



## ***Carnivore Sample Menu***

### ***Lamb Chops with Herbes de Provence (Paleo) - 4 servings***

Seared lamb chops ready to be finished in the oven, crusted with French herbes de provence

### ***Grilled, Balsamic-Soy Flank Steak (2) - 2 servings***

Flank steak marinated in a balsamic soy marinade and grilled

### ***Pan-Seared Scallops - 2 servings***

Large scallops gently seared in a cast-iron pan with butter and paprika

### ***Grilled Chicken Breast with Chimichurri (LB) - 4 servings***

Herb grilled chicken breasts served with a South American cilantro and parsley (allium-free!) chimichurri sauce.

### ***Roasted Lemon Turmeric Salmon (DB) - 2 servings***

Chilean salmon filets basted in a light lemon, butter and turmeric sauce

### ***Tomato and Basil Tilapia (DB) - 2 servings***

Tilapia filets with a topping of slow-roasted tomatoes and herbs

### ***Beef and Vegetable Stir Fry with Lemon (DB) - 2 servings***

Beef stir fried with seasonal vegetables flavored with ghee, lemon and garlic powder

### ***BBQ Grilled Chicken Thighs (DB) - 2 servings***

Boneless chicken thighs grilled with a no sugar BBQ sauce, extra sauce on the side