

carnivore  
*in the*  
kitchen

COURTNEY LUNA

*Exclusive  
Preview*

VICTORY BELT PUBLISHING INC.  
LAS VEGAS

# cinnamon rolls

**YIELD:**

8 rolls (8 servings)

**PREP TIME:**

15 minutes

**COOK TIME:**

40 minutes

My family always enjoys cinnamon rolls on Christmas morning, and with this version, we can have them and still be healthy. My kids love them, which says a lot because they've had regular gluten- and sugar-filled cinnamon rolls in the past. Mom win! I often say you can skip the cinnamon and vanilla if you're a strict carnivore, but don't do that with these. You'd probably be disappointed with the flavor. If you're eating carnivore due to autoimmune issues, you may want to skip these (in the beginning, at least) because of the spices and enjoy one of my Mini Bagels (page 74) instead—the dough is the same except for the vanilla.

**FOR THE DOUGH:**

3 cups shredded mozzarella cheese (about 12 ounces)

2 ounces (¼ cup) cream cheese, softened

2 large eggs, whisked

1½ cups (135 grams) pork panko

1 teaspoon vanilla extract

**FOR THE FILLING:**

¼ cup (½ stick) salted butter, softened

1 tablespoon ground cinnamon, plus extra for garnish

**FOR THE FROSTING:**

4 ounces (½ cup) cream cheese, softened

¼ cup (½ stick) salted butter, softened

½ teaspoon vanilla extract

1. Preheat the oven to 350°F.
2. To make the dough, place all the ingredients in a large microwave-safe bowl and mix well.
3. Microwave for 3 to 4 minutes on high power, stirring at 30-second intervals, until all the cheese is melted.
4. Continue to stir the mixture until you have a cohesive dough; as you work the dough, it will cool and start to firm up. At that point, you may want to switch to your hands to knead the dough, or you can continue working it (vigorously) with the spoon.
5. Take the dough and place it on a large piece of parchment paper (at least 16 inches long). Using your hands, press and shape the dough until it is about 12 by 15 inches. Let cool.
6. Spread the softened butter on the dough, making sure to cover the entire surface, including the edges. Sprinkle the cinnamon evenly over the butter.
7. Working from the long side, roll the dough into a log and cut into 8 pieces.
8. Place the rolls cut side up in a 9-inch cake pan and bake until golden brown, 35 to 40 minutes.
9. Mix the frosting ingredients together in a small bowl. Spread onto the rolls, garnish with a little sprinkle of cinnamon, and serve warm. Gently rewarm leftover rolls before eating, being careful not to overheat them or the frosting will melt.





# kofta meatballs

**YIELD:**

16 (2-inch) meatballs  
(4 servings as a main course or  
8 servings as a starter)

**PREP TIME:**

10 minutes

**COOK TIME:**

13 to 20 minutes, depending on  
method

Kofta kebabs are a popular dish in the Middle East and Mediterranean. Being a Greek girl myself, I've always loved warmly spiced meats and, of course, feta cheese. Here, I've changed up the classic meat-on-a-stick by making cute little meatballs. I recommend serving these with my Creamy Feta Dip. However, they're very good on their own, too, so if you're looking for a meat-only meal without any added animal products, you may prefer to enjoy the meatballs as is. If you are strict carnivore and are not using seasonings, the meatballs are still delicious without the cinnamon and cumin. If you tolerate some plant foods and want to give the dish a bit of warmth, though, I recommend including the spices. The meat mixture also makes great burger patties.

1 pound ground beef  
1 pound ground lamb  
2 teaspoons kosher salt  
1 teaspoon ground  
cinnamon (optional)  
½ teaspoon ground cumin  
(optional)

1. Preheat the oven or an air fryer on the air fry setting to 425°F.
2. Put the beef, lamb, salt, and spices (if using) in a large bowl and mix together with your hands.
3. Divide the meat mixture in half, then in half again, to make 4 equal portions. Roll 4 equal-sized meatballs from each portion, for a total of 16 meatballs.
4. If using the air fryer, place the meatballs in the basket and air-fry for 13 to 15 minutes, or until cooked through. If using the oven, place the meatballs on a sheet pan and bake for 18 to 20 minutes, or until cooked through. When cooked through, they will no longer be pink in the center, and the internal temperature will be 160°F.
5. Serve immediately.

*Note:*

*To experiment with the seasonings, after completing Step 2, fry up one little piece of the seasoned meat mixture in a skillet. Taste-test the cooked meat, and then add more salt, cinnamon, and/or cumin to the mixture if needed before shaping the meatballs.*





# carnitas

**YIELD:**

8 servings

**PREP TIME:**

10 minutes

**COOK TIME:**

45 minutes or 5 to 10 hours,  
depending on method

*Carnitas* means little meats, and it is a traditional Mexican dish using a marbled cut of pork such as a boneless butt or shoulder. For this cut of pork, I recommend using the much faster Instant Pot method, but if you don't own one, you can also make this in a slow cooker. This recipe makes a large amount, which is great for serving guests or having easy meals for the week. We love using this meat for tacos, wrapped up in Tortillas (page 88) and topped with cheese and sour cream.

4 pounds boneless pork  
butt or shoulder, cut into  
6 pieces, excess fat  
trimmed

2 teaspoons kosher salt

2 teaspoons ground cumin  
(optional)

1 cup chicken broth,  
homemade (page 126) or  
store-bought, or water

1. Put the meat in an Instant Pot or slow cooker. Sprinkle the meat with the salt and cumin, if using. Pour in the broth or water. If using a slow cooker, skip ahead to Step 3.
2. If using the Instant Pot, secure the lid and select pressure cook on high heat for 45 minutes. Allow the pressure to release naturally for 20 minutes. After the natural release is completed, carefully flip the valve and release the rest of the pressure.
3. If using a slow cooker, cover and cook on low for 8 to 10 hours or on high 5 to 7 hours. When done, the meat will be fork-tender.
4. Shred the meat with 2 forks in the cooking liquid.
5. Remove the shredded meat with a slotted spoon and place onto a sheet pan. Spread the meat into an even layer.
6. Place an oven rack in the top position and set the oven to the broiler setting. Broil the pork for about 15 minutes, stirring every 5 minutes. You want the ends of the meat pieces to get crispy while the rest of the meat stays moist. You can also use the broil setting in an air fryer to crisp the meat; however, given the smaller size of an air fryer, you'll need to work in batches to avoid overcrowding the meat.
7. Serve as is or make tacos!



# carnizza

## YIELD:

1 (12-inch) pizza  
(2 to 4 servings)

## PREP TIME:

10 minutes

## COOK TIME:

20 minutes

## FOR THE CRUST:

1½ cups shredded  
mozzarella cheese (about  
6 ounces)

1 ounce (2 tablespoons)  
cream cheese

1 large egg, whisked

¾ cup (68 grams) pork  
panko (see note)

## TOPPINGS:

Sauce of choice (about  
½ cup)

Shredded cheese of choice  
(about 1 cup/4 ounces)

Pepperoni slices and/or  
other meat topping(s) of  
choice (1 to 2 ounces)

I let my Instagram community name this recipe, so if you think it's a corny title, blame them! You might be surprised by how much this tastes like regular pizza. If you've dabbled in keto cooking at all, you may have heard of fathead dough. In this take, I swap out the almond flour for pork panko. You can top the crust with my [Browned Butter Cream Sauce](#) (page 206) or live on the edge and use a tomato-based pizza sauce; I use sugar-free ketchup when serving it to my kids. Very gourmet, I know.

1. Preheat the oven to 425°F. Line a sheet pan with parchment paper or a silicone baking mat.
2. To make the crust, put the mozzarella, cream cheese, egg, and panko in a medium microwave-safe bowl and mix well.
3. Microwave for 90 seconds, stopping to stir in 30-second increments, until the cheese is fully melted. Continue to stir the mixture until you have a cohesive dough; as you work the dough, it will cool and start to firm up. At that point, you may want to switch to your hands to knead the dough, or you can continue working it (vigorously) with the spoon.
4. Once you have a cohesive ball of dough, place it on the prepared pan and, using your hands, spread it out to a thickness of about ¼ inch. Use a fork to poke holes all over the dough to keep it from bubbling up in the oven.
5. Bake until cooked through and lightly browned, about 10 minutes.
6. Top the crust with your favorite sauce, cheese, and meat and put back in the oven for about 8 more minutes, until the cheese is melted.

*Note:*

*While I recommend using pork panko for this recipe, if you do not consume pork, you may replace the panko with ¼ cup [Chicken Flour](#) (page 98).*





# browned butter cream sauce

**YIELD:**

About 1¾ cups (4 to 6 servings)

**PREP TIME:**

5 minutes

**COOK TIME:**

15 minutes

I must refrain from eating this sauce by the spoonful, like it's a soup. It's just that delicious! The basis of this recipe is a classic Alfredo sauce, but with the added step of browning the butter. It gives the sauce a unique nutty, almost caramel-like flavor, and you can't go wrong when you mix that with cream and Parmesan. Pour this sauce over either Panko Noodles (page 92) or Egg White Noodles (page 94), pair it with grilled chicken, or simply go at it with a spoon. You're in for a decadent meal.

½ cup (1 stick) salted butter

1 cup heavy cream

2 cups shredded Parmesan  
cheese (about 8 ounces)

1. Melt the butter in a medium-size saucepan over medium heat. After it melts, continue to cook it, stirring frequently, until it has browned, about 5 minutes. It will develop a nutty, caramel-like aroma. Be careful not to let it burn, which can happen quickly after it starts to change to a golden color.
2. As soon as the butter has browned, pour in the cream and warm it for 2 minutes.
3. After the cream is warmed, add the cheese. Whisk until it is melted and the sauce is smooth, 1 to 2 minutes.

*Note:*

*If making a half batch of this recipe for the Standard Carnivore Meal Plan (page 46), use a small saucepan in Step 1.*

