

5 FAVORITE CARNIVORE RECIPES



Courtney Luna



WELCOME

Many moons ago I was a Chef on privately owned and charter Yachts. I shared my love of food by curating beautiful meals for the guests. However, my cooking looks a lot simpler these days; minimal ingredients, but packed with flavor.

I hope these recipes make your life a little easier and bring some delicious variety to your Carnivore lifestyle.

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RECIPES

- Tuna Melt Patties

You won't even realize that your tuna melt sandwich has no bread

- Cheeseburger Meatballs

Bacon and cheese in every bite, what could possibly go wrong

- Blue Cheese Sauce

You'll want to pour this on everything and everyone

- Tri Tip Steak Bites

Your future self will thank you for the prep. Cut, freeze, and air fry

- Coffee Ice Cream

The Carnivore Police may arrest you for this one. Eat at your own risk



TUNA MELT PATTIES

These are more delicious pan fried in butter, but you could definitely make them in the air fryer or a mini waffle maker

INGREDIENTS

- 1 5oz can of tuna in water
- 1 egg
- 1/4 C shredded cheddar cheese
- salt to taste
- butter for cooking

INSTRUCTIONS

- 1 Drain tuna and combine all ingredients in a bowl
- 2 Shape into 4 patties. Pan fry in butter for a few minutes on each side until brown and crispy
- 3 [Watch me make this recipe here!](#)



CHEESEBURGER MEATBALLS

These meatballs are cooked in the air fryer, but you can bake them and then crisp them in the broiler at the end

INGREDIENTS

- 1 lb ground beef
- 1/2 C shredded cheddar cheese
- 1/2 lb cooked bacon, chopped
- 1 egg
- Lots of salt to taste

INSTRUCTIONS

- 1 Combine all ingredients in a bowl and mix well, but do not over mix
- 2 Form into 8 balls. Air fry at 400' for 15 minutes, flipping halfway
- 3 [Watch me make this recipe here!](#)



BLUE CHEESE SAUCE

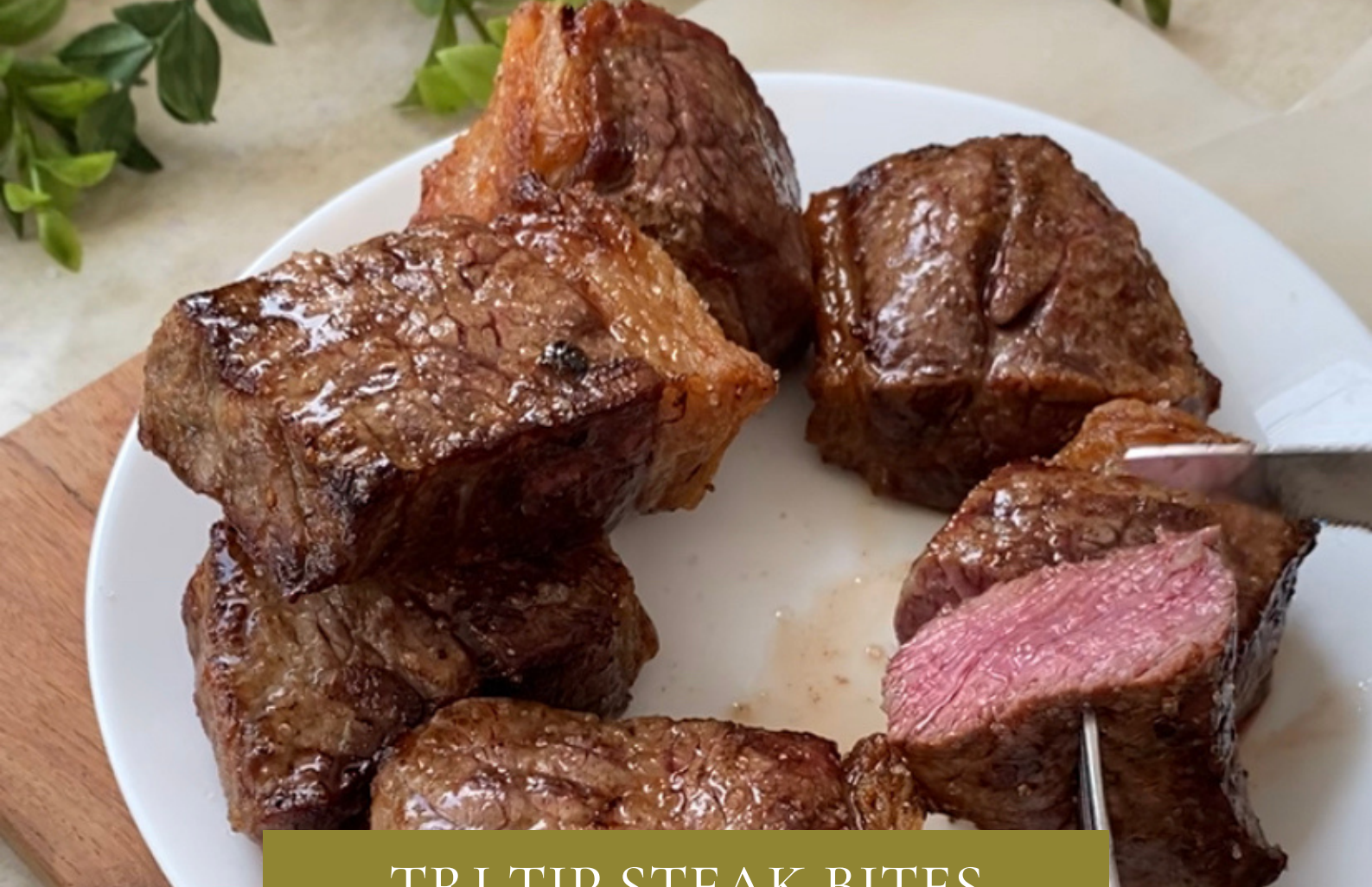
This sauce is fabulous on all the things, especially warmed and poured over steaks, or put a cold chunk on a freshly grilled burger patty

INGREDIENTS

- 1/2 C heavy cream
- 5 oz blue cheese

INSTRUCTIONS

- 1 Pour cream into a small saucepan over low heat
- 2 Once warm, add in the blue cheese. Whisk on low heat until thick, about 5 minutes
- 3 [Watch me make this recipe here!](#)



TRI TIP STEAK BITES

Do all the prep at one time, then you have chunks of steak ready to throw in the air fryer for a quick and delicious meal

INGREDIENTS

- 1 tri tip, cut into 2.5 inch chunks
- salt to taste

INSTRUCTIONS

- 1 Place the chunks on a cookie sheet and freeze for a few hours. Once frozen, place in a ziploc. This ensures they will not stick together
- 2 Cook at 400' from frozen in your air fryer. Cook for 15-20 (for medium rare) flipping halfway
- 3 [Watch me make this recipe here!](#)



COFFEE ICE CREAM

Technically, coffee isn't strict carnivore, but this is my absolute favorite thing to eat. Use caffeinated for breakfast ice cream with a jolt! Top with fresh whipped cream for garnish

INGREDIENTS

- 1 C heavy cream
- 2 raw egg yolks
- 1 tsp decaf instant coffee
- Pinch of salt
- 2 tbsp heavy cream for garnish (optional)

INSTRUCTIONS

- 1 Combine all ingredients in a bowl and mix well
- 2 Pour into your ice cream maker and follow the manufacturer's directions. Mine is small and takes about 5-10 minutes to churn
- 3 [Watch me make this recipe here!](#)

HOW CAN I HELP SUPPORT YOU?

I'M PASSIONATE ABOUT THE CARNIVORE
LIFESTYLE AND I WANT EVERYONE TO LIVE
THEIR BEST LIFE AND THRIVE!

Please reach out and message me with any questions or concerns you may have.
I'd love to help you on your journey in any way that I can.

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