

THE CARNIVORE CLUB COMPANION

30-DAY QUICKSTART JOURNAL & RECIPE PACK



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TABLE OF CONTENT

- 3 Welcome Note
- 4 Essential Carnivore Shopping List
- 5 7 Quick & Easy Carnivore Recipes
- 13 30-Days Quickstart Framework
- 14 Daily Tracking Journal
- 18 Weekly Reflection Journals
- 19 Troubleshooting & Motivation
- 20 Closing Note



WELCOME NOTE!

Congratulations on picking up *The Carnivore Club*! This companion guide is designed to help you take action right away. Over the next 30 days, you'll have simple meal ideas, a shopping guide, and reflection tools to make your transition smoother. Use this as a workbook, print it out, and track your journey to health and vitality.



ESSENTIAL CARNIVORE SHOPPING LIST

CORE STAPLES

- Beef: ribeye, ground beef, brisket, short ribs
- Pork: chops, bacon, pork belly
- Poultry: chicken thighs, wings, drumsticks
- Fish & Seafood: salmon, sardines, shrimp
- Eggs: whole eggs (preferably pasture-raised)

NUTRIENT POWERHOUSES

- Organ meats: liver, heart, kidney
- Bone broth (homemade or high-quality store-bought)
- Bone marrow (roastable or in soup)



EXTRAS

- Butter, ghee, or animal fats (tallow, lard)
- Salt and simple spices (optional)



Tip: Buy in bulk and freeze portions to save money and always have options ready.

7 Quick & Easy Carnivore Recipes



Ribeye with Garlic Butter

INSTRUCTIONS:

- Remove ribeyes from the fridge 30 minutes before cooking to reach room temperature.
- Pat dry with paper towels and season generously with salt.
- Heat a cast-iron skillet over high heat until very hot.
- Add ribeye and sear for 3–4 minutes per side for medium-rare (adjust for doneness).
- In the last minute of cooking, add butter and garlic to the pan. Spoon the melted butter over the steak.
- Rest steaks for 5 minutes before slicing.

INGREDIENTS (2 SERVINGS):

- 2 ribeye steaks (10–12 oz each)
- 2 tbsp butter
- 2 cloves garlic, minced (or garlic powder if strict carnivore)
- Salt to taste



Tip: For extra flavor, add a sprig of rosemary or thyme to the butter while basting.



Crispy Air-Fried Chicken Wings

INGREDIENTS (2-3 SERVINGS):

- 2 lbs chicken wings
- 1 tsp salt



INSTRUCTIONS:

- Pat chicken wings dry to remove excess moisture.
- Season with salt (add pepper or smoked paprika if desired).
- Preheat air fryer to 400°F.
- Place wings in a single layer, leaving space for airflow.
- Cook for 20 minutes, flipping halfway through.
- Serve hot and crispy.



Tip: Buy in bulk and freeze portions to save money and always have options ready.



Carnivore Breakfast Skillet

INSTRUCTIONS:

- Heat a skillet over medium heat and cook bacon until crispy. Remove and set aside.
- In the same skillet, add chopped steak and sauté until warmed through.
- Crack eggs directly into the pan, scramble, or fry to your preference.
- Add bacon back in, chop into pieces, and mix everything together.
- Serve hot, optionally topped with a pat of butter.

INGREDIENTS (2 SERVINGS):

- 4 slices bacon
- 4 eggs
- 1 cup leftover steak or beef, chopped
- 1 tbsp butter (optional)



Tip: Use bacon fat instead of butter for deeper flavor.



Bone Broth Latte

INSTRUCTIONS:

- Heat bone broth in a small saucepan until steaming.
- Add butter or ghee.
- Use an immersion blender or frother to whip until creamy and foamy.
- Pour into a mug and enjoy warm.

INGREDIENTS (1 SERVING):

- 1 cup bone broth
- 1 tbsp butter or ghee



Tip: For extra flavor, add a sprig of rosemary or thyme to the butter while basting.



Slow-Cooked Short Ribs

INGREDIENTS (4 SERVINGS):

- 3 lbs beef short ribs
- 2 cups bone broth
- 1 tsp salt

INSTRUCTIONS:

- Season ribs with salt.
- Place ribs in a slow cooker and pour in bone broth.
- Cover and cook on low for 6–8 hours, or until meat falls off the bone.
- Remove ribs, skim excess fat from liquid, and drizzle broth over ribs before serving.



Tip: Buy in bulk and freeze portions to save money and always have options ready.

Beef Liver & Onions



INSTRUCTIONS:

- Melt butter in a skillet over medium heat.
- Add onion slices and cook until soft and golden, 6–8 minutes. Remove from pan.
- Increase heat to medium–high, add liver slices, and season with salt.
- Cook for 2 minutes per side – liver should remain slightly pink inside to avoid toughness.
- Serve with onions on top.

INGREDIENTS (2 SERVINGS):

- 1 lb beef liver, thinly sliced
- 1 medium onion, sliced (optional if strict carnivore)
- 2 tbsp butter
- Salt to taste



Tip: Soak liver in milk or lemon water for 1 hour before cooking to mellow the flavor.



Salmon with Lemon Butter

INGREDIENTS (1 SERVING):

- 2 salmon fillets (6 oz each)
- 2 tbsp butter
- ½ lemon (juice)
- Salt to taste



INSTRUCTIONS:

- Pat salmon fillets dry and season with salt.
- Heat a skillet over medium-high and melt 1 tbsp butter.
- Place salmon skin-side down and cook 4–5 minutes, then flip and cook another 2–3 minutes.
- In the final minute, add remaining butter and squeeze lemon juice into the pan.
- Spoon lemon butter over salmon before serving.



Tip: For crispy skin, avoid moving the salmon until it naturally releases from the pan.



30-Days Quickstart Framework

WEEKLY STRUCTURE



- **Breakfast:** Eggs, bacon, or leftover meat
- **Lunch:** Grilled chicken thighs or burger patties
- **Dinner:** Steak, pork chops, or salmon
- **Snacks (if needed):** Hard-boiled eggs, beef jerky



SAMPLE DAY IN THE LIFE

- **Breakfast:** 3 scrambled eggs with bacon
- **Lunch:** Ribeye steak
- **Dinner:** Pork belly with bone broth
- **Snack:** Sardines








Repeat with variations each week to avoid monotony.

Daily Tracking Journal






Use these pages to track your meals, energy, mood, sleep, and reflections. Complete one each day for 30 days.

WEEK 1






DAY 1

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____






DAY 2

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____






DAY 3

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____





DAY 4

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____






DAY 5

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____

DAY 6

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____






DAY 7

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____






NOTES

WEEK 2






DAY 8

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____






DAY 9

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____






DAY 10

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____






DAY 11

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____






DAY 12

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____

DAY 13

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____






DAY 14

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____


NOTES

WEEK 3






DAY 15

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____






DAY 16

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____






DAY 17

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____






DAY 18

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____






DAY 19

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____

DAY 20

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____






DAY 21

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____






NOTES

WEEK 4





DAY 22

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____






DAY 23

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____






DAY 24

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____

DAY 25

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____






DAY 26

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____






DAY 27

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____






DAY 28

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____

DAY 29

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____

DAY 30

-  Meals: _____
-  Energy Level (1-10): _____
-  Mood: _____
-  Sleep Quality (1-10): _____
-  Notes/Reflections: _____

NOTES

Troubleshooting & Motivation

CARNIVORE FLU FIXES



Stay hydrated.



Add bone broth for electrolytes.



Rest as needed.

CRAVING BUSTERS



Eat more fatty cuts if hungry.



Keep cooked meats ready in the fridge.



Distract with activity or journaling.

SOCIAL SITUATIONS



Choose meat-first options when dining out.



Bring your own dish to gatherings.



Be confident—your health journey matters.



CLOSING NOTE!

Your first 30 days on carnivore are about exploration, listening to your body, and building consistency. Celebrate every win, no matter how small. Remember: this is not just a diet—it's a lifestyle. Stay strong, stay curious, and welcome to the Carnivore Club!

