



The Ultimate 30-Day Guide to Going Full **Carnivore**



MEAT
HEALTH

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The Ultimate 30-Day Guide

This guide is structured in the way I believe **most people** will find success.

A 30 day “*experiment*” is the best place to start.

You can do anything for 30 days, right?



BEFORE GOING ANY FURTHER

This guide is designed as a manual you can reference...

HOWEVER

If you are considering going “Full Carnivore” I highly recommend you take 30 minutes to read this whole thing.

Yes. Every. Word.



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START HERE

The Carnivore Primer

The Hunt to Become Superhuman





For the last 20 years I have studied health and fitness.
During this time I followed what I thought was a “healthy” diet.
I was low carb before low carb was cool.
I was a national level physique competitor and seemed to have cracked
the fitness code...



But on one horrible day I turned 30.

At this crossroad in my life, I took an honest inventory of my life...

To start: I never got a good night's sleep.

For being a sleep doctor....not good.

I drank an absurd amount of coffee throughout the day.

I crashed every afternoon.



An Honest Inventory

I used caffeine for more than just energy. I also used the hourly coffee refills to try and clear persistent brain fogginess.

My brain felt tired and unmotivated. **It was overcast every day inside.**

This really was my **# 1 motivator** to switch from optimizing for physique to start the hunt to optimize for function – I wanted those clouds to part, I wanted the sun to come out, I wanted to feel that clarity, focus, motivation, and energy that I knew I had inside locked away.

I believed that **“Superhuman”** was asleep somewhere and I wanted to find him...



Broken Brain and Body

Taking this honest inventory, I was pretty startled to admit how broken by brain and body had become.

My **mood**, which was about as stable as my energy, swung on a vicious pendulum.

My workouts were stalled.

I had **joint pain** in pretty much every moving area – chronic shoulder pain, mid back strain and lower back spasms, and chronic tendinitis.

I was riddled with inflammation.

I had **no, ZERO, libido**...so I have a pretty good idea of what my testosterone levels looked like.



One would think that a laundry list of ailments like this would have been so obvious.

Duh, right?

But when you are living with pain and dysfunction, they become natural and normal. **Insidious suffering is the rule, not the exception.**



Ketogenic Diet

At this crossroad in my life, I decided to start the hunt in a place I had looked before – a ketogenic diet (keto).

If you aren't familiar with what a keto diet is, it's a high fat, low carb, and (in my opinion) low protein diet.

The general premise is for the body to switch to using ketones for energy by using fat as the primary energy source instead of sugars.



My Keto Fear

I had followed a keto diet before, and had researched it quite a bit, but I had never went **“Full Keto.”**

With a keto diet, carbohydrates and protein are restricted to allow the body to use fat as the primary fuel.

I was all for being low carb, but it was the protein limit that scared me.

General keto recommendations say protein should be ~maximum of 0.75g/lb body weight. **I was use to eating 2g+/lb.**



My Keto Fear

You see, if you eat too much protein the body will convert it to be used as sugar, and it will knock you out of ketosis.

Because of my fear of losing lean body mass (a nice scientific way of saying I was afraid of losing the muscle I spent the last 20 years building in the gym) I had usually done a “keto” diet with 1g/lb protein. With this higher protein intake I was likely in more intermittent periods and shallower levels of ketosis.



Full Keto

This time I went full, hardcore, keto.

I limited my protein to a maximum of .75g/lb of bodyweight to ensure I stayed in ketosis.

For the first time, I was willing to sacrifice some muscle, even gain some fat, in the possibility of finding my Superhuman.



Full Keto Results

I proceeded to lose 20lbs of muscle.

I wasn't that willing.

I increased my fat consumption even higher.

I put on some body fat, and my weight stayed about the same.

I was getting "skinny fat."

Literally, my worst nightmare.



Full Keto Results

I went from an extremely lean 170lbs to a “soft” 150lbs.

Perhaps worse, the Superhuman I was hunting for was still hiding.

The Hunt Continued...



While this keto diet was eating away at 20 years in the gym, I began researching plants.

To spare you the science (for now), I was shocked and impressed by plants.

These guys are smart.

They have defense mechanisms to keep predators – like Humans – from eating them.

For as long as I can remember, I had eaten A LOT of plants.

BUT – Vegetables are **THE ONE THING** people agree on that you should eat.....*Right?*



I dug deeper.

Apparently there is this underground “cult” of carnivores.
Healthy, vibrant, world record holders.

“*WTF*” I thought.

Amazed.

Curious.

Intrigued.



A million questions flooded my slightly-less foggy brain...

“How do they poop without fiber?”

“Why don’t they all have scurvy?”

“Surely their cholesterol is through the roof?”

“And surely, they are all on the fast track to heart attacks?”

“This will absolutely give me cancer...*right?*”



So what did I do?

The logical thing, of course.

I went all out, full carnivore.

...I figured that I'll worry about the whole scurvy part once it starts to set in.



Meat Health

The Hunt to Become Superhuman

The rest of this story reads like a fictional tale.

I'm excited to share that rollercoaster story with you.

The book: "**Meat Health – The Hunt to Become Superhuman**" is going to be released December 11th, 2018. If you are signed up to my newsletter you'll get first access.

But I want you to decide if experimenting with a carnivore diet is for you based on the rest of this guide – not just my experience.



Before You Start

ESSENTIAL PREP



ESSENTIAL PREP

Know your “why.”

People experiment with a carnivore diet for numerous reasons, and it’s vitally important to “*know your why*” which may include:

- Ketogenic: weight loss plateau or muscle gain loss/stalemate
- Mood: Brain fog, focus problems, mood swings depression, bipolar
- GI: Digestive problems like bloating and gas, heart burn/gastric reflux, Crohn’s or colitis
- Skin: Psoriasis, eczema, rosacea, acne
- Autoimmune: Arthritis (or just joint pain like I had), asthma, MS, migraines, lyme’s disease

For myself and many carnivores, it comes down to

– Knowing you have Superhuman in You –

and wanting it because living life less than that is unacceptable.



Commit

This is an experiment you have to commit to.

If the commitment is loose, I'd recommend waiting until you find a burning desire or some urgency.

Most people experience adaptation symptoms which can range from annoying **to a certainty that you are going to die.**

There are also psychological and social pressures you have to overcome.

Commit by knowing why you want to experiment **and always keep in mind the pot of gold that just might be on the other side of the rainbow.**



Social PREP

You need to have a plan for social situations.

You can tell someone you eat donuts every morning, fast food for lunch, and pizza for dinner that you wash down with soda and top it off with ice cream, and it's cool.

Tell someone you aren't eating plants and they jump down your throat.

Sadly, it's usually not because they are actually concerned about you, rather it is to justify their own dietary positions.

You don't need to justify yourself.



Social Escapes Techniques

2 Techniques I Use:

1. Tell them you're doing an experiment on this diet as a test for food allergies.

- Most people are cool with experimenting and they won't take it as an attack on their food choices

2. If they take offense...

Candidly ask, *"Are you concerned about my health or yours?"*

- I've found this to really help open up a real dialog or bridge to easily dropping it and switching subjects



Eating out

The good news is that unless you are at a vegan restaurant, there is meat on about every menu.

Just ask for a steak or a burger patty with nothing else.

I've found many fast-food joints are extremely accommodating and fair priced.



Trough of Despair

This is what I affectionately call the **adaptation period**.

If you are coming from a ketogenic (keto) or high fat/low carb diet (HFLC), the transition is generally easier than someone coming from a Standard American Diet (SAD – yes it's sad for a reason) that is high in carbohydrates.

That said, most people experience at least some adaption symptoms.

Here's what to expect during the "*Trough*" and how to best prepare and **limit the suffering...**



Adaptation

The symptoms you experience is your body's natural response to carbohydrate restriction and the elimination of addictive agents and chemicals.

Symptoms include:

Brain fog, headache, chills, sore throat, digestive issues, dizziness, irritability, bad breath/smells, bad taste in mouth (metallic), dry mouth, cravings (sugar!), muscle soreness, nausea, diarrhea, poor focus, and decreased performance, energy, and drive, rapid heart rate, insomnia, night sweats, and nocturia (peeing a lot at night)

I sat on a toilet for a week, threw up in the middle of the night, AND I had been on a low carb diet for 20 years.



What's going on?

3 Major Adaptations

1. Fluid Rebalancing

Since you are eating fewer carbs, your insulin levels drop, which sends a signal to the kidneys to release sodium from the body.

Losing 10lbs of water in a couple days is not uncommon as water follows sodium out of the body.

Glycogen is then converted to glucose as the last energy usage before switching to mainly fatty acids.



What's going on?

3 Major Adaptations

2. Transitioning from Sugar to Fat for Energy

As your body switches from burning mainly sugar to fat for energy, your body needs to make many modifications on the way.

Your amount of suffering (or lack thereof) depends on your metabolic flexibility. This is your body's ability to adapt to different fuel sources.

If you have been accustomed to eating a lot of high carbohydrate foods, **it can feel a lot like giving up other addictions** (nicotine, cocaine, etc.)



What's going on?

3 Major Adaptations



3. Hormone Response and Rebalancing

Thyroid Hormone

T3 thyroid hormone levels may decrease.

T3 is a hormone produced by the thyroid that is closely connected with dietary carbohydrates.

It plays a major role in regulation of body temperature, metabolism, and heart rate.

Cortisol

Cortisol plays many crucial functions in the body, including regulating blood sugar and controlling inflammation.

During this transition, your body thinks, *“I’m starving for sugar,”* causing a release of cortisol to increase blood glucose.

This is a natural sympathetic stress response, also known as “flight or fight” to go hunt for food.

What's going on?

Killing Addictions

Besides the hormonal changes, you may also experience alterations in what I call the **“brain-body highway”** that controls signaling between the gut and the brain.

This communication highway influences everything from hormones to neurotransmitters like dopamine, serotonin, and GABA that play huge roles in mood, cravings, and addiction.

Not unlike many drug addictions, you may go through withdrawal symptoms from foods or other substances (especially sugar) which you have become physically and neurologically addicting.



What to do?

Luckily, if you take the right precautions with a couple proactive steps you can shorten or even eliminate “The Trough.”

7 Tips to Limit or Avoid “The Trough”



#1 – Be Prepared

Since you are reading this, you already have a massive leg up.
Knowing and accepting symptoms that may arise really is the first step.

Now that you are mentally prepared, you can get physically prepared.



#2 – Eat Meat

Eat more meat.

Undereating is the **#1 Reason** people unnecessarily suffer.

Early on, it's common to feel extremely hungry. Eat.

Don't try and restrict calories or track macros (more on this in the WARNING at the end).



#3 – Hydrate

Take your body weight. Now divide it by 2.

This is the bare minimum amount of water that you need to be drinking (in ounces) per day if you are having ill symptoms.

After adaptation, you drink to thirst (no need to measure/monitor) but if you are feeling like crap during adaptation – make sure you are hydrating.



#4 – Electrolytes

As you lose a lot of excess water, you also lose a lot of electrolytes: sodium, potassium, magnesium, chloride.

Supplemental electrolytes can help immensely.

Pink Himalayan rock salt on your meat can provide the extra sodium and chloride.

This is adequate for some people.

Many people need some help in the potassium and magnesium department as well though...



#4 – Electrolytes (*continued...*)

You have a couple options:

1. **Drink Meaty Bone Broth** – In addition to water and sodium, this will give you some potassium which will offset some of the discomfort caused at a cellular level.

- It's important that the bones have some meat on them because that's where the potassium is.

2. **Supplement** – A popular choice among the carnivore community is a product that supplies all these electrolytes called "Ionic Potassium" by Trace Minerals Research.

Supplemental Electrolytes Daily Ranges:

- K – 500 – 3500 mg/day
- Mg – 250-500 mg/day
- Na – 2-7g/day



#5 – Poop Problems (Part I of III)

Gastrointestinal (GI) issues are extremely common, especially if you are coming from a low fat diet.

Even though you are ready to dive all in, your gallbladder might not be ready to handle the increased fat intake.

One solution: You can reduce how much fat you're eating by choosing leaner cuts of meat. I don't recommend this approach.

Much Better Solution: Supplement for 2-4 weeks



#5 – Poop Problems (*Part II*)

Supplement:

Start with a simple **lipase** supplement taken a few minutes BEFORE meals.

This is the one I used.

It freed me from the toilet after spending two weeks married to it.

For most people this does the trick. If you are coming from a very low fat diet, your gallbladder may need some help until it can produce enough bile on its own. Taking Ox Bile with meals helps.

Occasionally, low stomach acid is the problem (resulting in GERD) and a Betaine HCl supplement can help if you continue experiencing gastric reflux.



#5 – Poop Problems (*Part III*)

In some people, the type of fat causes the GI distress.

If the previously mentioned supplements don't help, then you may need to remove rendered fats.

Rendered fat is fat that is cooked out of meats and becomes liquid.

For example, if you don't handle rendered fats well, drinking the liquid fat in the skillet after cooking is a recipe for disaster (pants).



Final Note on Poop Problems

You will likely notice that your bowel movement schedule changes.

It's very common to go less frequently. **Much less frequently.**

Don't worry, you're not constipated, and it's normal.

Volume also tends to decrease.

Your body absorbs and uses meat very efficiently.

Not a lot goes to waste.



Digestion and GI Recap

Digestion issues or at least changes are nearly certain.

Follow these steps and it can save you from much suffering:

Supplement (taken together before meals)

1. Lipase – 1-2 capsules (6,000 – 12,000 LU)
2. Ox Bile – 1-2 capsules (500 – 1000 mg)
3. Betaine HCl with Pepsin – 1 capsule (500mg Betaine HCl : 20mg Pepsin)

You may need to limit or remove rendered fats.

It's very common to go less frequently with less volume.



#6 – Sleep

As someone who has treated many patients with sleep disorders, I can tell you one thing for certain, if you get good shut eye, **everything else in your life will be better.**

Insomnia is common during the Trough, and since you are purging water, nocturia is also an interrupter. A few hacks that help:

Sleep hacks:

- Keep your room pitch black (blackout curtains, cover LEDs) and **COOL**
- Start winding down 2 hours before bed (no screens or at the least put them in night mode)
- Don't eat within a few hours of sleep if you can help it
- Be conscious how much you are drinking later in the day
- Be asleep before 11 (a cortisol spike happens if you are not asleep around this time)



#7 – Sweat

Exercise helps.

Sweating is a natural detox mechanism.

Since you are finally giving your body the nutrition it has been craving, you give it the opportunity to expel toxins. Give your body a hand and help it detox by getting some exercise and sweating.

NOTE: Athletic and training performance almost always decreases for anywhere between 1 and 6 months, before you find a whole new level.



The Carnivore Diet

Protocol

Do's and Don't



The Carnivore Equation

Who would have thought so many questions could arise from the “Carnivore Equation”:

Meat + Water = Carnivore Diet

In my experience it's better to start with a more restricted diet and to carefully expand as tolerated/desired.

That way, if or when food is reintroduced you can pinpoint the culprits that cause problems.



What to eat?

Your primary focus should be on fatty meat, especially **BEEF**.

Lamb, pork, chicken, and fish are next on your list.

And...if you'd like...eggs, and low carb dairy products like butter, heavy whipping cream and hard cheeses. *(more on this shortly...)*





What to eat?

Your Go To Beef Cuts:

- Steaks (ribeye, sirloin, strip, chuck eye)
- Roasts (Prime rib, chuck, brisket)
- Ground beef
- Organs if you want (though not necessary)

Note on Organ meats:

There are carnivores who believe organ meats are necessary for complete nutrition. I don't believe this is true. I don't eat any on purpose. If it crosses my plate somehow then I do. That said, having studied human evolution there is evidence that organ meats may have played a role in human brain development. Add a brain, liver, or cold water fish to your plate occasionally if you're concerned. They are high in DHA which plays an important role in brain function.

What else?

Lamb

- Chops
- Ribs
- Shank

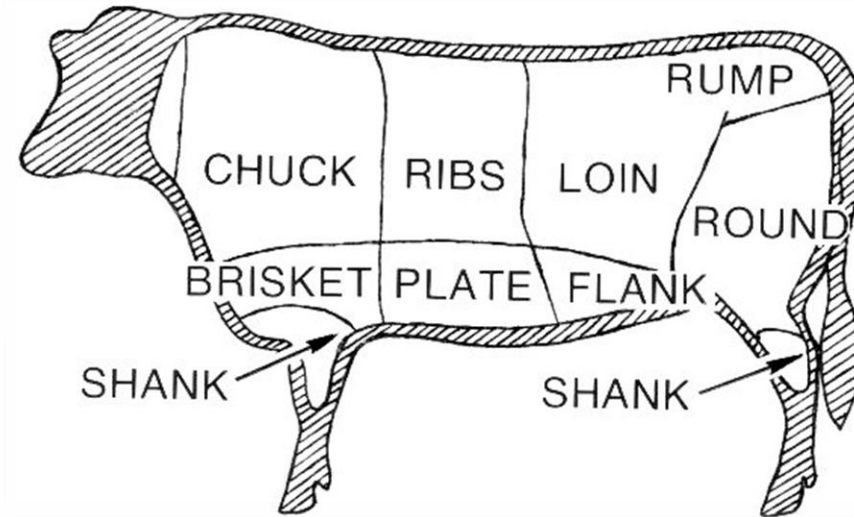
Poultry

- Wings
- Thighs and Drumsticks

Chicken breasts are too lean so eat sparingly or with other fatty meats.

Pork

- Shoulder
- Pork Belly
- Butt Roasts
- Ribs



Fish

- Salmon
- Trout
- Mackerel
- Sardines
- Crab
- Lobster
- Shrimp
- Scallops



Beverages

- Water
 - With or without carbonation or minerals
- Bone Broth



“Sides” and “Exceptions”

Coffee and Tea

Coffee and tea are plant extracts and caffeine is a natural insecticide.

But, if everyone tried to get through the carnivore adaptation plus caffeine withdrawal, **carnivores would likely become endangered or extinct.**

- If you are a coffee or tea drinker, I recommend you keep drinking it for the first 30 days.
- Coffee and tea are an “OK’d” exception for most carnivores, though I do recommend removing these for a period of time (see “Level 2”).

Though most people do fine with these, **for some people cutting them makes all the difference. It’s worth it to find out if that’s you.**



“Sides” and “Exceptions”

Most carnivores “OK” eggs and some dairy like butter, hard cheeses and heavy whipping cream.

It’s best to think of these as “sides” not main “dishes.”

Since intolerances to these are actually quite common, I recommend going without them for at least some time (see Level 2).



Avoid

Everything that is not meat.

- Seasonings and Sauces
- Alcohol
 - Sorry, it's just not a health food as bad as we may wish it were.
 - If you can't give it up that's an important thing to know.
 - ❖ I've seen a carnivore diet not only curb carb cravings but also things like nicotine, alcohol and caffeine. Might be the perfect way to start cutting back.
- Minimize processed meats.
 - They frequently contain additives you don't wanted added.



How much should I eat?

Eat when hungry.

Eat until full.

Listen to your body.

I found the majority of people average 2 meals per day.

But some people do best on 3 meals a day, while others do best on 1 meal per day.

Neither 1, 2, 3, or 4 is better than the other.

Let your appetite guide you.



How much should I eat?

While your body is adapting and healing from years of malnutrition, **it is common that you will eat twice as much as you will once healed.**

Eat. Your body has been dying for it.

For shopping purposes: 2-4lbs of meat per day can be a guide

NOTE: It is important that you **do not** intentionally restrict calories or food intake or force fasting. **I'll explain why in the WARNING at the end.**



Snacking

If you eat enough fatty meat at your meals, you should not feel like snacking.

If you feel continually hungry after eating you need to:

- 1. Eat more**
- 2. Eat fattier cuts**

Many people have a habit of snacking, and find they have an urge to snack even when not hungry. If it is something you can't or don't want to kick, pork rinds can be used to snack on. Be careful what they are cooked in. NO vegetable oils.

I've found that this snacking habit fades for most carnivores over time.



Leveling Up

Level



3

Level



2

Level



1

Why the various Levels?

Levels 2 and 3 are designed to help you identify sensitivities and intolerances that may have hidden under a diet that caused chronic systemic inflammation.

Level 2 and Level 3 “purify” the diet to such a degree that you can then add back in other foods to determine **what foods make you Superhuman and which ones have a bit of Kryptonite in them.**

For example, many people have sensitivities to pork, but it can go unknown unless eliminated via a Level 2 or 3 type protocol and then added back in.

Most people thrive at Level 1, but I think finding a few weeks to test out Level 2 and/or Level 3 is often a good idea, especially if any adverse symptoms or disease persists.



Level 1

The Level 1 protocol consists of:

- Meat
 - If it's meat or fish – it's on the menu
- “Sides” and “Exceptions”
 - Coffee and Tea
 - Dairy: Butter, Cheese, and Heavy Whipping Cream
 - Eggs
- Supplements (during adaptation)
 - Pink Himalayan Salt
 - Electrolytes
 - GI Support: Lipase, Ox Bile, Betaine HCl



Level 2

The Level 2 protocol consists of:

- Meat + Water
 - No processed meats
 - No “sides” or “exceptions”
 - Including coffee, tea, eggs, butter, cheese, whipping cream
 - No supplements
 - Exception: Pink Himalayan Salt
 - Exception: If you are skipping Level 1 and going straight to Level 2



Level 3



The Level 3 protocol consists of:

BEEF Only (ideally grass fed and finished) + Water

Level 3 is the ultimate “elimination diet.” Many people have sensitivities to pork, various fish, and other “ok’d” meats. By eating only high quality beef, you are able to discover if you have any of these intolerances when you add them back in.

Cut Everything but Grass Fed, Grass Finished Beef and Water

- I know this isn’t convenient
- I know this isn’t cheap
- I also know that if you go this pure for 30 more days, **it will be worth it**



Beyond Level 3

After completing 30 days at Level 3 you are in a prime position to personalize and perfect your diet. From here you slowly and systematically add back in “test foods” and evaluate how you feel and react to them.

1. Start by adding back in BEEF that is not grass fed/finished
2. Then test other meats
3. Then test eggs
4. Then test “ok’d” dairy
5. Then test coffee/tea

Example:

After completing Level 3 if you try adding back in pork and notice ill symptoms, keep it out of your regular diet. If you test back in dairy, like cheese, and notice bloating – cut it. You may try adding eggs back in, and you feel good with them and like having them as a side. Keep them. You may try having your morning coffee again, and enjoy it. Add it back in. **Personalize your plan.**

The best way to do this is to complete Level 3, and then only add back in 1 “test item” at a time using grass fed and finished BEEF as your baseline to test everything against.

Choosing Levels

I recommend most people start at Level 1 for 30 days.

If you are not a coffee drinker then starting off at Level 2 (+supplements) is a often a great place to start.

I do not recommend jumping to Level 3 until having completed at least 30 days at either Level 1 or 2.



Beyond the Experiment

Most carnivores settle somewhere between Level 1 and Level 2.

By completing Level 3 you will know where the best place is for you.

If you want to experiment adding back in plants or fruits or sugars or whatever, go for it. Just remember testing off a baseline of grass fed and finished beef is the best way to get accurate feedback.

NOTE: While most people get great feedback 30, 60, and 90 days into a carnivore diet, for some people reversing the years of damage takes months to years. The longer your “test experiment” the better gauge you’ll have knowing if this diet is for you.



Beyond the Experiment

If you survive the experiment CONGRATULATIONS!

I have a strange feeling you won't want to stop "Experimenting."

If you complete 30 days at Level 3, congrats – **I know that's not easy.**

You've probably never been in a better position in your life to determine what works for and with you, and what doesn't.

Dial in on your Superhuman foods, and just as importantly, your Kryptonite.



For the Survivors

A Little Something Special



For the Carnivore Survivors

If you are true to your carnivore nature and you get through 30 days “playing by the rules,” I have a gift for you.

Shoot me a personal email at: kevin@meat.health

With the Subject: Superhuman

(this is important because I get a lot of emails, many get a fast filter, and that subject will make sure I get it)

I want to celebrate your journey, resolve, and new life with you!



Appendix

FAQ

Q: If I have questions, where can I get answers?

A: Due this right now.

Bookmark: <https://meat.health>

It is Google for Carnivores.

If you have a question, it's probably already answered.

If not, feel free to submit it, I'll answer it, and then everyone will have access to it.



FAQ

Q: Is this safe?

A: Yes.



FAQ



Q: Should I count calories or macronutrient ratios?

A: No.

Especially not in the beginning. Nor should you limit your eating. You NEED to eat until satisfied.

If you chose fatty cuts of meat, you will automatically be eating a macronutrient ratio of ~70% fat and 30% protein (by calories), which is about a 1:1 fat:protein ratio (by grams). **You will be in varying degrees of ketosis – let this happen naturally.** Don't add extra fat to your meat (unless you are absolutely unable to obtain fatty meat in which adding some butter is ok)

FAQ



Q: Should I test for ketosis?

A: No. Let ketosis happen naturally.

Unless you have epilepsy, cancer, or another major health problem that requires a strict ketogenic diet prescribed by your doctor.

Ketosis is a fluid state. At certain times you will be in “deep ketosis” and at others you will be in lighter states of ketosis.

Your body may already be very efficient at using ketones (if you are coming from a ketogenic or HFLC diet) in which you’ll naturally register lower levels of ketones than someone who is just entering deeper levels of ketosis for the first time.

If you AREN’T coming from a ketogenic diet, you may notice some signs that you are entering ketosis. Your breathe may smell. This is normal. You are breathing off acetone. It goes away for most people over time as you get more efficient at using ketones for energy. You may also notice a metallic taste in your mouth. Water often begins to taste sweet. You can actually taste salivary glucose when you aren’t bombarding your body with sugar.

FAQ

Q: Why can't I eat plants?

A: Much more is can be found at: <https://meat.health> but to keep it short and unsweetened:

Many plants have chemical toxins that they produce to deter predators (humans, animals, insects) from eating them. These natural chemical toxins (plus the unnatural ones that are added to many plants) can be detrimental to health resulting in systemic, chronic inflammation and disease.



FAQ

Q: How will I poop without fiber?

A: You don't need fiber to poop.

In fact, fiber is often the cause of constipation.

On a carnivore diet, you will not have bowel movements as often.

Everyone is different, some people go daily whereas many average 1-2 times per week.



FAQ

Q: How can I do this on a budget?

A: I recommend doing an experiment (can you tell I love experiments), and see how much you are spending a month on all groceries, all drinks, supplements, anything you consume.

I saved money once I became a carnivore.

If you are taking prescription medications and you get off one, two, or all eight of them.

Priceless.

What's it worth to live healthy, feel great, eliminate disease, find your Superhuman?

Continued...



Q: How can I do this on a budget? *Continued...*

A: *Continued...*

That said, how do you do this on a budget:

- Ground beef
- Chuck eye steaks
- Buy in bulk
- Buy in bulk with discounts

At <https://Meat.Health> – I am now reviewing over 300 online meat shipping and delivery farms on a **weekly basis** and sharing the **best weekly deals and discounts** in my weekly newsletter. I've already setup partnerships with many of these farmers to bring down costs even further

- If you're on the newsletter you'll get access to the deals



FAQ

Q: What kind of recipes are there?

A: By recipes, most people mean cooking methods and skills.

Other diets use recipes to try and make food seem or taste like something else. Not Carnivores.

But there are many awesome new skills you can learn when it comes to grilling, skillets, and oven tricks.

I got you here if you are subscribed to my newsletter...

Carnivore Cooking Series – Coming your way 😊



FAQ

Q: I take prescription medications, will this impact by dosages/needs?

A: Possibly, in the short term. Likely, in the long term.

Depending on what your diet was prior, large metabolic changes could change how much, if, and when drugs are taken.

I've seen many people on blood pressure medication have to scale back the dosage very quickly. Watch your BP. Tell your doctor you are eating healthier and hoping your new diet will help reduce or eliminate medications. Keep them informed.



WARNING

“Can I [insert any tinkering to diet that you want to do HERE]?”

IMPORTANT



WARNING

Before going carnivore, most people have experimented with various diets.

You probably wouldn't be considering this if you didn't have that curious experimenter mentality. **The one that searches for answers, bucks the status quo, and calls their own shots.**

Good for you.

You may have experimented with adding fats to foods if you've done keto, things like adding butter and MCT in coffee, or tried intermittent fasting protocols (IF), and taken numerous supplements.

I've done them all.



WARNING

If you are like me, you probably have an idea about how many calories you should eat, what macro ratios to follow, how often and how much to eat.

Believe me, no one was more analytical or worried about getting fat than me.

It's the skeleton that's always hanging in my closet.

That said, these diet methods that I've and many others have used should **not** be used with the carnivore diet. They interrupt the body's ability to interpret hunger and natural satiety signals, which often results in not eating as much as the body needs to properly deal with adaptation and healing.

There are many metabolic processes that need to be adequately supported in regaining proper homeostasis and surviving the adaptation period.



WARNING

Many people feel very hungry when starting, **yet are afraid to eat**. Afraid of getting fat. **Believe me, I understand.**

It is common for people to need to eat **twice** as much when starting as they eventually do once their systems have healed. This could take 30 days or 3 years.

The adaption period is different for everyone. **Adaption is not like a light switch.**

It's not like you will either be fully adapted or not. Different systems take different amounts of time.

For example, it may take your gallbladder 2 weeks to onramp to a high fat diet where you finally can get off the toilet (unless you take the necessary precautions..) but your testosterone may be in the toilet for 6 months until it is roaring again like a 17 year old. Females – this is equally relevant for hormonal rebalancing.



WARNING

Once hormonal systems have re-balanced in proper homeostasis for thriving, **you'll be glad you hit the "reset" button.**

If you are worried about fat gain, tell yourself you are doing an experiment (I think you should give yourself 90 days).

- The First 30 days = Adapt (Level 1)
- The Next 30 days = Heal (Level 2)
- The Final 30 days = Thrive (Level 3)

If you want to go back to diet restrictions after the experiment, do so.

I even have a "tinkering" method for carnivores who are thriving, yet want to get "carnivore cut" – you can – I'll help you, but **lets get healthy first.**



WARNING

Hunger talks in many languages like feeling weak and tired, or irritable and depressed, or via poor concentration and brain fog.

Listen to the body.

Take the hint – Eat.

It's the solution. It's the cure.



WARNING

The thriving carnivores I know **threw out** all worry and preconceived notions about diets, supplementing, caloric needs, macros, and dogma...**and ate meat until satisfied.**

They erred on the side of eating too much rather than not enough.

It is common to have some cravings early on. They go away.

However, if you try and tinker – they likely won't.

If you've done keto or LCHF or you name it, you are probably aware of the amount of intervention tricks that go on to curb hunger, force fasting, and eat less than you need.

I would know – I was a master at them.

Almost everyone I know that uses forced protocols to reduce food intake, to try and curb cravings, rides an unsustainable rollercoaster that never ends.

They never come to realize what it actually feels like to overcome metabolic dysfunction.

It feels amazing.



WARNING



Floodgates

For my first physique competition, I got very lean. Competition prep is the definition of food and calorie restriction. It's "controlled starvation."

After the competition, I was going to let my self have a treat.

I didn't know about the psychological impact from extreme food restriction.

There is no such thing as "one treat."

With that "one treat" the floodgates burst opened. My body fat was higher 3 days after that competition then when I started the prep 16 week earlier.

I didn't know it at the time, but this is **extremely common** among the bodybuilding/fitness community.

Interestingly, I see this exact same thing with keto/LCHF/ZC/Carnivores that use methods of forced restriction. Eventually they give into "one treat" **which is never "one treat."**

WARNING

Supplements

Besides what is mentioned in this report, don't interfere with your body's natural rebalancing until you're healed. Once healed, I tell people they can loosen up with "tinkering tests" because they KNOW what it feels like to be healed. So they KNOW if their tinkering has positive or negative impacts.

Supplements are not only NOT needed, but **they will** interfere with restoring your proper homeostasis including vitamin and mineral levels.

You are going to need to ignore common held beliefs around daily requirements of x,y, and z.

Here's the thing: daily requirements for a SAD diet can't be strapped onto a carnivore diet. When you add sugar and plants to a diet the body has to compensate and external supplementation might make sense to balance and help the assault from these foods. This does not translate to someone on a carnivore diet. Proper nutrient blood levels in a carnivore necessarily must be different than non-carnivores.



WARNING

Don't Start If...

If you aren't willing to eat enough meat to stay satisfied without manipulation.

You will suffer and you won't get results.

Do Start If...

If you are willing to set aside conventional wisdom to Hunt for your Superhuman – **Let's do it.**



NOW WHAT?



1. INSTA COMMIT

If you dare to dive in... I'd love to follow and help support your journey.

- Take a picture of yourself eating your first carnivore meal
- Post it to Instagram
- Tag me [@kevinstock12](https://www.instagram.com/kevinstock12)

We're in it together!

2. Go buy some MEAT!

You can find weekly deals at: <https://meat.health>



If I can support you in any way on your journey, please let me know!

-Kevin