

THE SMART CARNIVORE DIET PLAN

**3 STEPS TO A SUSTAINABLE
CARNIVORE DIET**

Plus Assessments and Tools to Help You Along the Way

Welcome, carnivore-curious eater!

Let's start off by being totally honest.

This isn't your typical guide to the carnivore diet. Yes, there's a food list and an explanation of how to make this meat-heavy eating style work for you. But this guide is designed to help you get the benefits of the diet, then transition to a way of eating that feels right for you long-term.

The carnivore diet is an eating style that focuses on eating meat.

Well, mostly meat. Animal organs, too. (Which are packed with nutrients, FYI). So get ready for lots of trips to the butcher counter.

Throughout this guide, you'll find tools, advice, and resources to help you along this journey. The guide itself is organized in the order you'll use it, so each assessment, resource, and step of the process is already lined up for you.

Here's a preview of what's ahead. When you're ready, let's dive in.

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ASSESSMENT: **Is the Carnivore Diet Right for You?**

Take this assessment before starting the diet to help you decide whether it's a good fit.

Answer each question on scale from 1 to 5. When you're finished, add up your total score at the bottom.

1 Do you know what you hope to get out of the carnivore diet?

Consider: Do you want to lose fat? Try to improve a specific health issue?

0 / **1** / **2** / **3** / **4** / **5**

NO IDEA

100 PERCENT CLEAR

2 Have you already tried less drastic strategies (for example, eating more whole foods) to accomplish your goal?

Consider: Is there anything less complex or less restrictive you could try first?

0 / **1** / **2** / **3** / **4** / **5**

NO PREVIOUS STEPS

TRIED EVERYTHING ELSE

3 How comfortable are you with rigid eating rules?

Consider: How do you feel about greatly limiting your food options? Have restrictive eating styles worked for you in the past?

0 / **1** / **2** / **3** / **4** / **5**

FLEXIBILITY IS VERY IMPORTANT

I'M OKAY WITH RULES FOR NOW

4 Do you feel comfortable treating the carnivore diet as an experiment?

Consider: Are you okay trying the carnivore diet even if, ultimately, your experiment determines that this style of eating isn't for you?



5 Are you okay with making tradeoffs to follow a specific eating style?

Consider: How would following the carnivore diet impact the way you eat at social gatherings or family meals? Are there foods or social events you might have to skip that you normally enjoy?



6 Are you on board with finding a way to make the carnivore diet more sustainable after an initial "strict carnivore" phase?

Consider: How do you feel about eventually systematically reintroducing foods to see how you react to them?



7 How comfortable are you trying an eating pattern that may require your health care provider's supervision?

Consider: Are you game to get your doctor, nurse practitioner, or other provider involved? Would you be willing to get blood work done periodically, if they recommend it?



8 Will following a super specific eating plan stress you out?

Consider: Does the idea of not being able to “wing it” with your nutrition—in a restaurant or when you’re running low on groceries, for example—sound stressful?

0

1

2

3

4

5

EXTREMELY STRESSFUL

I'M GOOD WITH A SPECIFIC PLAN

TOTAL SCORE:

- 32-40

IT'S A GO: Sounds like you're in a great place to give the carnivore diet a try. You're clear on your goals, you understand you don't have to follow this eating pattern forever, you're treating it as a self-experiment, and you're willing to make the tradeoffs it requires.

- 24-31

PROCEED WITH CAUTION: The carnivore diet may or may not make sense for you. If you'd still like to give it a try, use outcome-based decision making (using the data you collect about your experience to decide what to do next) as you experiment with the strict or modified carnivore diet, as outlined in the [Smart Carnivore Diet Food List](#). Basically, that means checking in with yourself and being honest about how it's going for you.

- 0-23

CONSIDER SKIPPING THE CARNIVORE DIET FOR NOW: It looks like you'd benefit from less restrictive and less extreme nutrition practices. (That doesn't mean you can't ever try the carnivore diet in the future.) For now, you might be able to get a similar effect by trying out [the Paleo diet](#), or something more balanced like [the Mediterranean diet](#).

IMPORTANT: No matter what you score here, be sure to re-assess how well things are actually going on the carnivore diet by using the assessment at the end of this plan.

PROTOCOL: 3 Steps to a Smart Carnivore Diet

Now, it's time to get down to business.

The carnivore diet essentially functions as an elimination diet. You'll be removing all processed foods, and putting whole, mostly meat foods in their place. This switch can result in weight loss, and can also help you figure out if there are any foods you're eating regularly that just aren't working for you. For example, the carnivore diet removes foods that some people are sensitive or intolerant to like dairy, gluten, and soy.

But because there's no perfect "one-size-fits-all" diet, it's important to find the right level of carnivory for you. (Yes, carnivory is a real word). In order to get the results you're looking for and ensure you're not eating in a way that's impossible to sustain, you'll need to customize this meat-heavy approach for your own individual needs.

The three-step process outlined below will help you do just that, and lays out how to transition from a strict carnivore diet to something that's ultimately more sustainable.

Think of it as a diet experiment—one that'll help you figure out which foods are right for your body.

STEP 1

Set your parameters and check in with your healthcare provider.

So—yes—you've probably heard this advice before, but it's important to have a conversation with your doctor, nurse practitioner, or main healthcare provider before starting the carnivore diet.

Let your provider know you're trying an all-meat diet, and that you'd like to keep track of how things are going during the process.

STEP 2

Start your elimination phase.

Now you're ready to start your carnivore diet.

Choose your carnivore diet version.

Take a look at [the chart on page 11](#), and decide whether the strict carnivore diet or modified carnivore diet is the best fit for you. If you feel comfortable with a more restrictive approach, then the strict carnivore diet could be right for you. If you think something more moderate would be better, try the modified version.

Decide how long your elimination phase will last.

We're treating this like an elimination diet, so this phase will be short, lasting anywhere from two to six weeks, depending on your preference.

Important note: If eating only meat is giving you non-stop diarrhea (or you haven't pooped in five days and you're getting uncomfortable)—feel free to abort this mission. Remember: This is an experiment, and you don't have to force it if you're feeling miserable.

Keep tabs on your progress.

There are two types of data points we want to gather during your elimination phase: subjective and objective.

To keep track of your subjective experience of the carnivore diet and gain insight into how it's impacting all the areas of your life you'll want to use the [How's the Carnivore Diet Working for You?](#) assessment. We recommend doing the assessment every two weeks for the duration of the elimination phase, as well as afterward (step 3).

Hang onto your results, because you'll need them later for comparison.

For objective data points, you'll want to keep an eye on the metrics you outlined in step 1. This is also a great time to check in with your provider about repeating your blood work. That way, you can see how this experiment has impacted your health.

STEP 3

Begin reintroducing foods.

Now it's time to systematically reintroduce foods, and see how you respond.

During the process, you can take notes in the [How Food Feels Journal](#) to track how it's going, and add foods to your "safe" and "reaction foods" lists.

Here's how reintroduction works:

DAY 1: Reintroduce one food, eating at least two servings of it at different times of the day. For example, you might reintroduce Greek yogurt by having it at breakfast and lunch.

DAYS 2 & 3: Stop eating the new food.

DAY 4 AND BEYOND: What happens after day 4 will depend on how things went on days 2 and 3.

- **If you feel great**, mark the food you just reintroduced as part of your "safe" list, and reintroduce a different food the next day.
- **If you experience a reaction**, take note and wait until the symptoms subside before reintroducing another food.

Keep introducing foods and noticing how you react. The foods in the [modified carnivore diet](#) and [sustainable carnivore diet](#) columns are a great place to start, but you're not limited to just these foods for reintroduction. The point is to create a diet that works for you as an individual. So make sure to include those must-have foods that make your life worth living.

Keep tracking your objective data markers regularly. Ask your healthcare provider about the best time for follow up bloodwork and other lab tests.

Every so often, you'll also want to return to the [How's the Carnivore Diet Working for You?](#) assessment to check in on your progress. That way, you can:

- Compare how you feel now to how you felt during the elimination phase.
- Ensure you're still on track with the goals that drove you to try the carnivore diet in the first place.

RESOURCE: The Smart Carnivore Diet Food List

	STRICT	MODIFIED	SUSTAINABLE
PROTEIN	<ul style="list-style-type: none"> Chicken Turkey Shellfish Low-mercury fish Duck Beef Bison Lamb Eggs Organ meats (e.g. kidney, liver, brain) Other meats (e.g. goat, camel, crocodile) Insects 	<p>All items to the left + Plain Greek yogurt Cultured cottage cheese</p>	<p>All items to the left</p>
FAT	<ul style="list-style-type: none"> Suet Lard Tallow 	<p>All items to the left + Butter Ghee Avocado Olives Hard, aged cheese Heavy cream</p>	<p>All items to the left + Fresh, unprocessed coconut Extra virgin olive oil Extra virgin coconut oil Avocado oil Marinades and dressings made with oils above</p>
CARBOHYDRATES	<p>X</p>	<ul style="list-style-type: none"> Berries Honey Plain kefir Plain, non-Greek yogurt 	<p>All items to the left + Yams Sweet, white, and purple potatoes Taro Yuca All other fruits White rice</p>
VEGETABLES	<p>X</p>	<ul style="list-style-type: none"> Lettuces (e.g. arugula, romaine, iceberg, red leaf, butter) Cucumber Squashes (e.g. summer, acorn, butternut, spaghetti, zucchini) 	<p>+ All other veggies</p> <p>For a full list of all your vegetable options, check out "What Should I Eat?!" Our 3-step guide for choosing the best foods for your body.</p>

ASSESSMENT: How's the Carnivore Diet Working for You?

After you've been following your version of the carnivore diet for at least 2 weeks, use this assessment to decide if the eating strategy is working for you.

Think about your recent experiences with the carnivore diet. Then, choose the number that best matches how strongly you agree with the following statements. When you're finished, add up your total score at the bottom.

On a scale of 1 (never) to 10 (always), most of the time...

1 When I eat this way, I feel pretty good in general.

1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10

2 Compared to how I was eating before, I feel better while on my current version of the carnivore diet.

1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10

3 When I eat this way, I have reliable, sustained energy without crashing.

1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10

4 The carnivore diet feels doable, and fits into my everyday life.

1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10

5 When I eat this way, I feel good mentally and emotionally.

1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10

6 I feel confident and capable cooking and preparing meals while on the carnivore diet.

1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10

7 When I eat this way, I feel I am consistently keeping up with the other nutrition, fitness, and health practices that make me feel my best.

1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10

8 While on the carnivore diet, I rarely struggle with food cravings or urges to overeat.

1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10

9 When I eat this way, I digest my food well.

1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10

10 I'm performing and recovering well while on the carnivore diet.

1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10

11 On social occasions, such as going out with friends to a restaurant, I can almost always find something I enjoy and feel comfortable eating.

1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10

12 I feel calm and relaxed about my food choices. It's no big deal, just part of life.

1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10

13 Even if other people pressure me to do something differently, or my style of eating doesn't match others around me, I'm able to follow my own cues or goals.

1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10

14 The carnivore diet is helping me eat in a way that matches my specific goals for health, fitness, performance, and life.

1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10

15 I feel I can still truly enjoy food, how it tastes, and the experience of eating.

1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10

/// TOTAL SCORE: ///

- 120 and above

CRUSHING IT: This way of eating is working beautifully for you. Keep on doing your thing.

- 98 to 119

THIS IS PROMISING: Overall, things are going well with your carnivore diet experiment. You might consider making some small changes, but it looks like you're moving in the right direction.

- 76 to 97

MIXED RESULTS: The carnivore diet as you're practicing it now might be working well for you in some areas, but you're probably struggling in others. Consider what tweaks might make it feel more sustainable.

- Less than 75

THE CARNIVORE DIET IS NOT WORKING FOR YOU: Based on this assessment, you're experiencing some issues with the carnivore diet protocol you're currently following. Success depends on a plan you can stick with consistently that has minimal tradeoffs.

And don't feel bad about this. This experiment helped you to understand something important: the carnivore may not be for you—at least, right now. Consider stepping things back to the sustainable carnivore diet, and if that's not working for you, think about including additional foods from the “eat more” and “eat some” sections in our infographic, [‘What Should I Eat?!’](#)

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