The Best Carnivore Diet Meal: Lamb Leg

Lamb is the ultimate carnivore diet meal—rich, tender, and full of flavor. After fasting all day, nothing beats a hearty, satisfying plate of lamb at night. The **lamb leg from Costco** is my go-to; it's a perfect balance of quality and affordability, making it ideal for anyone following a carnivore diet.

Cooking Lamb Leg in an Instant Pot

"I am no chef or genius but I do know that lamb leg is super simple to make."

Cooking lamb leg doesn't have to be complicated. Just grab an **Instant Pot** from Costco or Amazon, and let it handle the work. Here's how I do it:

1. **Place the lamb leg** in the Instant Pot.
2. Add **bone broth** for extra flavor and tenderness.
3. Toss in some **rosemary or thyme** and a bit of **salt**.
4. Set the pot to **slow cook for 8 hours**.

This is the "9-5 of cooking" for me—set it up in the morning, go about your day, and come home to a **juicy, tender meal** that's unbelievably good. In terms of carnivore diet, lamb leg is one of the best choices out there: it's nutritious, satisfying, and simple.

Lamb and Tradition: Eid al-Adha in Palestine

Recently, I captured a powerful photo during **Eid al-Adha in Palestine**. In Jericho, I witnessed the sacrifice of hundreds of lambs—a tradition that filled the streets with the sights, sounds, and scents of the ritual. For days, **blood covered the streets**, a raw reminder of tradition and sacrifice in everyday life.

A Carnivore's Routine: Everyday Ramadan

In many ways, my one-meal-a-day routine mirrors *Ramadan*—a time of fasting, focus, and reflection. While I'm not following it religiously, there's a certain discipline and respect for the process. **Keep it halal** and keep it simple: lamb, prepared with care, and enjoyed fully.

Key Takeaways

- **Lamb leg** is the best carnivore meal for flavor and ease.
- **Instant Pot** makes cooking lamb simple—just add broth and spices, slow cook for 8 hours.
- A daily fast followed by a single meal aligns well with timeless traditions, focusing on nourishment and simplicity.