



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



**MEAT**  
**HEALTH**

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# The Ultimate 30-Day Guide

This guide is structured to help you  
“Dive-in” to a Meat-based, Carnivore Diet.

**NOTE: Some people are better off using an “Step-Down” approach.  
You can learn more about this approach at [Meat Health Academy](#).**



# BEFORE GOING ANY FURTHER

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

## HOWEVER

If you are considering diving-in to “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...





# An Honest Inventory

Although I had discovered how to get the body I wanted, I was missing half of the “**Health** and Fitness” puzzle.

I relied on caffeine to power me through the day and I used it for more than just energy. I needed the hourly coffee refills to try and clear persistent brain fogginess.

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

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...

This really was my **# 1 motivator** for the switch from “optimizing for fitness” to start the hunt to “optimize for health AND fitness”

*NOTE: When I first started eating only meat, I thought I was going to have to sacrifice some “fitness” for “health.” However, I discovered it’s not an “either / or” – you can have your steak and eat it too – meaning you can have incredible health AND have a body beyond what you think possible...this Health + Fitness is what we cover in depth in Meat Health Academy.*

# Broken Brain and Body

Taking this honest inventory, I was startled to admit how broken my 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 hormones like testosterone levels looked like.





# My New Goal

I learned the hard way that “Health” and “Fitness” aren’t necessarily the same thing.

To find real health and fitness, it’s more than counting calories and macros, and more than just getting 6-pack abs.

I was determined to find **Health AND Fitness**.



# Health and Fitness

## Real Health includes:

- Complete physical and mental wellbeing
- Free of pain and problems (***absence of gut issues, chronic inflammation, autoimmune conditions***)
- Energy and vitality for optimal human function and quality of life
- All bodily systems functioning as intended (nervous, muscular, skeletal, digestive, hormonal)
- Refreshing, consistent sleep
- And, of course, a **healthy body composition which is often a natural consequence of creating metabolic health**



In my search for **Health and Fitness** I began (re-) researching plants.

Since plants are rooted in the ground and can't run away or fight back like an animal, they use chemical defenses to keep predators – like insects, bacteria, fungi, and humans – from eating them.

So, I started cutting out these phytotoxins like lectins, oxalates, tannins, polyphenols.

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



As I continued to dive deeper,  
I made 2 diet tweaks that changed everything.

*(so much so that I recorded a Masterclass about it – highly recommend watching this)*

But long story short:  
I removed all plant-based foods from my diet, and I started eating lots  
and lots of red meat.



**Yes, I originally had all the same questions...**

“How will I poop without fiber?”

“What about Vitamin C, will I get scurvy?”

“Don’t I need those essential vitamins and minerals and antioxidants?”

“Aren’t we designed to eat plant-based foods?”

“Isn’t all that protein dangerous (*mTOR, IGF-1, cancer, GNG*)?”

“Don’t I need carbohydrates?”

“Could it *REALLY* be the plants...? Turns out the answer is yes.



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 must 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 must 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. You can wash it all down with soda and top it off with ice cream, and it's cool.

Tell someone you aren't eating plant-based food and they jump down your throat.

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

You don't need to justify yourself.





# Social Technique

## A Technique to Consider:

Tell them you're experimenting for food allergies.

- Most people understand self-experimentation and they won't take it as an attack on their food choices

Remember:

Your real family and friends care about you. Not what you eat.

- They will support your decisions to improve your wellbeing (even if they don't agree or understand them)
- Discuss your "Why" with them, why this change is so important.
- Discuss "Why Meat" and "Why Not Plants" with them.
  - *If you want to go deeper and understand the "why meat" and "why not plants" so you can easily discuss with family, friends, and healthcare practitioners, consider joining [Meat Health Academy](#) where you will gain deep expertise in discussing these "why's."*

# 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

The “Trough” 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, hormonal rebalancing, 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 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 the microbiome and 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.

Aim for this amount of water (in ounces) per day if you are having ill symptoms.

After adaptation, just drink to thirst (no need to measure/monitor) but if you aren't feeling good – make sure you are hydrating.





# #4 – Electrolytes

As you lose water, you also lose electrolytes: sodium, potassium, magnesium, chloride.

Here are 3 ways to help with electrolytes during adaption:

- Generously salt your meat.
  - This will provide sodium and chloride and is perhaps all you need to do as far as electrolytes – error on the generous side with the saltshaker.
- 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.
- Supplemental electrolytes can help immensely during adaptation.
  - LMNT – the best electrolyte supplement on the market
    - But if you want to do it yourself, here are some rough guidelines:

Supplemental Electrolytes Daily Ranges:

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

# #5 – GI Problems

Gastrointestinal (GI) issues are extremely common, especially if you are coming from a low-fat diet and / or high fiber diet.

Even though you are ready to dive all in, your gallbladder, microbiome, and colon might not be ready.

## **Problem 1: High Fat**

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



# GI Problems (*continued*)

## 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 a week 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 + Lipase with meals can help.

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





## GI Problems (*continued*)

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).



# GI Problems (*continued*)

## **Problem 2: Low Fiber (and microbiome shifts)**

With the lack of fiber in the diet, the colon must start doing its job again = reabsorbing water.

For many people, the colon has gotten “lazy” due to fiber carrying out this role. Additionally, the changes in the microbiome can take time.

It can take several weeks even months for these adaptations. In the meantime, liquid/loose stools are common.



# Final Note on GI Issues

You will likely notice that your bowel movement schedule changes.

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

This change in frequency is often misunderstood as constipation when in fact it's a part of the normal adaptation process.

If you do feel like you need something to help move the bowels along, consider: Magnesium Citrate or Magnesium Hydroxide

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

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.

You can consider eating smaller volumes and eating more frequent meals.

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

Expect liquid/loose stools for a period of time.



# #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 (3-4) of sleep if you can help it
- Be conscious how much you are drinking later in the day
- Be asleep before 11



# #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**

But there’s a lot here.  
Let’s get into it.





# What to eat?

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

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. *(click the link for more details about dairy)*





# 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 some carnivores who believe organ meats are necessary for complete nutrition. I don't believe this is true, but they can help in the transition period by providing a huge punch of nutrition. Additionally, many people learn to love organ meats, even if they originally found them unpalatable. If you are concerned about micronutrients, add some liver, a brain, or cold-water fish to your plate.

# What else?

## Lamb

- Chops
- Ribs
- Shank

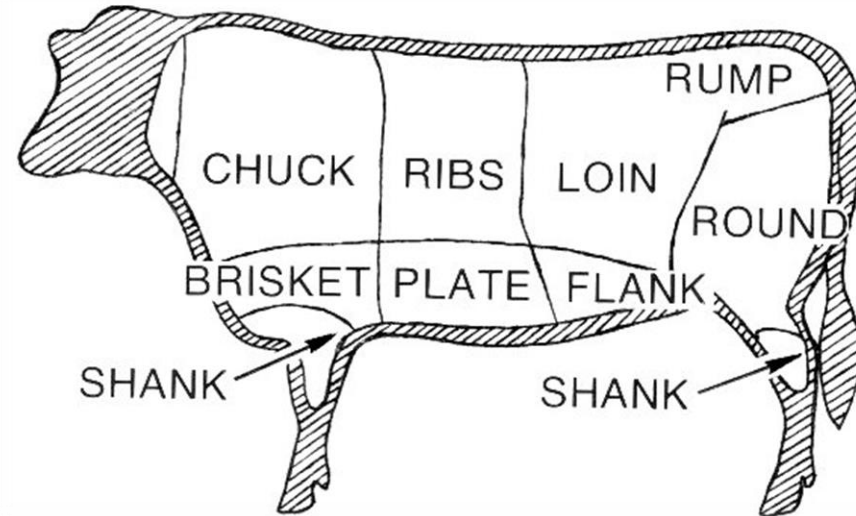
## Poultry

- 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 eventually removing these for a period of time.

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 quite common, I recommend eventually testing these out of the diet for at least some time.



# 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.
    - ❖ 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've found that most 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, **it is common to be ravenously hungry and also experience times of little to no appetite.**

If hungry: Eat. Your body has been dying for it.

If not: Don't force yourself, but realize undereating is a common source of adverse symptoms during transition.

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.



# After 30, 60, 90 Days...

If you are still having some sensitivities (not adaptation related), you can consider doing a pure carnivore elimination diet, eating only ruminant meat (i.e. beef, buffalo, elk, deer), salt, and water.

For example, many people have sensitivities to pork or eggs, but it can go unknown unless eliminated for a time and then brought back in just to realize they were the culprit.



# Food Testing



After completing 30 days or so days of just ruminant meat, salt, and water, you are in a prime position to test in other foods. From here you slowly and systematically add back in “test foods” and evaluate how you feel and react to them.

1. Start by testing in other meats
2. Then test eggs
3. Then test “ok’d” dairy
4. Then test coffee/tea

Example:

After 30 days of just beef, salt, and water 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 do a complete carnivore elimination diet, and then only add back in 1 “test item” at a time using ruminant meat as your baseline to test everything against.

Remember to keep “false positives” and “false negatives” in mind.

# What about adding back in plant-based foods?



While some people do need to be 100% meat-only to achieve their health and fitness goals, the reality is most people will not go the rest of their lives eating just meat, nor do they necessarily need to in order to achieve their optimal health and fitness goals.

While it's beyond the scope of this guide, if you are going to add plant-based foods back in, whether for life and enjoyment or a specific performance or body composition goal, it's important to do so with strategic intent.

In [Meat Health Academy](#), we cover this in depth, so you know if you should add back in plant-based foods, and if so, how much, when, and what kinds.

Getting Started

**Next Steps**



# Meat Health Academy



This guide will help you “dive-in” and get started on the Carnivore Diet.

You are now miles beyond the average person who decides to jump into the Carnivore Diet.

If you need help during your journey, I encourage you to consider joining [Meat Health Academy](#).

Meat Health Academy is A to Z — everything you need to transform your body and health — with a meat-based diet using the **Meat Health Method**. It is the only nutrition program you will ever need. It is the ultimate guide to creating lasting transformation — a new body and revitalized health — with a meat-based diet.

- In the program you’ll use the Meat Health Method, the strategies, the step-by-step guides, and the blueprints that will be your shortcut to a body and health beyond what you thought was possible.
- Whether it’s stubborn fat that won’t fall off or an autoimmune condition that won’t resolve you’ll have a systematic approach that takes you from start to success with a meat-based diet.
- You’ll learn the missing ingredient (besides meat!) to creating lifelong transformation. Fat loss that stays off. A gut that heals. Autoimmune diseases that remit. And a method that makes it effortless. It’s a formula that almost all coaches, doctors, and health professionals never learned. It’ll be your secret advantage.
- You’ll transform your body, health, and life. You’ll know the “what to do” and “how to do it.” But you’ll also gain the confidence and expertise knowing “why” each step of the way, having answers for family, friends, and doctors.

Here’s a [Free Masterclass](#) on ***“The 2 Diet Mistakes You Have to Avoid to Achieve Health AND Fitness”*** — plus more details about how to do the Meat Health Method.

# Appendix



# FAQ

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

**A:** [Meat Health Private Facebook Group](#)

By far the best place to ask questions and join in a supportive, brilliant, safe group of people.



# 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 unable to obtain fatty meat)

# 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 ketosis for the first time (and thus using ketones very inefficiently).

**If you AREN’T coming from a ketogenic diet,** you may notice some signs that you are entering ketosis. Your breath 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 taste salivary glucose when you aren’t bombarding your body with sugar.

# FAQ

**Q:** Why should I avoid eating plant-based foods?

**A:** Here's a look at the [Health Dangers of a Plant-based Diet](#)

In a nutshell:

Many plants have chemical toxins 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 some average just a couple 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): 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.

Certain meats and cuts can be extremely cost effective (ground beef, eggs, roasts).

Shop deals. Consider investing in a quarter, half, or whole cow.

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...***

# 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.

Please feel free to discuss and contribute in our [private group](#).





# FAQ

**Q:** I take prescription medications; will this impact my 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.



# Important

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

**WARNING**



# WARNING

Before going carnivore, most people have experimented with 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.

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 many months.

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, allow yourself to eat for 30, 60, 90 days.

- Adapt
- Heal
- Thrive

If you want to go back to diet restrictions or want to tinker with the Carnivore Diet to achieve your ideal body composition, we can do that *(check out the Bonuses at [Meat Health Academy!](#))*

But **let's 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 can** interfere with restoring your proper homeostasis including vitamin and mineral levels.

**You are going to need to ignore commonly 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.**



# NEXT STEPS



## Meat Health Academy

The single most obvious thing that separates the successful meat-based eaters from those who don't make it is education. The successful understand what to do and WHY they are doing it every step of the way.

If you've made it this far, watch the [Meat Health Masterclass](#).

You'll learn the ***2 Diet Mistake You Have to Avoid to Achieve Health and Fitness***. You know what they are already. Now you just have to put them in action.

It's your next step. Let's do it.



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

-Kevin