boil, whisking to combine and dissolve the sugar. Allow to boil, whisking often, until reduced, thickened, and syrupy, 3 to 4 minutes. Remove from the heat; transfer half of the sauce to a bowl. Leave the remaining sauce in the pan and cover to keep warm. Brush the chicken with the sauce from the bowl.
- 6.** Bake until the chicken is cooked through and the sauce is bubbling, 20 to 25 minutes, turning the chicken over and brushing with the sauce halfway through. Drizzle the reserved sauce over the chicken and serve hot, with rice or cauliflower rice, if desired.



CARNIVORE-ISH CRAB CAKES

SERVES: 4 | PREP TIME: 15 minutes | COOK TIME: 10 minutes

Crab cakes are such a treat—and loaded with good nutrition. Along with protein, crab is rich in vitamin B12, iron, selenium, and zinc. Mixing canned crab with pork panko for crunch, along with eggs, scallions, lemon, and a few other pantry items, makes an easy lunch or brunch dish that you can enjoy whenever the craving strikes. It pairs nicely with a simple tomato and cucumber salad.

2 (6-ounce) cans crabmeat, drained

2 medium ribs celery, minced (about ⅓ cup)

2 scallions, white and light green parts only, minced (about 2 tablespoons)

¼ cup avocado oil mayonnaise

2 large eggs, beaten

1 teaspoon grated lemon zest

1 tablespoon lemon juice

⅔ to 1 cup pork panko

¼ teaspoon garlic powder

¼ teaspoon fine sea salt

¼ teaspoon freshly ground black pepper

Avocado oil, for frying

1. Preheat the oven to 200°F. Line a rimmed baking sheet with a wire cooling rack.

2. In a large bowl, combine the crab, celery, scallions, mayo, eggs, lemon zest and juice, ⅔ cup panko, garlic powder, salt, and pepper. Stir with a fork just until combined, keeping the larger pieces of crab intact as much as possible. Add up to ⅓ cup more panko as needed until the mixture holds together.

3. Warm about ⅛ inch of oil in a large nonstick skillet over medium heat. Use an ice cream scoop to divide the crab mixture into 8 portions. Flatten into patties, about ⅓ inch thick. Fry half of the patties until golden on both sides and cooked through, 3 to 4 minutes per side. Transfer to the rack on the baking sheet and keep warm in the oven while you fry the remaining patties (wipe out the skillet and add more oil, if needed). Serve hot.

NOTES:

For a quick and easy sauce, simply whisk together avocado oil mayo and Buffalo wing sauce, such as Frank's RedHot. Start with ½ teaspoon hot sauce per 1 tablespoon mayo (or 2 teaspoons hot sauce per ¼ cup mayo) and adjust as needed to suit your taste.



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EGGPLANT PARMESAN

SERVES: 2 as an entree, 4 as a side | **PREP TIME:** 30 minutes, plus 30 minutes to sweat the eggplant | **COOK TIME:** 45 minutes

Eggplant Parm is one of Beth's husband Mark's all-time favorite dishes. This version, which trades the traditional breadcrumbs for pork panko, has more protein and no empty carbs, so you get all that rich taste but still feel great after eating it. If you have an air fryer, you can cook the eggplant in there instead of frying it in oil. Just mist the breaded eggplant with cooking spray and cook it in a preheated 360°F air fryer for 6 to 10 minutes (check after 6), flipping halfway through.

1 medium eggplant, trimmed and cut into ¼-inch-thick slices

Fine sea salt

1½ cups pork panko

½ cup grated Parmesan cheese

1½ teaspoons dried oregano leaves

½ teaspoon garlic powder

¼ teaspoon freshly ground black pepper

1 large egg

Avocado oil, for frying

1¼ cups marinara sauce

1½ cups shredded mozzarella cheese

NOTES:

Instead of broiling, you can layer the eggplant slices with sauce and cheese in a 9 by 13-inch baking dish and bake at 350°F until the cheese has melted and everything is heated through, 20 to 30 minutes.

1. Line a rimmed baking sheet with a wire cooling rack. Place the eggplant slices on the rack and sprinkle with salt on both sides. Let stand for 30 minutes. Wipe off any accumulated liquid and set the eggplant slices aside on a plate.
2. Preheat the oven to 200°F and place the rack-lined baking sheet in the oven after it reaches temperature.
3. In a food processor, pulse the panko, Parmesan, oregano, garlic powder, and pepper until finely chopped and well combined. Transfer to a shallow bowl. In a separate bowl, beat the egg with 1 tablespoon of water until well combined.
4. Working one at a time, dip the eggplant slices in the egg mixture, then in the panko mixture, pressing to adhere. Lay the slices on the plate in a single layer.
5. Heat ⅛ to ¼ inch of oil in a large nonstick skillet over medium heat until it sizzles when you flick some water at it. Add a few eggplant slices (do not overcrowd the pan). Cook until golden and tender, 2 to 3 minutes per side. Transfer to the baking sheet in the oven to keep warm while you fry the remaining slices. Add more oil to the skillet between batches if needed.
6. When all of the eggplant has been cooked, remove the baking sheet from the oven. Preheat the broiler and move an oven rack to the highest position, closest to the broiler. Spread some marinara sauce on each slice of eggplant and sprinkle with the mozzarella. Broil until the sauce is heated through and the cheese has melted, 1 to 2 minutes. Serve hot.



DUCK FAT BUTTERNUT SQUASH

SERVES: 6 | **PREP TIME:** 10 minutes | **COOK TIME:** 30 minutes

Butternut squash is creamy and decadent no matter how you cook it, but the addition of savory duck fat takes this simple side dish to another level. It goes well alongside duck, of course, and also pairs well with other dark meat poultry.

1 butternut squash, peeled and cut into 1-inch cubes

3 tablespoons duck fat, melted

Fine sea salt and freshly ground black pepper

- 1.** Preheat the oven to 400°F.
- 2.** Place the cubed squash in an oven-safe glass baking dish. Toss with the duck fat; season with salt and pepper. Spread out into a single layer.
- 3.** Bake for 30 minutes, tossing halfway through, until the squash is tender and a fork goes through it easily; the edges may begin to caramelize.



RASPBERRY CHEESECAKE PANNA COTTA

SERVES: 6 | PREP TIME: 30 minutes, plus 1 hour to chill | COOK TIME: 2 minutes

We both love sweets, so enjoying occasional desserts is a must. But we're also busy moms with jobs to do and lives to be lived, so we don't have time to get weighed down by a sugar crash. This luscious, creamy treat means we can have that indulgence we crave and still feel like taking on the world. Top it with dark chocolate shavings if you absolutely need chocolate in your dessert to make it complete (we totally get that).

½ cup heavy cream, divided
2 teaspoons grass-fed gelatin
½ cup (64g) coconut sugar
1 (8-ounce) package frozen raspberries, thawed
4 ounces whipped cream cheese, at room temperature
3 tablespoons raw honey
¾ cup plain full-fat Greek yogurt
½ teaspoon vanilla extract
Pinch of fine sea salt

Whipped cream, chocolate shavings, and/or berries, for topping (optional)

1. Pour ¼ cup of the cream into a small saucepan. Sprinkle the gelatin over and allow it to bloom (it will look dry and lumpy; this is what you want).
2. In a high-speed blender, blend the coconut sugar and raspberries until smooth. Place a fine-mesh sieve over a bowl and pour the raspberry puree into the sieve. Stir to push through the puree and remove the seeds.
3. Put the cream cheese and honey in a large mixing bowl. Beat until smooth and light. Add the yogurt, the remaining ¼ cup of cream, the vanilla, and salt and beat until very smooth, light, and fluffy, stopping to scrape down the sides and bottom of the bowl as needed.
4. Place the pan with the gelatin mixture over low heat and cook, stirring, until the gelatin is just dissolved. Remove from the heat. Whisk the gelatin mixture into the raspberry puree, then fold that into the cream cheese mixture. Divide the mixture among 6 mugs or serving cups.
5. Cover and refrigerate the panna cotta until firm, at least 1 hour. Just before serving, top with whipped cream, chocolate shavings, and/or berries, if desired.

NOTES:

- Swap in another kind of berry if you prefer, or use a mix of berries.
- This dessert isn't super sweet. If you like things on the sweeter side, add another 2 to 4 tablespoons of coconut sugar when making the raspberry puree.

