

Our Carnivore Journey

# *Basic Guide*

From weigh too much, to just right.







# OUR CARNIVORE JOURNEY

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From weigh too much,  
to just perfect.

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The research and experiences shared here are anecdotal in nature and may not be applicable to everyone. Individual experiences with a carnivore lifestyle may vary. Before making any changes to your lifestyle or lifestyle, it is strongly recommended that you consult with a qualified healthcare provider. The author and publisher disclaim any liability or responsibility for any adverse effects or consequences that may result from the application of the information contained in this booklet.





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## **Part 1 - Unlock the Potential of Carnivore Nutrition**

A Comprehensive Guide!

### **The Power of Animal-Based Nutrition Unveiled!**

Welcome to the world of carnivore nutrition, a scientifically-backed approach that champions animal-based foods! This isn't just an eating plan; it's a celebration of some of the most nutrient-dense foods on the planet—meats, fish, eggs, and some dairy.

### **Foods to Joyfully Sidestep**

In the carnivore eating plan, grains, legumes, fruits, and vegetables are consciously avoided to make room for more nutrient-dense, animal-based foods. Even plant-derived spices and oils are minimized, allowing the natural flavors and health benefits of animal products to shine.

### **Your Culinary Kingdom**

Carnivore nutrition is a smorgasbord of high-quality animal products. From red meats like beef, pork, and lamb to poultry and eggs, to fatty fish like salmon and sardines, and even dairy products like butter and cheese—each food is selected for its nutrient density. The eating strategy also encourages 'nose-to-tail' consumption, incorporating organ meats like liver, which are rich in essential micronutrients.

### **Back to Basics: A Timeless Approach to Nutrition**

This eating style isn't just a trend; it's a return to simpler, more straightforward nutritional principles focused on animal-based foods. The carnivore lifestyle aims to prioritize nutrient-dense options that offer a wide range of essential vitamins, minerals, and fats.





## **Scientifically Supported**

Multiple studies indicate that humans are biologically adapted to consume a nutrient regimen rich in animal products. Our genetic makeup, digestive enzymes, and metabolic pathways are all optimized to extract a wide range of nutrients from animal sources, making this eating approach a natural fit for human physiology.

## **Challenging Modern Nutritional Dogma**

Carnivore nutrition boldly questions the mainstream narrative that plant foods are the only path to good health. By eliminating potential irritants and anti-nutrients found in plant foods, many people experience reduced inflammation, improved gut health, and better mental clarity.

## **A Cornucopia of Health Benefits**

Prepare to be amazed by the plethora of health benefits that come with this eating strategy! From rapid shedding of excess pounds and reduced inflammation to enhanced cognitive function and increased energy levels—this nutritional approach offers a holistic path to well-being.

## **Informed and Enthusiastic Participation**

While carnivore nutrition is a radical shift from conventional eating habits, it comes with a host of scientifically-backed benefits. As with any significant change in your nourishment approach, it's advisable to consult healthcare professionals to tailor it to your individual health needs.





## **Part 2 - Why Adopt the Carnivore Eating Plan?**

Discover a Wide Range of Advantages!

### **Accelerate Your Weight Reduction and Fat Elimination!**

Ready for a body transformation? The carnivore eating plan is your ultimate partner! Unlike the carb-dense standard American eating habits, this nutritional dynamo is low in carbs and rich in proteins and fats. The outcome? Lower caloric consumption and long-lasting satiety.

### **Here's the science:**

Keeping carbs minimal stabilizes insulin levels, converting your body into an efficient fat-burning oven. No more wrestling with stubborn fat deposits—this eating strategy shifts your metabolic rate into overdrive, allowing you to eliminate fat while maintaining and even increasing lean muscle. Guess what? Muscle mass actually increases your basal metabolic rate, turning you into a calorie-consuming dynamo!

### **Tackle Inflammation and Autoimmune Issues!**

Emerging studies suggest that the carnivore eating plan could be a game-changer for those dealing with inflammation and autoimmune diseases. From rheumatoid arthritis to multiple sclerosis, this nutritional approach completely omits plant-based irritants, offering a novel way to minimize inflammation and autoimmune symptoms.

By concentrating solely on nutrient-dense animal products, you steer clear of anti-nutrients and plant defense compounds that can compromise gut health and spark inflammation. It's like giving your immune system a well-deserved break!





## **Boost Your Cognitive and Energy Performance!**

Bid farewell to afternoon lethargy and greet laser-like focus! The carnivore eating plan stabilizes your blood sugar levels, giving you steady energy and mental clarity. Numerous adherents experience significant enhancements in mood, cognitive skills, and focus when they abandon carbs and sugars. It's like activating a higher level of mental acuity!

## **Alleviate Your Digestive Troubles!**

Struggling with gastrointestinal issues like IBS or Crohn's? The carnivore eating plan could offer relief by removing common gut irritants such as gluten, dairy, and high-fiber foods. Although more research is needed, numerous people report remarkable improvements in gut health when they limit their food choices to just meat, fish, and eggs.

## **Investigate Neurological Advantages!**

Anecdotal information implies that the carnivore eating plan might offer advantages for autism and other neurological conditions.

Theories propose repairing leaky gut, mitigating neuroinflammation, and omitting anti-nutrients. Although comprehensive research is scarce, the preliminary findings are optimistic and worth further exploration.

## **Unlock Your Athletic Excellence!**

Aiming to dominate your fitness objectives? The carnivore eating plan is popular among athletes for its high-protein, low-carb balance. This macronutrient configuration supports muscle development, fat elimination, and glycogen conservation, translating into enhanced body composition, strength improvements, and stamina. Whether you're into bodybuilding or long-distance running, this eating plan can power your athletic dreams!



## **Part 3 - Foods to Savor in the Carnivore Eating Plan**

Your Definitive Guide to Culinary Pleasure!

### **Red Meat: The Monarch of Nutrition!**

Grass-fed beef is more than just tasty; it's a wellspring of nutrients, rich in omega-3s and CLA (good fat). For the most nourishing and flavorful experience, choose fattier cuts like ribeye, NY strip, and brisket. Don't skip organ cuts such as liver—they're treasures of nutrition! Need variety? Lamb provides a delicious diversion from the usual beef offerings.

### **Poultry: Beyond the Ordinary Chicken!**

Turn to pasture-raised chicken and turkey as your primary options for pure, high-grade protein. Dark meat selections offer more fat and nutritional value, making them excellent choices. Don't ignore offal such as hearts, livers, and gizzards—these are packed with essential nutrients. Eggs from pastured hens offer a convenient and adaptable protein fix.

### **Pork: The All-Around Option!**

Heritage breed pork is a repository of essential vitamins and amino acids. Choices range from uncured bacon to pork belly and ribs. Whether you opt for a pork shoulder roast or a simple ensemble of ham and sausage, culinary enjoyment awaits you!

### **Fish and Seafood: Immerse Yourself in Nutrition!**

Look to wild-caught fish like salmon, mackerel, and sardines for a dose of anti-inflammatory omega-3s. Don't disregard shellfish such as shrimp, crab, and lobster—these are rich in uncommon minerals like zinc and selenium.





## **Dairy: The Essence of Creaminess!**

For dairy, select raw and full-fat options from grass-fed sources. Butter, ghee, heavy cream, and hard cheeses are not just flavorful but also packed with nutrients. If you have a sensitive gut, aged cheese and goat/sheep dairy products are often easier to process.

## **Fats and Oils: The Overlooked Champions!**

Animal-derived fats like tallow, lard, and duck fat bring both health benefits and culinary flair to your meals. While plant-sourced oils like olive, avocado, and coconut aren't the central focus, they can contribute to calorie intake and add a touch of variety.

## **Beverages: Satisfy Your Thirst the Smart Way!**

Keep yourself hydrated with purified water, herbal teas, and black coffee. Bone broth serves as another exceptional choice, offering both hydration and essential nutrients. For maintaining electrolyte equilibrium, consider supplementing your drinks with mineral drops.

## **The Carnivore Creed: Excellence Over Excess!**

As you adopt the carnivore way of eating, focus on the quality: opt for fatty, pasture-raised meats, wild-caught seafood, and organic dairy products. The food choices are abundant, each delivering a unique blend of taste and nutrient richness.



## **Part 4 - Foods to Steer Clear of on the Carnivore Eating Plan**

Chart Your Path to Triumph!

### **Grains: The Usual Culprits**

Bid farewell to all grains, including but not limited to wheat, rice, oats, and quinoa. This means bread, muffins, bagels, and pasta are no longer on your eating list. The reason? These food items are rich in carbohydrates and anti-nutrients that clash with the principles of a carnivore lifestyle.

### **Legumes: More Troublesome Than They Appear**

Say no to beans, lentils, and even soy-based products like tofu. These foods are laden with anti-nutrients and lectins that could jeopardize your gut health. In the carnivore way of eating, the emphasis is on nourishing foods rather than those that may cause harm.

### **Fruits: The Sweet Snare**

While fruits might appear wholesome, they are actually high in sugars and carbohydrates. From apples to bananas to berries, it's wise to keep a distance. Some who follow the carnivore eating approach might allow minimal amounts of berries, but these are generally discouraged.

### **Starchy Vegetables: The Carbohydrate Offenders**

Items like potatoes, yams, and even squash are carb-dense and don't make the grade in the carnivore lifestyle. These foods can hinder your fat-shedding aspirations and are best avoided.





## **Non-Starchy Vegetables: A Plant-Based Mirage**

Even vegetables such as spinach, kale, and tomatoes are not permitted. While they may have some nutritional value, they remain plant-based and are therefore not aligned with the carnivore philosophy.

## **Nuts and Seeds: Minuscule yet Problematic**

Say goodbye to almonds, walnuts, and even chia seeds. These foods contain anti-nutrients and oils that can cause inflammation, and thus don't fit with the carnivore approach to optimal wellness.

## **Plant Oils: Exercise Caution**

Most vegetable oils, including canola, soybean, and corn oil, are not allowed. Some who adhere to the carnivore lifestyle might make minor exceptions for olive and avocado oils, but these are usually consumed in limited amounts.


## **Sugars and Sweets: Stealthy Adversaries**

All added sugars, ranging from table sugar to maple syrup, are off-limits. This also covers high-carb indulgences like candies, ice creams, and baked items. Not only are they high in carbohydrates, but they also contain various anti-nutrients.

## **Processed Foods: The Ultimate Misstep**

Packaged snacks, protein bars, and even plant-based meat substitutes are out of the question. These food items often contain additives, preservatives, and other ingredients that don't mesh well with the carnivore ethos.





## **The Carnivore Creed: Focus on Animal-Based Foods!**

In summary, if it doesn't originate from an animal, it's best to keep it off your plate. The carnivore way of eating is all about purging foods that could thwart your health aspirations, concentrating exclusively on nutritionally rich animal-derived foods.



## **Part 5 - Sample Meal Plan for Beginners**

Your Blueprint for Carnivore Triumph!

### **Breakfast: Elevate Your Morning with Deliciousness!**

Picture your day beginning with luscious scrambled eggs and crunchy bacon. Scramble 3-4 eggs in butter or bacon fat to achieve the ideal texture. Pair it with 4-6 strips of bacon cooked to a crispy delight. A dash of salt amplifies the entire dish. This isn't just a morning meal; it's an experience!

### **Lunch: Who Needs Bread When Flavor Abounds?**

Prepare yourself for a beef-centric burger that needs no bun! Utilize 6-8 oz of grass-fed ground beef and shape it into mouth-watering patties. Grill or broil as much as your heart desires, then let the cheese melt luxuriously over the top. Seeking additional moisture? A spoonful of mayonnaise or mustard will do the trick. It's a burger, re-envisioned, and it's scrumptious!

### **Dinner: A Sumptuous Spread Worthy of a Carnivore!**

Treat yourself to a delectable ribeye steak accompanied by delicious salmon. Grill your ribeye to a medium-rare nirvana and allow it to rest before you indulge. For the salmon, aim for a flaky texture that melts in your mouth. A dollop of butter or ghee enhances the flavor. It's a protein-rich banquet you won't soon forget!

### **Snacks: Uncomplicated Yet Gratifying!**

Keep it simple with zero-carb snacks that still satisfy your hunger. Hard-boiled eggs, beef jerky sticks, and cheese cubes remain steadfast choices. Expand your horizons with sliced deli meats like turkey or roast beef, canned sardines, or even pork rinds for that crunch you might miss. Poultry liver pâté can also be a nutrient-dense and delicious option. Zero-carb snacking has never been so varied and enjoyable!





## **Beverages: Stay Quenched, the Carnivore Way!**

Maintain hydration with a blend of water, herbal teas, black coffee, and bone broth. Aim for 2-4 liters of total liquid to ensure optimal bodily function. A splash of lemon adds a refreshing note. Proper hydration is especially important when you're following a low-carb eating approach.

## **Your Carnivore Expedition: You're in Good Company!**

This sample menu showcases a balanced assortment of meats, poultry, fish, eggs, and dairy. Feel free to modify it according to your own tastes. The key is to focus on animal-based foods, and in time, it will become instinctual. Remember, you're part of a community—online carnivore groups are invaluable resources for advice, recipes, and support.



## **Part 6 - Tips for Flourishing on the Carnivore Lifestyle**

Your Definitive Guide to Thriving!

### **Stay Quenched: The Bedrock of Carnivore Success!**

Keeping hydrated is vital! Strive for 2 to 4 liters of water daily to maintain your body at its best. A low-carb approach can lead to glycogen depletion, causing an increase in water loss. So, always have a water bottle within arm's reach to fend off symptoms of dehydration such as lethargy and headaches.

### **Maintain Sodium and Electrolytes: Harmony is the Key!**

The low-carb nature of the carnivore lifestyle means essential electrolytes like sodium, potassium, and magnesium can be lost rapidly. Season your meals generously with salt or think about using electrolyte supplements. This can help you sidestep the infamous 'keto flu' and keep you in top form!

### **Be Cautious of the 'Keto Flu': A Temporary Transition!**

Feeling slightly out of sorts? No worries! The 'keto flu' is a transitional stage as your body adjusts to its new energy source. Common symptoms like low vigor and mood fluctuations will eventually dissipate. Keep yourself hydrated, get plenty of rest, and know that this phase will pass!

### **Consider Supplements: An Added Advantage!**

While taking supplements is entirely optional, they can make a world of difference in alleviating keto flu symptoms. Consider incorporating magnesium, potassium, sodium, and even vitamin C to smooth out the transition. Zinc and B vitamins could also be beneficial during this phase.





### **Relish Fatty Meats: Satisfy Hunger and Palate Simultaneously!**

Don't skimp on the fatty meat cuts! Add supplemental tallow, lard, or butter to your meals for that extra sense of fullness. Ketosis thrives on fats, so feel free to adjust your fat intake upward as you ease into this animal-based lifestyle.

### **Embrace Organ Meats and Bone Broth: The Power Foods of the Animal Realm!**

Organs like liver and heart are nutritional gems, providing crucial vitamins such as B12 and iron. And don't overlook bone broth—a collagen-rich liquid that supports digestion. These are the power foods in the world of carnivore eating!

### **Your Carnivore Expedition: You've Got This in the Bag!**

Switching to a carnivore lifestyle is a substantial shift, but remember, you're not going it alone. Anticipate the keto flu, equip yourself with essential knowledge, and pay attention to your body's signals. Seek community support and guidance as you launch into this meat-focused journey. With the right strategy, you'll find this way of living to be exceptionally rewarding!