

---

# INTRODUCTION TO CARNIVORE

---



## PLANT ISSUES

We were all told growing up that fruits and veggies are where we get all our nutrients and there is nothing bad about them so eat unlimited amounts. We know now that the sugar in fruits can be very damaging, cause inflammation and even metabolic syndrome and diabetes in excess (fruit juices, etc). But what about other plants. Do veggies have any negatives?

### PLANT ANTINUTRIENTS

It turns out that vegetables also have issues we are never told about. All plants have antinutrients. These are compounds in plants the plants use to protect themselves. You see, plants can't run away or growl to defend themselves from being eaten. Instead they have developed defense mechanisms to protect them against bugs and bacteria.

These antinutrients are really just the plants natural pesticides. Plants don't want us to eat the leaves, stalks or roots. It kills them. They only want us to eat their fruit to spread their seeds. So they protect their leaves stalks and roots with compounds that can kills bugs or bacteria.

There are thousands of antinutrients. Some common ones are oxalates (nuts, seeds, leafy greens and many others), phytates (seeds, nuts, beans, grains, glucosinolate (cruciferous veggies), glycoalkaloids (nightshades), Many of these compounds have never been studies in humans to know what level we can tolerate. Cabbage has over 50 antinutrient compounds in it!

Antinutrients are not used in any way in the human body and can cause problems in larger amounts. Our body detoxes these through detoxification pathways once they enter the system. But people with compromised immune function (Lyme and others) or metabolic state (diabetes, etc.) can have lower tolerance levels before issues arise. For example, the toxicity level (the level that can kill you) for oxalates is 3-30 grams, depending on your metabolic state. A man with type 2 diabetes in Spain died of oxalate toxicity after eating 2 large bowls of sorrel soup (about 3 grams oxalates).

So, plants are not a free food without any negatives. Especially for people with Lyme or other chronic conditions or those with metabolic issues like type 2 diabetes, avoiding antinutrients (and thus all plants) can actually be very helpful for healing. Plus, veggies are not where we get most of our vitamins and minerals! More on that in the next section. To make things worse, many of these antinutrients actually latch on to nutrients (calcium, magnesium, zinc, etc.) and leach them from the body. Many of the nutrients in the plants (or in the meat you eat with the plants) end up getting robbed from the body. Eating just the meat gives you none of these negatives.

## WHY CARNIVORE?

The Carnivore Diet pretty much started for us after we adopted Micah and Kai. Life was so busy juggling a baby, a toddler and work and carnivore simplified my life! Plus, my boys didn't like vegetables. I thought they needed to eat them, so Craig and I started to research the most nutrient dense foods. GUESS WHAT? It is not veggies with the most nutrients, it is BEEF and ORGAN Meat! Just look at this comparison of nutrients.

## Nutrients in “Superfoods” Compared to Animal Proteins

(per serving)	Apples	Blueberries	Kale	Beef	Beef Liver
Calcium (mg)	9.1	4.5	63.4	9.7	9.7
Magnesium (mg)	7.3	4.5	15.0	16.7	15.8
Phosphorus (mg)	20.0	9.0	24.6	154.0	340.6
Potassium (mg)	163.8	57.8	200.6	325.6	334.4
Iron (mg)	0.2	0.2	0.8	2.9	7.7
Zinc (mg)	0.2	0.2	0.2	4.0	3.5
Selenium (mcg)	0.0	0.1	0.4	12.5	34.9
Vitamin A (IU)	69.2	40.5	676.7	35.2	46992.0
Vitamin B6 (mg)	0.0	0.1	0.1	0.4	1.0
Vitamin B12 (mcg)	0.0	0.0	0.0	1.8	97.7
Vitamin C (mg)	7.3	7.3	36.1	1.8	23.8
Vitamin D (IU)	0.0	0.0	0.0	6.2	16.7
Vitamin E (mg)	0.2	0.5	0.8	1.5	0.6
Niacin (mg)	0.2	0.3	0.4	4.2	15.0
Folate (mcg)	0.0	4.5	11.4	5.3	127.6

Beef beats out Kale, blueberries and apples in 13 of the 15 vitamins and minerals! Beef liver is off the charts and pretty much blows away any fruits and veggies. Beef is the real superfood.

Carnivore is a great option for anyone who has any chronic disease or issue like autoimmune, mood issues like bipolar, anxiety, depression, chronic pain, Fibromyalgia, Lyme, or other chronic issue that have seen some relief with keto, but not total resolution or reduction in symptoms. Carnivore can be the next step to realizing full relief. That is why we outlined the carnivore autoimmune protocol (CAIP) in this book to give you the tools to fully heal and reverse your issues and find your threshold for what foods you can add back in and keep symptoms away. This can enable you to take control of your life back with a carnivore diet.



## CARNIVORE LEVELS

There are 4 levels of carnivore as we have defined them. Let's take a look at the four levels and what is included in each.



### LEVEL 1: BEEF, BEEF TALLOW, AND SALT

This phase is about elimination and healing. You eat only beef products and salt. Here are the foods included in Level 1:

- All parts of the cow—muscle meat, organ meats, tallow, bone marrow
- Beef tallow for cooking

- Salt for seasoning
- Melted beef tallow as a sauce



## LEVEL 2: ALL MEATS, ALL ANIMAL FATS, AND SALT

In this phase, you can eat all types of animal protein. Here are the foods included in Level 2:

- All parts of any animal—beef, pork, lamb, goat, poultry, fish, seafood, etc.
- Beef tallow, lard, duck fat, and schmaltz for cooking
- Salt for seasoning
- Melted beef tallow, lard, duck fat, and schmaltz as a sauce

If you are coming to this level from Level 1, try adding one type of protein at a time (like pork) and give it a week to see how your body reacts. Also, every recipe from Level 1 can be used for Level 2.



## LEVEL 3: ALL MEATS, ALL ANIMAL FATS, SALT, DAIRY, AND EGGS

Level 3 introduces eggs and dairy. Here are the foods included in Level 3:

- All parts of any animal—beef, pork, lamb, goat, poultry, fish, seafood, etc.
- Eggs and Low-sugar dairy products such as butter, cheese, sour cream, and heavy cream
- Beef tallow, lard, duck fat, schmaltz, butter, and ghee for cooking
- Salt for seasoning
- Sauces made with animal fats, eggs, and/or dairy, such as mayonnaise, hollandaise, and cheese sauce

Every recipe from Levels 1 and 2 can be used for Level 3.

## LEVEL 4: ALL MEATS, ALL ANIMAL FATS, SALT, DAIRY, EGGS AND ZERO CARB SPICES AND SAUCES

This is sometimes called Zero Carb or Keto Carnivore. This levels include some plants like spices and zero carb sauces like mustard. We don't include any recipes in this book that are level 4 to keep it true carnivore. But if you are doing carnivore for weight loss or general health and want to add your favorite spice or zero carb sauce to any recipe feel free to do so.

## WHAT IS YOUR “WHY”?

A carnivore diet can be great for a lot of situations. But the first thing you need to do is determine what is YOUR why? Why are you doing carnivore? The answer to this questions changed how you approach a carnivore diet so it is important to figure that out first.

### WHY #1: WEIGHT LOSS AND GENERAL HEALTH



You can group the “why” into two basic groups. One group is doing carnivore for general health and weight loss. Or are just curious how they will feel eating carnivore. This group can generally enter at any level they want. But look to the “Breaking stalls” section for tips if you stall or just want to speed up weight loss.

### WHY #2: AUTOIMMUNE AND OTHER CHRONIC DISEASES



The other “why” are people that want to reduce symptoms from autoimmune disease, bipolar and mood issues, skin issues like eczema, Lyme disease, digestive issues like Colitis and diverticulitis, chronic pain and fibromyalgia, and many other chronic conditions. These are people who may see some relief on Keto, but still have issues and want to take their healing to the next level. For these people following our Carnivore Autoimmune Protocol (CAIP) is a powerful tool and can act as an ultimate elimination diet. Let’s breakdown each of these in more detail.

## IMPLEMENTING CARNIOVRE

### WHY #1: CARNIVORE FOR WEIGHT LOSS AND GENERAL HEALTH

For weight loss and general health, you can start at any level you like. Or move around between levels and see how you feel. We do recommend from those trying to lose weight to omit dairy. That helps with weight loss.

Many people with this goal also can move back and forth between keto and carnivore if they like. If you do find issues that come back when adding certain plants (bloating, pain, discomfort, etc.) then you might want to avoid that plant in general.

### WHY #2: CARNIVORE AUTOIMMUNE PROTOCOL (CAIP)

The Carnivore Autoimmune Protocol (CAIP) helps you use carnivore as an ultimate elimination

diet to find your tolerance for foods that won't elevate your symptoms from whatever condition you are suffering with. You start out at level one for 30 days. After 30 days you can try adding different proteins from level two. Add them one at a time giving it a couple days to see how your body reacts. If symptoms come back, remove that protein again. If not, you are free to continue eating that protein as much as you like.

After you have found the animal proteins your body is happy with, you can try adding eggs from level 3. Last you can try adding dairy. Dairy is last because it is one of the most common foods people are sensitive to. If you find your symptoms are not elevated, you can even try adding in some herbs and spices or zero carb sauces. If symptoms reappear, remove the offending food. From there you can keep experimenting with different foods and even more plants if you like to find what you can tolerate. Or you can stay carnivore forever. I (Craig) plan to stay carnivore for life as I feel the best eating this way.

If you do plan to stay carnivore long term, we recommend getting organ meats at least once a week. Beef liver is one of the best. Other organs are all great too. This will ensure you are getting all the nutrients your body needs to thrive.

## SMOKING WITHOUT A SMOKER

We have a few recipes that call for smoking meats. If you don't have a smoker and don't want to invest in one (we love our [Traeger smoker and grill HERE](#)), then here is a method for smoking without a smoker.

Smoking can add a lot of flavor to meats. Having a smoker (we have a large Traeger) is great for simplifying the smoking process—just turn it on and fill it with wood pellets and it does the rest. But if buying a smoker isn't an option for you, you can smoke meats without a smoker.



First, you will need wood chips. You can use hickory, apple wood, or pecan wood. Soak the chips in enough water to cover them for at least four hours to ensure that the moisture gets inside the wood. This important step will make the chips smoke instead of catching on fire.

Once you have the wood chips (and they have been soaked in water) then you can choose the smoking method you would like to use. Here are the top smoking methods for when you don't have a smoker.

## ON THE GRILL

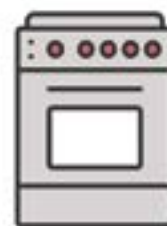
When using a grill to smoke meats or eggs, you will need to make an aluminum foil bag for your soaked wood chips. Simply place the chips on a sheet of foil, place another sheet on top, and twist the ends into a bag shape. Then poke a few holes in the top of the “bag” to let the smoke escape.



If using a charcoal grill, put the coals under the bag, not under the meat. You want indirect heat to avoid overcooking the meat. If using a gas grill, just turn on the burners on one side (under the foil bag) and put the meat on the other side. Adjust the heat as needed to maintain a temperature of 225°F to 275°F. Then just follow the recipe for cook time.

## IN THE OVEN

You can also use your oven to smoke meats. You will need a roasting pan that has a raised rack that will keep the meat from touching the soaked wood chips while it cooks. Line the bottom of the pan with aluminum foil, add a layer of soaked wood chips, and then put the rack on top. Place the meat on the rack and cover the top of the pan with foil to completely seal. Low and slow heat is still important, so cook the meat at 225°F to 275°F.



## LATEST SCIENCE

We are always researching and learning more about health. Here are some of the latest things we have learned.



## BEEF AND CLIMATE

A hot topic these days is the connection of beef to climate change. Let's take a look at some of the latest science.

First, it is very important to list the real data related to cattle and climate change to know what we are dealing with. Cows contribute about 1.8% of greenhouse gas emissions in the US. For reference, transportation is about 28.5%, electrical grid is 28.4% and industry is about 21.6%<sup>(1)</sup>.

Second, it is very important to note the source of the carbon emitted in each of these groups. The 78.5% of emissions from cars, electricity and industry are largely net new carbon from oil and gas. This is carbon that was never in the atmosphere before. It was pulled from the ground and then emitted into the atmosphere. Cows and other ruminants get their carbon from the plants they eat. The plants got the carbon from the atmosphere. So, it is recycled carbon from the atmosphere, not net new carbon. Carbon is pulled from the air into the plant, the cow eats the plant and some of the carbon is put into the cow (muscle, etc) and then a small amount is emitted back into the atmosphere (burps and farts). It is an important distinction. Cows aren't alchemists, they don't create new carbon. It is just recycled from the atmosphere.

Globally the numbers are higher, but studies have shown that globally greenhouse gas emissions from

all food production is about 26% of global emissions. Of that 26%, livestock (cattle, pigs, chickens, etc) make up 31% and crops make up 27%<sup>(2)</sup>. Crop production isn't free. So if you switch everyone from eating meat to crops, you are going to offset much of the benefit with increased emissions from crops.

Row crops (corn, soybeans, wheat) also strip the soil of nutrients. It is estimated that we have only 60 harvests left on our fields<sup>(3)</sup>. So, after about 60 more years, the fields won't be able to grow crops anymore. You need the cattle and other ruminants back on those fields to help replenish the soil of nutrients.

And what about all the bison, elk, deer, giraffe, buffalo, sheep, goats, antelope, moose, caribou and tens of millions other ruminants roaming the planet? Do we go around killing them all?

Ruminants are an important part of the cycle of carbon on our planet. They replenish the soil with nutrients keeping our topsoils healthy. And studies have shown that when you raise cattle properly, they can actually be a net sink of carbon meaning they remove carbon from the atmosphere!<sup>(4)</sup>



Eating properly raised regenerative cattle like that from Piedmontese Beef can help remove carbon from the atmosphere. If you are concerned about greenhouse gas emission, then just buy properly raised beef.

## REFERENCES

(1) EPA.gov, <https://www.epa.gov/ghgemissions/sources-greenhouse-gas-emissions>

(2) Food production is responsible for one-quarter of the world's greenhouse gas emissions by Hannah Ritchie, November 06, 2019, <https://ourworldindata.org/food-ghg-emissions>

(3) Only 60 Years of Farming Left If Soil Degradation Continues, <https://www.scientificamerican.com/article/only-60-years-of-farming-left-if-soil-degradation-continues/>

(4) Impacts of soil carbon sequestration on life cycle greenhouse gas emissions in Midwestern USA beef finishing systems, <https://www.sciencedirect.com/science/article/pii/S0308521X17310338>

## CARNIVORE SIMPLICITY

One of the many reasons we love Carnivore is that we no longer have to waste time on our cars, driving to the store to pick up groceries.

That's why we get grass fed meat and wild caught seafood mailed to us!

Here are our favorites with links to deals for each!

Stop wasting time doing things you don't enjoy and get quality carnivore food mailed to your front door!

## PROTEIN SPARING MODIFIED FASTS

Protein Sparing Modified Fast (PSMF) are a great tool for ramping up weight loss or breaking a stall. PSMF enables you to get much of the benefit of longer fasts (like 72 hour fasts) without the negatives of losing precious lean mass. PSMF is basically the same or a bit more protein as your normal protein goal,


little to no carbs and about 30-40g fat. This really forces the body to tap stored body fat for fuel resulting in more fat loss.

We recommend doing PSMF to help break a stall or speed up results about 1-3 days a week, then your normal weight loss macros the other days. At most you could do 4-5 days in a week with PSMF, but only for really stubborn stalls. Most of the time 1-3 days a week is enough to get the weight loss going.

The reason we limit the amount of time spent doing PSMF is because they are pretty low in calories (like 500-600 total for the day). Not because of starvation mode which is a myth. You are eating some of the most nutrient dense foods when eating this way, but with so little calories it is hard to get all the vitamins and minerals the body needs. So that is why we recommend just a couple days a week.

TOP PROTEIN SPARING MODIFIED FAST (PSMF) MEATS

Here are some charts with the top cuts of meat and other animal foods that are the tops ones for PSMF days or just for weight loss in general. The higher up the chart (Higher P/E Ratio) means better for weight loss.



Beef	Calories	Fat	Protein	Carbs	P/E Ratio
Tenderloin Steak	115	3.0	22.2	0	7.4
Testicles	154	3.4	29.7	1.1	6.54
Heart	187	5.4	32.2	0.2	5.96
Kidney	179	5.3	31.0	0	5.85
Shank cross cut	215	6.7	38.7	0	5.80
Sirloin tip side steak	190	6.0	34.0	0	5.67
Liver	216	6.0	33.0	5.8	5.50
Sirloin tip center roast	190	7.0	31.0	0	4.43
Sirloin tip center steak	190	7.0	31.0	0	4.43
Shoulder pot roast	185	7.0	30.7	0	4.38
Flank steak	200	8.0	32.0	0	4.00



Fish and Seafood	Calories	Fat	Protein	Carbs	P/E ratio
Shrimp	112	0.3	27.2	0.2	49.45
Langostino	93	0.6	21.3	0	31.79
Tuna (canned)	149	1.0	32.91	0	31.05
Northern pike	128	1.0	28.0	0	28.00
Cod	113	1.0	26.0	0	26.00
Orange roughy	119	1.0	25.7	0	25.70
Crab	94	0.8	20.3	0	24.14
Tuna (yellowfin)	150	1.5	34.0	0	22.67
Lobster	101	1.0	22.0	0	22.00
Crappie	132	1.3	28.2	0	21.04
Bluegill	133	1.3	28.2	0	21.04
Perch	132	1.3	28.2	0	21.04
Mahi mahi	100	1.0	21.0	0	21.00
Grouper	134	1.5	28.2	0	18.80
Crayfish (crawfish)	93	1.4	19.0	0	13.57
Barramundi	110	2.0	23.0	0	11.50
Tilapia	145	3.0	29.7	0	9.90
Monkfish	110	2.2	21.1	0	9.59
Sea bass	135	3.0	27.0	0	9.00

Pork	Calories	Fat	Protein	Carbs	P/E ratio
Tenderloin	158	4.0	30.0	0	7.50
Liver	187	5.0	29.5	4.3	5.90
Kidney	171	5.3	28.8	0	5.43
Heart	168	5.7	26.8	0.5	4.70
Chop (visible fat removed)	241	12.0	33.0	0	2.75

Chicken and Poultry	Calories	Fat	Protein	Carbs	P/E ratio
Chicken gizzards	175	3.0	34.5	0	11.50
Chicken breast, skinless	138	4.0	25.0	0	6.25
Chicken giblets (kidney)	178	5.1	30.8	0	6.04
Chicken liver	189	7.4	27.7	1.0	3.74
Chicken breast, skin-on	200	8.4	31.0	0	3.69
Chicken heart	210	9.0	30.0	0.1	3.33
Chicken Leg, skinless	210	9.5	30.7	0	3.23

Wild Game	Calories	Fat	Protein	Carbs	P/E ratio
Venison loin	169.3	2.7	34.3	0	12.85
Elk steak	168	3.2	34.7	0	10.84
Venison roast	179	3.6	34.3	0	9.53
Venison steak	179	3.6	34.3	0	9.53
Bison top round steak	138	2.8	26.4	0	9.43
Rabbit meat	196	4	37.4	0	9.35
Elk loin	189	4.4	35	0	7.95
Bison chuck shoulder	219	6	38.3	0	6.38

The only Dairy or Eggs recommended for weight loss and especially for PSMF days is egg whites. Everything else is too high in fat and too low in P/E ratio.

Implementing PSMF days is really easy with our PSMF symbol in this book. Just pick 1-2 recipes with the PSMF label and that is your day! Just make sure you hit your protein goal (0.8 times your lean mass in pounds) and fat isn't too high (below 40g). That's it.

Knowing your protein goal is easy. Just take your weight in pounds, subtract your body fat, then multiply by 0.8. For example, a 150 pound woman with 33% body fat will have 100 pounds lean mass. So the protein goal would be 80 grams a day. People above 60 years old need more protein so in their case we recommend 1.0 times lean mass. That would be 100 grams of protein a day in this example.

For finding your body fat percentage you can use a calculator like [THIS Navy body fat calculator](#) using measurements. And remember, protein is a goal or minimum. Going over isn't a problem for weight loss as long as calories (and fat) are under the limit.

## SUMMARY

All plants have issues that can cause people problems. People with depressed immune function or metabolic issues can be even more sensitive. I believe that is why Carnivore can be so helpful for those people. It allows the body to heal by putting less burden on it to detox and deal with these compounds it doesn't want. Plus, healing is about getting enough protein (which you will with carnivore) and enough vitamins and minerals to enable your body to heal and rebuild. Some plants rob the body of these nutrients. Animal proteins are some of the most nutrient dense foods you can eat which gives the body what it needs to heal.

Add to this the simplicity and it is so easy to follow this lifestyle. For weight loss, you just select the cuts that give you enough protein while limiting the carbs are lower fat so your body can burn the fuel it has stored. We selected these cuts for you and put together some amazing meal plans that are not only super simple to follow but have macros that will help you lose body fat very quickly by leveraging your biology.