

How to Start a Carnivore Lifestyle





A Bit of My Background

I've been on a carnivore diet journey for about a year now in hopes to heal chronic inflammation, digestive issues, chronic fatigue, mood disorders, and an autoimmune disease – specifically IBD (Irritable Bowel Disease).

I started my healing journey about 12 years ago first adopting a "clean eating" diet which led me to a paleo diet then a keto diet, then a keto carnivore diet and from there I went all in to strict carnivore. During this 12 year period, my overall habits from a holistic perspective were far from healthy as I struggled with alcohol use, binge eating, major stress, and was prescribed Adderall which was causing more harm than help for me personally.

I mention these struggles for relatability but also for clarity as to why my diet only became more restrictive resulting in going strict carnivore. My toxic habits outweighed most of the 'healthy' eating I was doing and certainly was not allowing my body to heal but only get worse. Carnivore became my only solution in terms of what I was eating.



A Bit of My Background cont...

From all my research, the anecdotal stories I've read and my personal experience on the diet, the carnivore diet is incredible for gut healing, autoimmune and digestive issues, mood disorders, optimal brain function, skin issues, and most people's personal favorite....weight loss.

This course is to help YOU get started on your healing journey by sharing my personal experience with the carnivore diet, what has worked well for me, and knowledge I've acquired from experts in the carnivore space.

Disclaimer

I'm not a doctor or licensed medical professional. The information I share is based on my personal experience and research throughout my own health journey. It is intended for informational and educational purposes only and should not be taken as medical advice. Please consult a qualified healthcare provider before making any changes to your diet, lifestyle, or treatment plan.



The carnivore diet is the ultimate elimination diet, focusing exclusively on **animal-based foods** and completely eliminating **plant-based foods**. This means saying goodbye to gluten, sugar, grains, legumes, nuts, seeds, fruits, and vegetables. As a result, it's the ultimate **low-carb** or even **zero-carb** approach, since animal meats are virtually carb- and fiber-free, consisting almost entirely of protein and fat.

This diet also aligns closely with how our hunter-gatherer ancestors ate, living primarily off the meats and fish they hunted, which shaped the way our **bodies** evolved to **thrive** on **animal-based nutrition**.

What is the CARNIVORE DIET

Important note



Before we dive into what you can actually eat....it's important to mention that there is a difference between a **carnivore diet** and a **healthy carnivore diet**...

Generally speaking, a healthy carnivore diet excludes highly processed meats and beef jerky with additives or added sugar.

Carnivore diet

WHAT TO EAT

Animal-Based Proteins

- **Beef:** steaks, ground beef, roasts, brisket
- **Lamb:** chops, ground lamb, leg of lamb
- **Chicken:** thighs, wings, drumsticks, whole chicken
- **Turkey:** breasts, legs, thighs, etc.
- **Pork:** bacon, pork chops, pork belly

- **Beef/Lamb:** Grass-fed and grass-finished is best.
- **Chicken/Turkey:** Organic and pasture-raised is best.
- **Pork:** High-quality, pasture-raised pork with no added sugar or nitrates is best.
 - *Note, pork may cause inflammation for some individuals.*

Eggs

- **Whole** eggs: chicken, duck, quail

Organic and pasture raised is best.

Carnivore diet

WHAT TO EAT

Seafood

- **Fish:** salmon, sardines, mackerel, trout
- **Shellfish:** shrimp, crab, lobster, scallops, oysters

Wild fish is best. The fattier the fish, the better.

- **Heavy cream/Butter:** Raw or 100% grass-fed with no additives is best.
- **Hard, aged cheeses:** Raw, unpasteurized cheese is best.

This list of dairy options is based on a stricter version of a carnivore diet. A more relaxed version of carnivore may include full-fat yogurt, soft cheeses, and full-fat sour cream with no sugar or additives.

Dairy

- **Heavy cream** (*if tolerated & in moderation*)
- **Butter**
- **Hard, aged cheeses:**
 - Manchego (aged 6-12 months)
 - Parmigiano-Reggiano,
 - Aged Cheddar (12+ months),
 - Pecorino Romano
 - Aged Gouda (12-24 months)
 - Gruyere

Carnivore diet

WHAT TO EAT

Animal Fats

- **Beef tallow**
- **Ghee**
- **Butter**
- **Lard**

Seasonings

- **Salt**
- For optimal health, opt for a salt that is unrefined, free of additives, and rich in natural trace minerals.
- Excellent choices include Redmond Real Salt, Celtic Sea Salt, and Himalayan Pink Salt.

A more flexible approach to carnivore can include simple herbs and spices like pepper—especially if your body tolerates them well.

Stick to organic options whenever you can, and make sure they're free from additives or fillers.

Beverages

- **Water**
- **Bone broth**

- **Bone broth:** For optimal carnivore diet adherence, choose a 100% animal-based bone broth—free of additives, vegetables, and flavorings—made from grass-fed or pasture-raised animals and rich in collagen, gelatin, and minerals.

A more flexible approach to carnivore can include coffee or tea —especially if your body tolerates them well.

Carnivore diet

FOODS TO AVOID

Plant Foods

- **Vegetables**
- **Grains**
- **Fruit**
- **Legumes**
- **Nuts & seeds**
- **All Sugars and sweeteners**
- **Additives and preservatives**
- **Seed oils**
- **Dairy** (*if sensitive*)

