

How to Begin a Carnivore Diet

Introduction

The carnivore diet focuses exclusively on animal-based foods, eliminating all plant-based foods. It is rich in proteins and fats, with zero carbohydrates. Starting this diet requires some adjustments in your body's metabolism and electrolytes. Prioritize fat and protein because fat becomes your fuel in absence of carbohydrates.

Step 1: Understanding the Basics

- Eat primarily meat, fish, eggs, and animal fats.
- Avoid all fruits, vegetables, grains, nuts, and seeds.
- Hydration is key, so drink plenty of water.

Step 2: Add Salt

- Salt intake is crucial during the first 2-4 weeks.
- Since carbohydrates are minimal, your kidneys excrete more sodium.
- Add extra salt to your food or drink saline water.
- Proper salt intake helps prevent dizziness, fatigue, headaches, and muscle cramps.

Step 3: Include Broth

- Bone broth or meat broth provides electrolytes like sodium, potassium, and magnesium.
- Drink broth regularly in the first 2-4 weeks to replenish minerals.
- Broth also helps with hydration and gut health.

Step 4: Transition Period

- The first 2-4 weeks are the adjustment phase.
- Expect possible 'keto flu' symptoms which can be mitigated by salt and broth.
- Gradually your body will adapt to using fat and protein as its primary fuel.
- After 4 weeks, you can adjust salt and broth intake according to your needs.

Step 5: Tips for Success

- Choose high-quality meats including fatty cuts, but if you're on a budget processed meats will do.
- Stay hydrated but avoid excessive water without electrolytes.
- Listen to your body and adjust portions accordingly.
- Consult a healthcare professional if you have pre-existing conditions.

