
BY GLENDA THOMPSON

THE CARNIVORE DIET QUICK START GUIDE

Discover how you can rapidly lose weight, reverse disease, and transform your health with the meat only way of eating



The Carnivore Diet Quick Start Guide

Lose weight, reverse disease, and transform your
health with the simplicity of the meat only way of
eating

By Glenda Thompson

Health Disclaimer

The carnivore diet is a very low-carbohydrate, high-protein diet that consists of eating only animal foods and products, such as meat, fish, eggs, and cheese. Some people claim that this diet can help with weight loss, inflammation, and chronic diseases, but it is also very controversial and may have some risks and drawbacks.

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Have you heard about the carnivore diet, but feel unsure what it's all about or whether it's right for you?

Believe me, I get it.

When a new diet bursts onto the health scene promising everything from weight loss to disease reversal, it's hard not to feel skeptical.

But what if I told you that for some people, embracing an all-meat lifestyle has been utterly life changing?

That by removing plant foods and restricting carbs to almost zero, they've experienced relief from chronic conditions and a level of vitality they never thought possible?

In this Carnivore Diet Starter Guide, we'll explore the fundamentals, history, and potential benefits of carnivore eating, so you can make an informed decision about whether it's right for you and if it aligns with your health goals.

Because when it comes to diet and nutrition, one size definitely does NOT fit all.

The key is finding what works best for YOU – and that’s exactly what this guide will help you do in relation to the carnivore diet.

So let’s start at the very beginning, and the history of the carnivore diet, which lasts as long as humanity itself.

Humans have been eating meat throughout our entire evolutionary history. Early hunter-gatherers depended entirely on animal foods like wild game, fish, eggs, and edible organs to fuel their active lifestyles.

As humans transitioned to agriculture around 10,000 years ago, starchy crops and legumes became dietary staples for the first time. And our transition towards ever more convenient ways of eating never stopped.

Today, it’s clear something has gone terribly wrong with the modern Western diet. Rates of chronic diseases like obesity, diabetes, and autoimmune disorders have skyrocketed – and many experts believe excess carbohydrate consumption is largely to blame.

Could reverting to a carnivorous diet more like our ancestors’ help turn the tide?

That’s the theory the zero-carb carnivore diet is based on.

The carnivore way of eating ditches plants altogether, focusing solely on animal flesh and products. By removing all carbohydrates, the carnivore diet aims to eliminate gut irritation and blood sugar spikes that can drive inflammation and disease over the long-term.

Of course, adopting a restrictive full carnivore diet is still highly controversial in mainstream nutrition. But many people drawn to low-carb, Paleo and keto diets have reported improved symptoms, from weight loss to reduced inflammation, after transitioning to carnivore.

So where do YOU stand? Curious? Confused? Intrigued but not quite convinced?

By walking you through the origins, benefits, and misconceptions around carnivorous eating, this guide will help you determine if an all-meat diet could be the nutritional approach you've been searching for.

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1

Defining the Carnivore Diet

What springs to mind when you hear the term “carnivore diet”?

Do images of sizzling steaks, chicken wings, and pork chops spring to mind?

Or does an all-meat regimen sound totally unappetizing and extreme to you?

Whatever your initial reaction, it’s important to understand exactly what the carnivore diet entails before deciding if it aligns with your health goals.

At its core, the carnivore diet is simple:

It’s an eating framework centered around animal foods, while excluding ALL plant foods.

That’s right – no fruits, vegetables, grains, legumes, nuts, seeds or plant-based oils of any kind. Dairy, eggs, meat, fish and animal fats take center stage instead.

But don’t carnivore diets only include meat? What’s the deal with allowing dairy and eggs?

Well, there are some small variations when it comes to the “true” carnivore diet definition.



Let's break them down so you understand the differences:

Carnivore Diet Definitions

- **Strict Carnivore:** Consumes ONLY meat and animal flesh. No dairy, eggs or animal fats.
- **Animal-Based Carnivore (Most common):** Focuses on meat but includes animal fats along with eggs and dairy.
- **Zero Carb Carnivore:** Eats nose-to-tail animal foods as long as there are zero carbs. Includes dairy and eggs.

As you can see, the lines blur a little between these definitions. But the zero carb nose-to-tail version is the truest carnivore diet.

Here's a quick checklist of foods definitely included in carnivore:

- ✓ Meat: Beef, lamb, bison, veal, pork
- ✓ Poultry: Chicken, turkey, duck, goose
- ✓ Fish and seafood: Salmon, sardines, shrimp
- ✓ Eggs
- ✓ Dairy products: Cheese, milk, yogurt
- ✓ Animal fats: Lard, tallow
- ✓ Organ meats: Liver, kidney, brain

And foods that are completely excluded:

- ✗ Grains: Wheat, rice, oats, corn
- ✗ Legumes: Beans, lentils, peanuts
- ✗ Vegetables
- ✗ Fruits
- ✗ Nuts & seeds
- ✗ Plant oils: Olive oil, avocado oil
- ✗ Processed foods with additives or sweeteners

The carnivore diet is a restrictive way of eating, no doubt.

But those who advocate an animal-based carnivore diet make some compelling arguments for this way of eating.

What Fans of the Carnivore Diet Say

For starters, fans of the carnivore diet highlight how carnivorous and omnivorous animals thrive on species-appropriate diets in the wild. This means a dog will flourish eating meat, bones, and organs. A cow will grow strong foraging on grass.

Yet humans in the modern world eat a radically different diet than our ancestors. So by eliminating plant irritants and adopting a meat-focused diet closer to our evolutionary norms, carnivore diet fans believe many conditions related to gut health, immune function and metabolism could disappear.

Still, such an extreme diet inevitably raises many questions around nutrient deficiencies, sustainability, ethics and more. We'll tackle those controversies in more detail throughout this guide.

The bottom line is that "carnivore diet" is an umbrella term for several low-carb, animal food-based diets. And while meat makes up the bulk of the diet, most variations also incorporate eggs, dairy and animal fats to some degree.

2

Nutritional Profile of a Carnivore Diet

In the previous chapter, we learned how the carnivore diet completely eliminates plant foods, and focusing solely on animal flesh and products instead.

But without any fruits or vegetables, you're probably wondering...

Can your nutritional needs be met eating just meat?

Won't you become deficient in important vitamins, minerals and fiber?

It's an excellent question!

Let's analyze the nutritional composition of carnivore diets to find out:



Macronutrients

These are the "big ticket" nutrients that provide calories and energy:

Protein

Protein takes center stage in a nose-to-tail carnivore diet. Meat, fish, eggs and dairy pack a powerful protein punch, helping to maintain and build muscle mass.

Fats

While carnivore diets are ultra low in carbs, they tend to be very high in fats. Meat contains saturated and monounsaturated fats which offer energy, support hormone production, and help absorb fat-soluble vitamins.

Carbohydrates

Strict carnivore diets contain zero carbohydrates, while dairy products contribute small amounts of lactose sugar. Overall though, carbs are heavily restricted.

Now let's dive into important micronutrients: vitamins, minerals and other compounds vital for health:

Micronutrients

B Vitamins - These support energy and brain function. Organ meats like liver are especially high in B vitamins, as are fish, eggs and dairy.

Iron - Heme iron from meat is well absorbed compared to plant sources. Offal and red meat offer substantial iron content.

Vitamin D - Fatty fish, egg yolks, and dairy contain vitamin D, but sun exposure remains the best source. Supplementing is also recommended.

Vitamin C - Limited in carnivore diets, though small amounts are found in meat and dairy, so it may be a good idea to take a good vitamin C supplement.

Fiber - Fiber is completely eliminated in carnivore diets. Yet many followers report improved digestion and gut health compared to high fiber diets.

Antioxidants - Without eating plants it's hard to get enough antioxidants in your diet. However, meat does contain antioxidants like zinc, vitamin E, taurine and glutathione.

So you see, taking a good multivitamin to plug the gaps is a good idea when embarking on the carnivore diet.

Of course, individual needs vary dramatically.

While many carnivores thrive without supplementation, others add select micronutrients as a safeguard. Getting your blood work done periodically can help you gauge if any deficiencies develop over time.

The conclusion?

Animal foods can absolutely meet protein, fat and vitamin/mineral needs.

But pay attention to your body, think about getting your nutrition levels checked periodically, and correct any shortfalls with targeted supplementation if necessary.

3

Physiological Effects of the Carnivore Diet

So now we've covered the basic carnivore principles and foods that make the "cut" (or not). But what you may be wondering is how does the carnivore diet actually make you FEEL?

What in the heck happens when we remove plants completely from our diets? Are we really designed to munch ribeyes for every meal?

I mean, most of us were taught fruits and veggies are critical pieces of a "healthy, balanced" diet. And while that works for some, others report feeling a zillion times LESS bloated and fatigued when they ditch the plants.



Wild, right?

Let's break down what impacts the carnivore diet can have across all aspects of your physiology so you know what you're getting into...

Energy Levels & Mental Performance

Alright this is huge. Probably the #1 benefit long-term carnivores emphasize is the utterly life changing stabilization in their mood, focus and energy levels. No more brain fog!

They describe crisp cognition and concentration day-to-day... no chaotic energy rollercoasters... an almost zen-like calmness... and best of all, bye bye anxiety!

Of course, transition periods can be rough. But once adapted, the overwhelming majority of people experience greater clarity and less brain chaos ditching carbs and sugars.

Now, how does an all-meat regime pull this off?

The key lies in stabilizing blood sugar and insulin. Without fluctuating glucose and glycogen stores, energy and neurotransmitters normalize. And your body thrives without struggling to digest ultra processed "Franken-carbs!!

Hormonal Balance

In addition to steady mental fuel, carnivore diets help optimize our master hormones as well, thanks to ample cholesterol and fat intake.

Cholesterol is the building block for testosterone, cortisol, vitamin D and other critical signals driving metabolism, immune function and more. Plus without all the processed sugars and additives, these hormones operate more smoothly.

Some women experience changes to their menstrual cycle as the body adapts. But things typically self-regulate after a few months. Consulting your doctor is always a smart move though, just to be safe!

Digestion & Gut Health

Now this is fascinating. You'd assume taking away all fiber would back things up something fierce! But many carnivore dieters actually report improved bowel regularity and less bloating after ditching the plants.

Why is this?

Well, some researchers speculate fiber may irritate sensitive guts or feed undesirable bacteria in those with underlying issues. For folks struggling

with IBS, Crohn's, or food intolerances, the easily digestible nature of a carnivore diet may offer substantial relief.

However, other symptoms, like acid reflux, may worsen thanks to increased fat intake. Paying attention to how YOUR body responds is key here!

Body Composition & Athletic Performance

Alright, let's talk about the fat loss and muscle building benefits of the carnivore diet.

Reduced carb intake paired with adequate protein means carnivore dieters lose body fat rapidly while maintaining lean mass.

Folks report effortlessly shedding pounds without hunger or suffering energy crashes. And active folks emphasize how meat and eggs sustain their workout energy way better than carb-loading.

That said, transition periods can zap performance initially. So be patient getting fat adapted after ditching carbs and sugar!

But once your mitochondria learn to burn ketones and body fat efficiently, your endurance may shoot through the roof. No more hitting invisible walls mid-workout!

Rapid Weight Loss

Can you actually drop fat by eating fatty meats and cheeses?

It sounds counterintuitive!

But scores of former vegans and low fat devotees share stories of pounds seeming to melt away after ditching carbs for meat.

They emphasize how all-meat eating eliminates the hunger and cravings that typically sabotage other diets. When your body adapts to burning fat and protein for fuel, appetite regulation kickstarts. No more hanger tantrums!

While critics argue it's just water weight, many also report noticeable improvements in body composition. Reduced bloating coupled with maintaining or even gaining strength and muscle tone.

Reduction in Disease Symptoms

Autoimmune diseases like Hashimoto's and eczema are on the rise. And big pharma's drugs have all sorts of nasty side effects. Which is why lots of people are turning to elimination diets like the carnivore diet.

By removing potentially irritating or inflammatory compounds found in grains, legumes, veggies and more, carnivore dieting seems to calm autoimmune issues for some folks.

Many people also say they experience improvement in conditions like Hashimoto's hypothyroidism, eczema, asthma, arthritis and more. However the mechanisms behind this still require further study.

But while research is still limited, there's no shortage of success stories of people who experienced reduced joint pain, clearer skin, stabilized blood sugar, and healing of gut issues after switching to the carnivore diet.

The Takeaway

While individual results vary quite a bit, the carnivore diet offers huge potential benefits for brain function, hormones, digestion, inflammation regulation, body composition and weight loss.

Some effects kick in rapidly, while the long-term data still requires more research. As with any elimination diet, consult your doctor before diving in headfirst.

The key is tuning into your unique body's response and being ready to course correct if any concerning symptoms pop up. Pay attention to changes in YOUR body and biometrics, one-size definitely doesn't fit all!

But for those struggling with chronic issues that no other diets have been able to fix, a 30 day meat-only experiment may be worthwhile.

4

Critics' Concerns and Counterarguments

Hopefully you're now as fired up as I was after learning about some of the transformative benefits the carnivore diet can provide!

I mean, losing weight without feeling hungry and reversing diseases? Sign me up!

Buuuut... you may still have some nagging doubts and questions about this controversial way of eating. And rightly so! Long term data is definitely still limited.

Restrictive diets inevitably bring skepticism, especially from mainstream health peeps. And the carnivore diet is no exception. In fact this way of eating sparks some seriously heated debates online!

So let's talk about some of the biggest concerns and counterarguments skeptics highlight so you can make your own informed decision:

It Lacks Essential Nutrients Over Time

The most common criticism? Well this one's obvious - cutting out all the fiber, antioxidants, vitamins and phytonutrients from plants and veggies sounds downright crazy!



Critics argue deficiency symptoms will inevitably develop without all those missing nutrients down the road, leading to a host of scary problems like scurvy or anemia.

However, the evidence here is actually quite mixed.

Some carnivore dieters do require more strategic supplementation long term if deficiencies show up on lab tests. But MANY people thrive for years with no issues eating just meat and without supplementation.

It Increases Disease Risk

Here's another biggie - many health experts argue that consuming large quantities of saturated animal fats and proteins long term significantly raises your risk for heart disease, diabetes, and certain cancers. Yikes!

However the "saturated fats raise cholesterol and kill you" hypothesis remains highly debated today as more nuanced research emerges.

In fact many carnivore eaters see improvements in their lipid panels and inflammation markers eating this way! Again this comes down to bioindividual differences. So it's wise to get your blood work routinely to catch issues early.

It Causes Gut Dysbiosis

Another frequent criticism is that lacking all those prebiotic fibers from beans, whole grains, and veggies will completely wipe out your healthy gut flora leading to gut dysbiosis (gut imbalances).

Without plant material to feed your microbiome, critics argue diversity and populations of healthy bacteria will plummet, leaving you vulnerable to infection and intestinal permeability.

However, many carnivore dieters strongly challenge this premise, and even report improved bowel health and reduced bloating long term. Some also share stool analyses showing ample bacterial diversity. Clearly more research examining gut changes is needed!

It Strains Your Kidneys

Some medical practitioners argue that metabolizing such exceptionally high protein intakes stresses your kidneys over time. However, studies demonstrate kidney lab values stay in the healthy range for people without pre-existing conditions.

Hydration levels and fat intake play a mitigating role here. But for those concerned, getting blood work done allows you to monitor changes.

It's Not Environmentally Sustainable

Now this is one valid criticism I can't argue with! Producing large quantities of meat undeniably increases environmental strain and resource use substantially, compared to plant foods.

This is an important ethical consideration for those exploring carnivore dieting that we can't ignore. Sourcing meat mindfully helps, but concessions around sustainability must be made.

It Makes Dining Out Difficult

Lastly, eliminating ALL plant foods makes dining out, celebrating holidays, taking vacations, and controlling cravings massively harder. Let's be honest - eating meat only requires serious commitment!

What these concerns all highlight is that, as with any elimination diet, the carnivore diet deserves honest scrutiny.

While benefits for some individuals are incredibly compelling, there are downsides to consider around potential long term nutrition deficiencies, ethics, and sustainability.

Ultimately, you have to weigh up the pros and cons and decide what's best for you.

5

Transitioning to a Carnivore Diet

Deciding to adopt a restrictive full carnivore diet is a big step. But actually transitioning to eating just meat, while avoiding miserable symptoms, can feel daunting!

Believe me, I've been there.

Making a drastic change to your regular diet isn't easy whether you've eaten meat-free for years or gorged on pizza every week.

The good news?

You can totally do this.

With the proper preparation and mindset, you can transition to straight-up carnivore dieting without it being a huge struggle.

In this chapter, I'll walk through all the steps, from both a physical and mindset perspective, to help you shift into carnivore mode without a crash landing.

Phase Out Carbohydrates

This first step is crucial.

Just imagine; if you typically munch oatmeal, fruit, sandwiches, pasta and desserts daily, shifting straight to steak and eggs can be a huge shock!



So take it slow.

Allow 1-2 weeks to slowly reduce your intake of the following high carb foods:

- ✓ Grains - Wheat, oats, rice, quinoa, corn
- ✓ Starchy vegetables - Potatoes, sweet potatoes
- ✓ Legumes - Beans, lentils, chickpeas
- ✓ Fruit - Especially high sugar ones like bananas
- ✓ Dairy products - Milk, yogurt, ice cream
- ✓ Sugars and sweeteners - Table sugar, honey, soda

If you eat any of these foods daily, switch to every other day. Then every 3 days. Then once a week. Until you finally stop eating them at all.

This gradual approach gives your body time to adapt more smoothly.







As your carb intake declines, you'll withdraw from sugar addiction, escape blood glucose roller coasters, and train your body to burn fat and protein for fuel.


Trust me, this makes the full carnivore transition MUCH easier!

Anticipate Detox Symptoms

Now, just because you cut out carbs slowly doesn't guarantee zero symptoms. It's totally normal to experience some transitional detox symptoms for the first 7-14 days after removing plant and carb-heavy foods.

Here are some common temporary reactions:

-  Fatigue and low energy
-  Headaches
-  Brain fog
-  Irritability or anxiety
-  Cravings for carbs and sugar
-  Digestive discomfort - Bloating, constipation or loose stools

 Insomnia or vivid dreams

 Flu-like symptoms

I won't sugar coat it, this adjustment period can be rough.

But take heart knowing these symptoms DO pass.

Stay hydrated, rest more than usual, consume electrolytes, take digestive enzymes or liver support supplements if needed, and you'll power through!

Choose Fattier Cuts Initially

Once you fully transition to carnivore, prioritize fatty meat and fish during the initial 30-90 day adaptation period. Ribeyes, salmon, egg yolks, ground beef, and bone marrow are all great options.

This is because your body needs time to become efficient at manufacturing energy compounds, called ketones, from fat instead of running on glucose. That's why focusing on more calorie-dense and satiating meats eliminates cravings and discomfort in the early stages.

Listen to Your Body

Remember, this isn't a one-size-fits all diet.

Tune into your body is telling you about food intolerances, symptoms arising, performance changes and craving clues once you remove all plants.

You might discover dairy causes mucus while eggs perk up your mental clarity. Or that lamb satisfies you far longer than chicken. Allowing your body to guide your version of carnivore is crucial!

Get Nutrient Testing Done

Lastly, get lab testing for micronutrients like vitamins D, B12, iron, and omega 3s a few months into your carnivore journey. This allows you to correct any deficiencies or imbalances that arise with targeted supplementation.

Monitoring inside-out signals and optimizing nutrition provides the custom inputs needed to thrive on such an extreme diet over the long haul.

The key is patience through potentially cruddy yet temporary detox symptoms, plus compassion for both your physical and mental adjustment during this transition.

Within 2-6 weeks, you should have smoothly adapted – feeling amazing embracing your inner cave person meat eater!

6

Maintaining a Balanced Carnivore Diet

Now, the first few days, or even weeks, of switching to the carnivore diet may be miserable. When you're eating just meat your body may be screaming for sugar and carbs.

But once your body has adjusted and the transition phase is over it's time to think about making your carnivore diet work long-term.

You may have questions like how do I make sure I'm getting proper nutrition?

What if I get tired of beef? Is all that meat even eco-friendly to eat?

Can my body really run on bacon and eggs forever?

I feel you.

Making new diets stick can be a challenge no matter what diet you choose.

But have hope! With the right sourcing, cycling, and tracking strategies you can absolutely thrive on animal foods for years without deficiencies or burnout.

Let's walk through this together...

Step 1: Source Your Meat Wisely



We live in a world of CAFOs - concentrated animal feeding operations. It's not a nice thought to think the meat on your plate comes from miserable animals crammed in factories being fed GMOs!

But you have options.

Seek out local farmers raising livestock on actual grass, not grains. Support companies using regenerative practices to heal topsoil and capture carbon. Choose wild caught seafood when you can.

Meat from happy animals rotated on pastures delivers way more nutrition. For example:

- 🍖 Feedlot beef = Less omega-3s, CLA, vitamins E & A, antioxidants
- 🍖 Grass-fed beef = More omega-3s, CLA, vitamins E & A, antioxidants

It makes total sense that animals rotated on pastures deliver more nutrition.

Cows thrive eating grass.

Chickens love bugs and scraps.

Fish flourish in oceans.

So naturally, eating meat from animals fed their natural diet simply creates more nutritious meat!

You'll likely have to pay more. But isn't your health worth it? Can you really put a price on functional biomarkers, energy levels, and avoiding deficiencies?

Step 2: Eat The Whole Darn Animal

Alright, maybe you won't eat the WHOLE thing. But exploring beyond ribeyes and chicken breasts is key for carnivore dieting longevity!

Nose-to-tail eating provides nutritional variety plus helps reduce waste. So try unique cuts like beef tongue, marrow bones, chicken livers, fish collagen,

and more. After all, our ancestors prized these nutrient-dense odd bits for a reason.


Each unique cut offers its own distinct nutrition. Liver is nature's multivitamin packed with iron, vitamin A, B12, copper and more. Marrow and bone broths provide collagen. Heart and gizzard are loaded with CoQ10. And the list goes on!

Step 3: Cycle Your Protein Intake

Protein needs vary wildly between people and activity levels. But taking regular "protein holidays" is wise long-term.

See, consistently elevating your insulin and mTOR (a protein that regulates cell growth, metabolism, and survival) through enormous protein intake may negatively impact your hormones, cellular repair, and longevity.

So instead of endless pounds of meat, I suggest strategically cycling like this:

 Higher protein days = More lean meat after a highly active day

 Lower protein days = More fat emphasis to rest digestion and insulin

Varying protein intake allows muscles to repair and strengthen while letting your metabolic systems chill. Think "feast and fast" to make the carnivore diet sustainable!

Step 4: Check Those Blood Markers

Last but not least - lab testing!

Getting biomarkers like vitamin D, magnesium, B12, folate, iron and lipids tested guides your nutritional plan. Catch any deficiencies early and tweak your diet accordingly. Maybe add some shellfish for zinc and selenium. Perhaps boost omegas if your index is low. And get your biomarkers checked regularly to confirm your carnivore diet is dialed in!

7 Lifestyle and Social Aspects

Maybe you've started getting comfortable prepping chuck roasts in your Instant Pot and whipping up farmer's market egg scrambles after your morning walk.

But what about life OUTSIDE your squeaky clean kitchen?

How do you gracefully navigate this radical all-meat lifestyle when your coworkers order burritos for lunch...your friends invite you out for all-you-can-eat sushi...or Aunt Edna eyes your plate filled with steak and zero vegetables with suspicion?

I feel you.



The social pressures and awkwardness that arise when your way of eating differs from the norm can be intense.

Navigating food-centric celebrations, dining out, travel, and everyday gatherings suddenly become a heck more complicated.

But have hope!

With the right mindset, communication tactics, and preparation strategies, you CAN maintain your carnivore diet wherever you are without feeling socially excluded or awkward.

Overcoming Social Pressures

First and foremost, realize any tension or judgment about your meat-only diet likely stems from other people worrying about your wellbeing. They consider bread and fruit “healthy” thanks to brain washing by governmental guidelines. To them, your steak-based diet seems extreme!

But you know better.

Remind yourself daily that you’re fueling your body with nutrient-dense foods to support your health. And see other people’s comments as coming from care, not criticism.

This mindset keeps you feeling positive that you’ve made the right dietary choice for YOU!

Family & Friend Gatherings

Skipping group dinners, potlucks, reunions and parties isn’t realistic long-term.

So when you’re faced with eating your carnivore diet in front of them, briefly explain that you’re opting for nutrition quality over quantity right now, whenever questions arise. And share some of the improvements you’ve experienced eating this way.

Then say you’d love suggestions for the best local butcher to source grass-fed meats and pastured eggs from. Keep it friendly! They’ll likely show interest rather than judgment.

Additionally, offer to bring a hearty dish like chili or meatballs to share. Contribute something you can all eat.

Business Dinners & Work Lunches

So what about client dinners, catered conferences, or team happy hours? These critical networking and socializing events can seem like minefields when you’re on the carnivore diet!

First, don't isolate yourself out of fear.

Attend and participate just like always. But call restaurants ahead to ask if they can modify a dish to your preferences. Perhaps a steak salad without croutons, salmon with double veggies instead of rice, or omelet sans toast.

For recurring work lunches, establish yourself as the "meat guy" lightheartedly, by suggesting burger joints or steakhouses. Or offer to periodically host and whip up bunless sloppy Joe's everyone can enjoy.

If questions come up with new clients or health/fitness focused colleagues, briefly explain you adhere to a specific dietary protocol for health reasons. No need to get preachy! They'll likely be quite accommodating, while also leaving impressed by your discipline.

Vacations & Travel

Alright, so navigating most social events seems doable. But what about heading on vacation or for a weekend getaway? Travel means dining out more. And exposed to tempting treats. Gulp!

For road trips, pack a cooler with canned fish, hard boiled eggs, cured meats, bone broth and coconut butter to avoid having to snack on candy bars at gas stations, or fast food restaurants for lunch! Consider carrying a few premade carnivore snacks wherever you go.

At hotels, request an empty fridge for your room. Then head to a local butcher or grocers to stock up on provisions. Seek out farmer's markets and fishmongers so you can prepare quick meals in your room as needed.

When flying, check luggage policies to determine what you CAN bring. Dried, cured, canned, or vacuum sealed meat travels well, along with tallow or coconut oil. Ship items ahead to your hotel if needed.

The key is having reasonable expectations. While your diet makes certain social food settings tricky, with creative communication, planning, and confidence, you CAN maintain your carnivore diet anywhere!

8

Troubleshooting Common Carnivore Challenges

At this point you've got the carnivore basics down... know how to survive the dreaded carb detox... figured out some meat sourcing and cooking strategies... and are looking forward to losing weight and feeling your energy and health improve from eating just animal foods!

But it's probably not going to ALL be smooth sailing. Because let's be real - every restrictive diet has its own unique challenges.

So in this chapter, let's chat about how to address some of the most common carnivore dieting challenges that pop up:







Concern #1: Constipation and Digestive Woes

Umm, shouldn't meat-only equal flawless poops?!

While most carnivores praise the absence of bloating and gas on the carnivore diet, some do report constipation despite ditching fiber. What gives?

The good news is that a few simple tweaks typically get things... ahem... moving!

- 💧 Hydrate WAY more - try adding electrolytes to your water too! Dehydration is a common culprit.

-  Consume more eggs for nourishing fats and lecithin to lubricate bile flow
-  Opt for fattier cuts to stimulate gallbladder release
-  Try reducing protein intake temporarily if it remains an issue
-  Consider ox bile supplements before meals to optimize digestion







Give these tips a shot before freaking out that life without plants equals a lifetime of laxatives! Be patient troubleshooting the root cause of your constipation, as everybody adapts to the carnivore diet at their own pace.

Concern #2: Funky Body Odor and Breath

Let's just put this bluntly: when you override years of grain and sugar residue clinging to your cells... then shift fuel sources entirely from carbs to fat and protein... some STUFF is going to come out through your pores!

Many strict carnivores notice stronger body odor, bad breath, or smelly urine at first. This is NORMAL as toxins get released! So don't panic.

Here are a few tips to manage the detoxing phase:

-  Scrub skin regularly with baking soda or apple cider vinegar baths
-  Stay extremely hydrated to flush kidneys
-  Use lemon juice, parsley or mint to alkalize
-  Apply magnesium oil topically to balance mineral status
-  Drink bone broth to help detox pathways
-  Scrape your tongue daily

Within a month or so, the smell should mellow out. Chances are you'll then notice a reduction in body odor thanks to reduced toxic load!

Concern #3: Persistent Cravings & Temptations

Sigh.

You likely hoped the sweet tooth monster died once you ditched donuts and Skittles!

But then someone waved a fresh baguette under your nose... or you risked eating some cookies...or the office brought in artisan cupcakes.

And all you can think is: MUST. HAVE. CARBS!

Before you lunge for refined grains, try these craving crushing snacks:

🍫 Dark chocolate (85% or higher) - Stick to just 1-2 small squares! The fat helps satisfy while minerals reduce desire for sweets.

🍓 Berries with whipped cream - Slakes sweet tooth with less fructose than tropical fruits. Combining with fat cuts cravings.

🥚 Fat bombs - Blend cacao butter, coconut and stevia for guilt-free fudge! Healthy fats signal leptin for satiation.

🥓 Bacon - Saltiness and fat helps squelch cravings for many - make sure to balance with potassium-rich foods.

🌶️ Hot sauce on everything! Spicy heat tamps down sweet urges rapidly for some carnivores.

Cravings DO diminish in time as your hormones regulate and you break addictive food patterns. In the meantime, have emergency snacks ready to keep cravings at bay.

Concern #4: Keto Flu Symptoms

As I hope I've made clear in this guide, making the transition to the carnivore diet is no joke!

Headaches, fatigue, brain fog, nausea. Ugh! Not everyone experiences keto flu coming from higher carb diets, but some suffer it BAD.

💡 To reduce symptoms, maintain your electrolyte levels from mineral rich salts and bone broth, plus healthy fats from meat, eggs and fatty fish. Sometimes MCT oil helps too!

🧠 The brain adapts to burning ketones instead of glucose in time. But temporarily lowering fat intake or consuming just a bit of berries/yams can give your brain a boost if symptoms are severe.

As you're transitioning to the carnivore diet, be kind to yourself!

Adjust as needed, with the knowledge that soon you'll be enjoying more energy and mental clarity eating a diet that served our ancestors perfectly well.

No doubt about it. The carnivore diet has its fair share of bumps, but none are insurmountable! Just troubleshoot issues as they arise, stick with the basics, and revel in all the health benefits you'll soon experience within weeks, or even days, from now.

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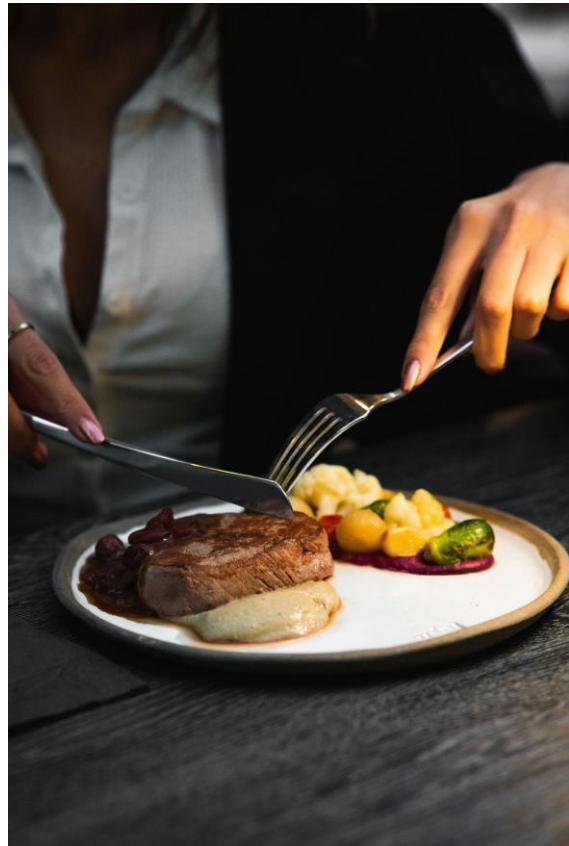
How Extreme Should You Go?

We're nearing the end of our carnivore journey together!

Hopefully you feel informed enough to decide if embracing the carnivore diet is the right choice for you...or if a more balanced approach fits you better.

Because while some health seekers experience utterly transformative results from strict carnivore eating, others thrive with a bit more plant foods in their life.

Neither approach is "right" or "wrong" - no matter how the zealots on either side argue! The key is discovering what works best FOR YOU.



I want you to feel confident and at peace with your ultimate dietary decision. This isn't about following trends or guru advice. Tuning into your unique biology and lifestyle is what matters most!

So let's chat about a few key questions to ask yourself when determining if full-on carnivore is a sustainable long-term play:

Question 1: How Are You Feeling Physically?

Tune into your physical symptoms and embodied experience eating just meat. Do you feel vibrant? Energized? Clear-headed? Are digestion and skin

improved? How's your athletic performance? Or are you struggling with low energy, cravings, changes in weight or body comp, or new aches and pains?

Pay close attention to what your body is telling you!

Some people feel like their health is transformed on carnivore diet after years of bloating and fatigue. Their mood stabilizes, joints get relief, and unwanted weight falls off. For others, adding some carbs and plants back better supports thyroid, metabolism or microbiome function.

If you're feeling worse in ANY way - trust that! If you experience fatigue, brain fog, changes in weight, temperature regulation, athletic output or anything else crops up, be honest with yourself about the pros and cons you're experiencing.

Your body communicates with you clearly when something is or isn't working. But you have to listen!

Question 2: How Does It Impact Your Lifestyle?

Next, assess how straight carnivore impacts your quality of life overall.

Does the simplicity of meat-only make your life exponentially easier? Do you love saving money on groceries and time meal prepping?

Or are the restrictions making daily life exponentially harder instead? Do you hate constantly scanning restaurant menus and bringing special dishes to parties? Are family dinners now painfully awkward and isolating? Does obsessive label-reading suck any joy from eating?

If your social connections, travel freedom, budget, or overall lifestyle tanks thanks to the rigid rules of carnivore, it likely won't feel sustainable for long! Ease up on how strict you're being to find your livable sweet spot.

After all, diet changes shouldn't sabotage relationships, require bankruptcy to source the best quality ingredients, or generally make life less enjoyable. It's NOT worth it! Figure out your tolerable threshold with the carnivore diet and stay there.

Question 3: Does It Align With Your Ethics?

Next, analyze if strict all-meat principles align with your core values and priorities.

We covered how sourcing meat mindfully from regenerative farms lessens the eco-impact of carnivore diets. But if protecting the planet with more plant-based eating matters to you, embracing meat-only living long-term may feel incongruent with your ethics!

Or perhaps you care deeply about animal welfare or religious traditions involving plants. Strict carnivore may conflict with your spirituality. Get very clear on what matters most to YOU.

Consider flexitarian or redudetarian options blending ethically raised meats with organic produce instead. Or speak to your religious leader about accommodations like eggs or dairy.

Getting clear on your motivations, ethics and priorities is key here. Make sure your diet aligns with your values!

Question 4: Are Deficiencies or Imbalances Cropping Up?

We've mentioned the importance of follow-up bloodwork when trialing the carnivore diet. So have your vitamin D, iron, omega-3 index, hormone levels, or other nutrient markers tanked eating just ribeyes and bacon? Don't ignore concerning test results!

Similarly, pay attention if your mood tanked, sleep suffers, or anxiety/depression arise. These can indicate neurotransmitter issues.

Address any nutritional deficiencies, hormonal imbalances, or mental health struggles cropping up with targeted supplementation and diet expansion. Health is always the priority!

Question 5: How Extreme Are Your Health Goals?

Finally, assess your motivations and just how extreme your health goals are.

Have you battled chronic illnesses or autoimmunity for years without relief?
Do you have digestion so disrupted even vegetables cause pain?

If you're seeking radical healing when nothing else has worked, the carnivore diet may be worth a shot! But moderate health issues probably don't require such an extreme diet.

Likewise, are peak performance and bodybuilding your obsession?

While meat and eggs should form the base of your diet, strategically incorporating some carbs around workouts may serve you better than full carnivore.

So consider the severity of your issues, how much time you're willing to experiment restrictively while assessing results, and how "all-in" you are. Your level of motivation matters when choosing any extreme diet!

The takeaway here is that you get to design your own version of carnivore aligned with YOUR embodied wisdom, ethics and needs long-term. It doesn't have to be all or nothing! Find the animal food sweet spot that nourishes you vibrantly in this season of life.

Keep what works, modify what doesn't, stay open to change as your needs evolve. That's true health freedom!

10 Integrating Other Eating Styles

We just covered how to determine if full-blown carnivore is the best option for you.

As the reality is, the carnivore diet works great for some...while others thrive better customizing their carnivore diet with a dash of plants and carbs here and there.

Luckily, you've got options to play with!

Let's explore how to artfully blend the carnivore diet with other nutritional approaches to find your custom sweet spot:



Low Carb/Keto

This combo is common for good reason - it delivers fat-fueled benefits without the full restrictions of zero-plant carnivore. Expect improved blood sugar regulation and weight loss, but with more veggie variety.

Modifications:

- ✓ 50-100g total carbs from low glycemic veggies like leafy greens, zucchini, broccoli
- ✓ Berries in moderation
- ✓ Emphasis still on meat, eggs, fish, healthy fats
- ✓ Nuts, seeds, avocado to bump up fiber & nutrients

This balanced approach gives you flexibility when dining out or cooking for your family. You can indulge occasionally in dark chocolate, low sugar

condiments, or wines. It's an easier social and lifestyle fit than a rigid carnivore diet.

Plus you gain antioxidant and microbiome benefits from plants without sacrificing blood sugar stability. For some, this is the ultimate sweet spot!

Paleo

The Paleo diet centers around meat while eliminating grains, dairy, legumes, and processed foods. The emphasis on pasture-raised proteins makes it highly compatible with carnivore.

Modifications:

- ✓ Include Paleo-approved starchy veggies like sweet potato
- ✓ Add low glycemic fruits like berries and citrus
- ✓ Include ghee or clarified butter for cooking
- ✓ Occasional full-fat dairy like Greek yogurt or kefir
- ✓ Some honey, maple syrup, or fruit juices for carb-ups

This template allows you to play with starchy tubers and fruit as energy sources for active days while keeping protein at the center of your plate. Healthy fats still dominate to enable nutritional ketosis.

The variety lends itself well to athletic performance goals while delivering gut-friendly prebiotics missing from carnivore.

Mediterranean/Pescatarian

A Mediterranean style diet allows whole grains, seafood, eggs, yogurt and olive oil while packing in plenty of colorful fruits and vegetables. Blending this approach with carnivore means more plants.

Modifications:

- ✓ Keep fatty fish and shellfish as staples but add modest poultry and grass-fed red meat
- ✓ Include heirloom grains like rice or quinoa 1-2x weekly

- ✓ Add potatoes, winter squash, tomatoes, onions, garlic
- ✓ Boost healthy fats with olive/avocado oil instead of rendered animal fats
- ✓ Allow minimal aged cheeses, Greek yogurt, kefir
- ✓ Glass of red wine or grape juice okay for antioxidants!

The perks here are the vast array of micronutrients and antioxidants from produce and seafood. You reduce potentially inflammatory saturated fats for some by focusing on plant and fish fats instead.

If ethics and environment are big motivators, pescatarian styles help minimize meat intake for a gentler footprint.

As you can see, customizing carnivore can follow numerous paths! It's about discovering the optimal balance of animal and plant foods uniquely suited to your body. Get clear on your goals, play with ratios, and have fun finding your feel good dietary formula!

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Final Takeaways and Next Steps

Wow, what a journey we've been on together!

From defining what this radical carnivore way of eating is to learning how it impacts your body and brain... all the way to navigating social stuff, troubleshooting problems, and even modifying the diet to find your unique sweet spot.

It's a lot to take in. And to be totally honest, through all of this you're the **ONLY** person who can decide if predominantly meat-based eating is the right choice for your health goals and lifestyle.



No matter how many transformations someone else flaunts on Instagram from going carnivore, their experience may be totally different from yours! We all have our own bodies and lives, after all.

So first and foremost, I hope you feel informed on how you can implement the carnivore diet and how you can expect to feel eating only animal foods. Whether you end up thriving long-term on full carnivore or modify it by integrating some plants and carbs too, let your personal experience guide you.

Don't drive yourself bonkers trying to force a one-size-fits all template!

I want this to be an exciting journey of self-discovery for you... not a stressful job micromanaging macros and worrying if you're doing it "right."

To help you stay focused so you can enjoy all the benefits the carnivore diet offers, here are some key principles:

🌱 Start conservatively eliminating inflammatory foods instead of cutting out all carbs and sugars on day one. Then add small amounts back in one at a time to test reactions.

🩸 Follow up any substantial diet change with lab testing after 2-3 months to check nutrient levels, hormone balance, inflammation levels and other biomarkers all look healthy.

🎯 Eat the foods that make you feel vibrant, strong, and happy - “bio-individuality” and lifestyle matter more than ideology or labels.

📄 Document symptoms, energy, cravings, mood and other things you experience regularly to assess progress. Benefits like improved gut health or hormonal stability are hard to quantify otherwise.

🤔 Reevaluate your protocol every 3-6 months as needs evolve, activity levels change, or your health improves. You’ll likely require adjustments over time.

The goal of any diet is supporting your body so you can thrive and feel healthier each day. Don’t get so fixated on protocols that you forget why you started or lose sight of the health goals that drove you to give the carnivore diet a try.

After all, you deserve vibrant health and happiness. Otherwise you wouldn't be reading this book now.

Now go get started on cooking some sizzling steaks, or whichever recipe grabbed your fancy in the carnivore diet cookbook!



The Carnivore Diet Quick Start Guide

Have you heard about the carnivore diet, but feel unsure what it's all about or whether it's right for you?

When a new diet bursts onto the health scene promising everything from weight loss to disease reversal, it's hard not to feel skeptical.

So in this **Carnivore Diet Starter Guide**, we'll explore the fundamentals, history, and potential benefits of carnivore eating, so you can make an informed decision about whether it's right for you and if it aligns with your health goals.

Because when it comes to diet and nutrition, one size definitely does **NOT** fit all.

The key is finding what works best for **YOU** – and that's exactly what this guide will help you do in relation to the carnivore diet.