

Starting a carnivore diet

CHECKLIST

- 1. CONSULT YOUR DOCTOR
 - SCHEDULE AN APPOINTMENT: DISCUSS YOUR PLANS WITH A HEALTHCARE PROVIDER.
 - GET A HEALTH CHECK: COMPLETE BLOOD WORK, LIPID PANEL, AND OTHER RELEVANT TESTS.
 - ASSESS MEDICAL CONDITIONS: IDENTIFY ANY CONDITIONS THAT MAY REQUIRE SPECIAL ATTENTION ON A CARNIVORE DIET.

- 2. EDUCATE YOURSELF
 - READ BOOKS: CONSIDER TITLES LIKE "THE CARNIVORE CODE" BY DR. PAUL SALADINO.
 - WATCH INFLUENCERS: FOLLOW REPUTABLE YOUTUBE INFLUENCERS SUCH AS DR. SHAWN BAKER AND MIKHAILA PETERSON.
 - JOIN ONLINE COMMUNITIES: ENGAGE WITH FORUMS AND SOCIAL MEDIA GROUPS DEDICATED TO THE CARNIVORE DIET.

- 3. PREPARE MENTALLY AND EMOTIONALLY
 - SET CLEAR GOALS: DEFINE WHAT YOU WANT TO ACHIEVE (WEIGHT LOSS, IMPROVED HEALTH, ETC.).
 - VISUALIZE SUCCESS: PICTURE YOUR LIFE ON THE CARNIVORE DIET AND THE BENEFITS YOU'LL GAIN.
 - PLAN FOR CHALLENGES: IDENTIFY POTENTIAL HURDLES AND HOW YOU'LL OVERCOME THEM.

Starting a carnivore diet

CHECKLIST

- 4. CREATE A MEAL PLAN
 - IDENTIFY ACCEPTABLE FOODS: FOCUS ON BEEF, PORK, LAMB, POULTRY, FISH, AND EGGS.
 - PLAN YOUR MEALS: WRITE OUT A WEEKLY MEAL PLAN TO ENSURE VARIETY AND NUTRITION.
 - PREPARE SNACKS: STOCK UP ON CARNIVORE-FRIENDLY SNACKS LIKE BEEF JERKY AND PORK RINDS.

- 5. STOCK YOUR KITCHEN
 - PURGE NON-CARNIVORE FOODS: REMOVE PROCESSED FOODS, GRAINS, AND SUGARS.
 - BUY QUALITY MEATS: SOURCE GRASS-FED, PASTURE-RAISED, AND WILD-CAUGHT OPTIONS IF POSSIBLE.
 - ESSENTIAL KITCHEN TOOLS: ENSURE YOU HAVE A GOOD CAST IRON SKILLET, SHARP KNIVES, AND A MEAT THERMOMETER.

- 6. LEARN BASIC COOKING TECHNIQUES
 - GRILLING AND BROILING: PERFECT FOR STEAKS AND CHOPS.
 - SLOW COOKING AND ROASTING: GREAT FOR TOUGHER CUTS OF MEAT.
 - PAN-FRYING AND SAUTÉING: QUICK AND VERSATILE FOR MANY TYPES OF MEAT.

Starting a carnivore diet

CHECKLIST



7. MONITOR YOUR PROGRESS

- TRACK YOUR MEALS: USE A FOOD JOURNAL OR APP TO RECORD WHAT YOU EAT.
- NOTE CHANGES: DOCUMENT PHYSICAL, MENTAL, AND EMOTIONAL CHANGES.
- REGULAR HEALTH CHECKS: SCHEDULE FOLLOW-UP APPOINTMENTS TO MONITOR HEALTH MARKERS.



8. ASSESS AND ADDRESS HAZARDS

- IDENTIFY POTENTIAL RISKS: BE AWARE OF POSSIBLE NUTRIENT DEFICIENCIES AND DIGESTIVE ISSUES.
- PLAN FOR SUPPLEMENTATION: CONSIDER SUPPLEMENTS LIKE ELECTROLYTES IF NEEDED.
- STAY HYDRATED: ENSURE YOU'RE DRINKING PLENTY OF WATER.



9. GET SUPPORT

- FIND A BUDDY: PARTNER WITH SOMEONE WHO'S ALSO INTERESTED IN THE CARNIVORE DIET.
- STAY CONNECTED: REGULARLY INTERACT WITH ONLINE COMMUNITIES FOR TIPS AND ENCOURAGEMENT.
- SEEK PROFESSIONAL ADVICE: CONSIDER CONSULTING A DIETITIAN EXPERIENCED WITH THE CARNIVORE DIET.

Starting a carnivore diet

CHECKLIST



10. START SLOWLY

- EASE INTO IT: BEGIN BY GRADUALLY INCREASING MEAT INTAKE WHILE REDUCING OTHER FOODS.
- LISTEN TO YOUR BODY: PAY ATTENTION TO HOW YOUR BODY RESPONDS AND ADJUST ACCORDINGLY.
- BE PATIENT: GIVE YOUR BODY TIME TO ADAPT TO THE NEW WAY OF EATING.

NOTES
