If you’ve read, Andy Lindquist’s [90-day carnivore diet results](https://www.nutritionwithjudy.com), you may have become carnivore diet-curious. I have been on the carnivore diet for over a year now and while the diet (or what we call the carnivorous way of eating) has become increasingly popular, thanks to the likes of [Dr. Shawn Baker](https://www.nutritionwithjudy.com), [Mikhaila Peterson](https://www.nutritionwithjudy.com) and long time zero carb carnivores such as [Amber O’Hearn](https://www.nutritionwithjudy.com) and [Kelly Hogan](https://www.nutritionwithjudy.com), there isn’t much succinct information out there to help curious folks easily get started (at the time of article print, September 2018).

Before we get started, let me throw in some the legal disclaimers: While I am a nutritional therapy practitioner and provide nutritional support, I am not providing medical advice. Any information provided in regards to nutritional therapy should not be considered medical advice or treatment. While I do partner with physicians to provide holistic nutrition and lifestyle support, whenever you start a new diet, always consult your primary care physician and/or holistic team.

So here’s to paying it forward.
Part 1: What exactly is the Zero Carb Carnivore way of eating?

When I first started carnivore, I wasn’t sure how to begin. I knew that a low carb high fat, ketogenic diet had helped me tremendously with many physical and mental ailments but I was still struggling with cravings (diet soda!) and inflammation, to name a few. I heard a little about the meat only diet but what exactly is it?

WHAT EXACTLY IS ZERO CARB CARNIVORE?

The Carnivore diet, also referred to as the carnivorous way of eating, entails eating only from the animal kingdom. Eat almost nothing but meat for every meal and eating until satiety. That means a lot of protein, a lot of fat and almost zero carbohydrates.

*NOTE: Some consider honey permissible as it is technically part of the animal kingdom. But be wary with honey as it can cause blood sugar spikes and insulin resistance.
How much do you eat?

What do you eat and when?

Do you follow the diet only while you heal and/or optimize health?

Does the diet only work as a lifestyle?

The zero carb carnivore or carnivore diet is often times thought of as the perfect elimination diet since most of us do not suffer any ailments from eating meat, especially beef. Some of us start carnivore because of weight stalls or other ailments that Keto or some other diet was not able to completely heal.

We start the diet by eating only what is part of the animal kingdom. Some carnivores simplify down to eating beef and water only.

As an elimination protocol, you can slowly reintroduce foods, one at a time. (How to reintroduce foods is discussed later.)

But over time, most people love the way they feel (including myself) and make it a lifestyle change. If you think about it, carnivores are willing to “give up” everything but meat.

It seems a little extreme but maybe it’s because we really do feel THAT much better.

Better enough to eat meat, every meal, all meals, all the time.

Carnivore may not be the best diet for everyone but anecdotally, I have felt my best on carnivore than a year on Keto and for 12 years as a vegetarian with fish (Pescatarian diet).

It really is a simple diet: eat meat and drink water.

Animal kingdom only. Eat to satiety.
Part 2: Let’s be clear on the different Zero Carb Diets – Not all are Carnivore

Strict zero carb carnivores do not believe the right two columns are considered carnivore. But for the sake of distinguishing zero carb carnivore for what it is, they are depicted as zero carb diet-alternative comparisons.
This topic was confusing when first starting carnivore. What can and can’t I eat? This topic screamed for a visual.

Now?
So simple, right?

**In this discussion, we are focusing on Zero Carb Carnivore (left column).**

The **Zero Carb Carnivore** way of eating has mostly zero carbohydrates. I say *mostly*, because eggs, dairy and some fish have trace carbs. Organ meats and shellfish contain carbs.

“Carnivore Keto” is almost zero carbs, because of counting carbs as net carbs and then the sum, equaling out to zero. Carbs—Fiber = Net Carbs.

**Carnivore Keto** or **Keto Carnivore** is a middle-ground hybrid diet of the Zero Carb Carnivore diet and the Keto diet. It allows for healthy non-animal oils and fats, like olive oil, coconut oil, MCT oil and avocado oil (as all are zero carbs). The diet also allows for fibrous veggies like spinach, kale and the highly-coveted, avocado (all have low to no net carbs). Unsweetened almond milk is sometimes used in baking and drinks.

There are other keto foods that some consume as this is really a hybrid diet. It really is a, to each their own version of a zero carb diet. Touché.

**Zero Carb Keto** is the Carnivore Keto Diet, with the addition of alternative sweeteners, such as stevia and erythritol. These sugar-free options show as zero carbohydrates on nutritional labels.

While they may not always affect glucose in the body, they do have an impact on insulin. Sweeteners are known to affect the flora in the gut biome. But that’s a discussion for another day.

To see how these sugar-free options affect you, I recommend checking glucose and ketone levels, as well as getting blood work done for fasting insulin.

We are not worried about glucose, in isolation, but how glucose can cause insulin resistance and the slew of metabolic and autoimmune issues that
arise from **insulin resistance**. Some do fine with sugar-free alternatives but on my Keto stint, I replaced sweets with liters of diet sodas and fat bombs laced with erythritol. My cravings never went away. If you still have cravings, weeks into carnivore, I’d suspect sugar-free foods.
As soon as I cut diet soda and all sugar-free foods, my cravings were gone and my moods became very even.

I never physically crave sweets or carbs but when I am very stressed and sleep deprived, my mental cravings (food habits) come back. Food has always been my “drug” of choice. I have always used food as my way of coping and I am very mindful of this.

This is where integrating self-introspection and even therapy can be critical for true freedom. Self-awareness and knowing yourself is invaluable. No one will understand your triggers and what may set you off emotionally, then you.

I, personally, am continuously working to create non-food neural pathways to deal with stress and sleep deprivation.

Spending some quality time and figuring out your triggers and emotional hot spots can really support any dietary and lifestyle changes for the long run. Get to you know your self. You may come to really like what you find.

Be your best by prioritizing nutrient-dense foods first but stress and sleep management should come as a close second (among the many other lifestyle factors).

**Part 3: The Carnivore Food Pyramid**

If Carnivores are not following the USDA’s food pyramid for the Standard American Diet (SAD) food recommendations, then we need our own carnivore food pyramid.
CARNIVORE DIET

FOOD PYRAMID

Animal kingdom only
Focus on fatty meat, especially ruminant meat
Consume dairy & eggs if you can tolerate
Use diet as an elimination protocol
Listen to your body

Dairy and Animal Fats
Lard, duck fat, ghee, butter, hard cheese & heavy whipping cream
Eggs, Fish Roe, Organ Meat
Non-ruminants
Pork, chicken, duck, fish
Ruminants
Cattle, lamb, goat, antelope, elk, deer

WORD OF CAUTION: Watch for processed meats that have added sugars, such as jerkies, sausage and shellfish that are high in carbs like oysters. Stay away from sweeteners, as it will prolong cravings for sweets.
Let’s get into some of the foods that are ideal on the carnivore diet.

**Ruminant and Non-Ruminant Meat**

Your primary source of food should come from both ruminant and non-ruminant meat. By definition, ruminants include cattle, sheep, goats, buffalo, deer, elk, giraffes and camels. These animals all have a digestive system that is uniquely different from our own. Instead of one compartment to the stomach, they have four. Of the four compartments, the rumen is the largest section and the main digestive center.

**Processed Meats and Natural Flavors**

Ideally, unprocessed meats are a better choice, since any meat that is processed usually entails being cooked in highly inflammatory vegetable oils and may have added sugars. Additionally, processed and aged meats usually are higher in histamines. If you are trying the carnivore diet to eliminate some of your allergy and autoimmune symptoms, it’s better to remove foods with higher histamine counts. Unfortunately, this includes most dairy. Raw dairy is optimal because it is more nutrient-dense, supports gut-healing and has fewer histamines than conventional dairy.

Additionally, with processed foods, you never know what you’re really getting. Food companies are allowed to list products with sugar serving sizes of <1g as 0. But if the container has 30 servings, you are definitely consuming several grams of sugar. The best way to see if there is added sugar is to check the ingredient list. And in case the ingredient list is hard to decipher as to what is sugar, you can reference [this as a guide](www.nutritionwithjudy.com). (You probably shouldn’t be eating foods that have unfamiliar ingredients.)

Also, most processed foods include natural flavors as an ingredient. Natural flavors are good, right? After all, they’re natural.

In order for foods to be convenient, processed foods need to have a long shelf life. The preservation methods tend to reduce flavor and food companies turn to natural and artificial flavors to enhance flavors after being processed. It’s similar to how milk and foods are fortified with vitamins after
the vitamins are stripped during food processing. I talk about this in more detail [here](#) but basically, the vitamin D and calcium from your milk are not nature’s vitamins—they’re man-made synthetic vitamins *added back* to your milk.

*According to the United States Food and Drug Administration:*  
"The term natural flavor or natural flavoring means the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzmolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof, whose significant function in food is flavoring rather than nutritional."

*Got that?* I didn’t.

But what it does tell me is that the ingredient, “natural flavor,” doesn’t tell me much about what is really added. The guiding principle from the FDA is cryptic and I can assume that almost anything can fall under the category of “natural flavoring.” It’s similar to how if you manipulate numbers long enough, they can tell any story you want.

I know it’s nearly impossible to find processed foods without natural flavoring. Just try to do your best. I believe it’s better to eat occasional foods with natural flavoring if it allows you to stick with carnivore. It really is progress, not perfection.

**NUTRITION BASICS**

While I can’t get into too much nutritional guidance in this article, I will say this. Having an understanding of basic nutrition, such as macro and micronutrients, as well as nutrient-density and bio-availability will help you stay the carnivore course. Understanding why eating a meat-based diet can help your body thrive, is important. It can be the motivation and extra push you need to keep going in moments of wanting to stray away from the carnivore diet. Moments because of cravings, naysayers or life’s happenings.
Learn as much as you can because the more you learn about nutrient-density, bio-availability (even epigenetics) and the carnivore diet, you will become a firm believer of the carnivore diet.

I have a free mini eBook guide that goes into nutrient-density. While it has a focus on children, I highly recommend anyone interested in optimizing their health to take a read.

In terms of sugar, most deli meats, sausages, bacon, beef and pork jerkies have added sugar. Heavy whipping cream (HWC), cream cheese and dressings also have added sugars. It is nearly impossible to eat zero sugar because organ meats have carbs and even eggs have trace carbs. But the goal is to be as close to zero as possible.

Why?

1. There is no essential carbohydrate that your body needs. Any glucose needs of the body will be created by your body.
2. The benefits of the body without processed sugars and carbohydrates are amazing (once you are fat adapted). Personally, I have zero cravings since I cut out sugars and sweeteners. More on this later.

Lastly, I talk about this in my eBook but try to stay away from processed vegetable oils. They are in almost all store-bought dressings. They cause inflammation in the body and wreak havoc on healthy cells. Initially, when going carnivore, I still had them on occasion but as I only eat meat, I have nothing to dip my ranch in.

When I started carnivore, I ate a variety of meat and dairy products but I now mainly eat beef. I noticed it’s a very common trend and it’s likely because we feel best eating beef. I personally don’t feel as satiated with other meats. I crave beef. Try carnivore for several months. You’ll know what I’m talking about.

**ORGAN MEAT**

There’s no question that organ meats are nutritional powerhouses – if you can stomach them, but they don’t have to be part of your carnivore regimen.
You can also take desiccated beef liver in pill form. Some carnivores cut high-quality raw beef liver into small chunks and freeze them. Once frozen, they then swallow the liver pieces whole. Some say chewing raw beef liver is more palatable than cooked beef liver.

Do what works for you.

**Nutrition Facts**

Serving Size: about 4 oz, 112g
Calories: 153
Protein: 23.01 g
Fat: 4.1 g
Saturated: 1.4 g
Monounsaturated: 0.5 g
Polyunsaturated: 0.5 g
Carbohydrate: 4.4 g

*RDAs are based off the Standard American Diet. The nutrition facts for beef liver are based off conventionally raised cows. Omega 3s are higher in grass fed beef liver but both are insubstantial compared to fish liver.*

I don’t recommend consuming raw, chicken liver, even liver pâtés are cooked. Chicken liver has the mildest of flavors and I recommend trying chicken liver if you do not like beef liver. Pork liver is usually in liverwurst but it is not as nutrient-dense as beef or lamb liver. Duck liver is good but may not be considered an ethically-friendly food.

Here are some ways to consume liver.

<table>
<thead>
<tr>
<th>How to prepare Liver</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liver is a superfood but not everyone can stomach liver. Here are some ideas to incorporate liver into your meals.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marinate in milk overnight. This reduces some of the strong flavors</td>
</tr>
<tr>
<td>Make jerky. Slice thin, add salt, bake in oven at 180, hang with skewers for 5 hours</td>
</tr>
<tr>
<td>Make liver pâté with pork belly, heavy whipping cream and butter</td>
</tr>
<tr>
<td>Frozen liver pills: Slice small, freeze and swallow whole</td>
</tr>
<tr>
<td>Cook in bacon grease and wrap in bacon</td>
</tr>
<tr>
<td>Marinate overnight in fresh squeezed lemon and garlic</td>
</tr>
<tr>
<td>Liver patties. Mix with bacon, ground beef or breakfast sausage</td>
</tr>
<tr>
<td>Purée liver and make meatballs with ground beef</td>
</tr>
<tr>
<td>Taco liver. Grind up liver, ground beef and add taco seasoning</td>
</tr>
<tr>
<td>Fry in cast iron with butter and salt</td>
</tr>
</tbody>
</table>
If you can’t do liver, try fish eggs, as they are also nutrient-powerhouses. Salmon roe and other fish roe are some of my favorites.

If you only prefer conventional muscles meats (e.g., steaks, ground beef, roasts, etc.), that is fine (see steak graphic below). Many carnivores have only eaten common cuts for over 10-20 years and they are doing more than just

**Nutrition Facts**

Serving Size: 8 oz/227g
- Calories: 560
- Protein: 65 g
- Fat: 34 g
- Saturated: 12 g
- Monounsaturated: 12 g
- Polyunsaturated: 1.2 g
- Carbohydrate: 0 g

RDAs are based off Standard American Diet. Steak does have trace amounts of Vitamin C but missing Biotin (B7) (dairy, liver, salmon, yolk), Chromium (eggs, fish, liver) and Molybdenum (eggs, fish, liver)

*Note: Nutrition facts will vary dependent on the cut. (e.g., ribeye boneless, grass fed ribeye, bone-in, ribeye cap, etc.)

fine. We don’t need to count and measure every single nutrient to make sure we are eating the most optimal. That itself seems very stressful. The reality is that we ate less than optimally, for decades. Our bodies aren’t asking for perfection, they’re asking for nutrient-dense real foods. Removing all processed carbs will leave us with mostly wholesome real foods from the animal kingdom.

Our body would prefer us to take a few good steps in the right direction, rather than giving up because of the mountain that lies ahead of us. Just eat meat. You can figure out any optimizing at a later point.

EGGS
Eggs are nature’s perfect food. Make sure to eat the yolk, as most of the nutrients are in the yolk. Some may not be able to tolerate chicken eggs but try duck or other poultry eggs. Many that have food sensitivities from the protein in the chicken eggs have fewer sensitivities with other poultry. You can read my detailed egg article here.

**DAIRY**

We’ve touched on dairy and opting for raw dairy, when possible. Stick to hard cheeses as they have less lactose (lactose breaks down into your body as sugars). Raw cheeses are easiest on our digestive system. Raw goats’ milk and cheese are even better. Dairy does not satiate me and I literally can eat a pound of cheese in one sitting. The carbs can also add up. The reason that shredded cheese doesn’t stick together is because they add anti-caking carbohydrate agents.

Watch out for heavy whipping cream. While delicious, 1 TBSP has 50 kcals. It takes more than a cup to make a Starbucks venti-sized drink. There are 16 TBSPs in a cup. That’s a whopping 800 calories.

Yes, I cried when I heard too.

I don’t consume as much dairy now. I eliminated dairy for 5+ months and felt great. I had less bloat and I had to eat more nutrient-dense meals instead of easily accessing string cheese or other processed dairy foods. Once I added back dairy, I noticed the bloat, stomach pains and acne that people are prone to with dairy.

Cheese has an addictive quality because of casomorphins, which are casein-derived morphine-like compounds. Casomorphins basically attach to the same brain receptors that heroin and other drugs attach to. Opiates have a calming effect and release dopamine in the brain. Cheese has a similar effect. 70-80% of a milk’s protein is casein. While a cup of milk has 7.7 grams of protein, making the milk into cheddar cheese, significantly increases the protein content, making cheese the most concentrated form of casein.

So if you wonder why you can’t stop eating cheese, it’s not you— it’s the casomorphins.
FAT AND PROTEIN RATIOS

Instead of increasing fat consumption with cheese, try using animal fats for lean meats. Some carnivores add fat if they don’t feel as satiated with their meals. But too much fat may cause a stall.

So what’s the right ratio of fat and protein? It depends.

Paleomedicina recommends a 2:1 ratio (fat to protein). Ted Naiman recommends a higher protein to fat ratio (1:1).

You have to find the right protein/fat ratio that works for you.

I am not a proponent of counting calories.

Instead, I try to listen to my body and will eat more protein and/or fat, as needed.

Trust your body. It will not steer you wrong. You may need to heal the communication pathways with your body and mind but you can get there. Carnivore is one step in the right direction.

I did a 1:1 ratio for a while and I noticed my glucose was higher in the mornings. My ketones were also lower and overall, my energy was dipping. When I upped my fat and lessened my protein, I felt better.

This does not hold true for everyone.

I recommend testing your own fasting glucose numbers over a period of time and see what macros works best for you.

BONE BROTH

If you have the runs, you can try bone broth. Some also cut down on the fat and add a little more protein.

I have a FREE bone broth recipe and storage guide. You can always have (and should always have) easy access to homemade bone broth.
The infographic below depicts why bone broth is nature’s gold elixir.

1. **Gut Healing**
   - The gelatin in bone broth boosts gut health and fights food sensitivities. Bone broth can aid in the growth of probiotics in the gut.

2. **Detoxifying**
   - Powerful detoxification agent that helps the digestive system remove waste, promotes liver’s ability to remove toxins and improves the body’s use of antioxidants.

3. **Supports Healthy Metabolism**
   - Provides co-factors such as glucosamine, chondroitin sulfate, hyaluronic acid and other key electrolyte minerals to help support metabolic function.

4. **Aids Immune System Function**
   - Can close up leaky gut and help prevent immune system problems that come with leaky gut (e.g., autoimmune).

5. **Supports Healthy Skin and Joints**
   - One of the best sources of natural collagen and gelatin which helps form elastin and other compounds within the skin, that helps skin keep its youthful texture and appearance while supporting both bone and cartilage health.

If I leave you with anything in this section, when just starting: **Just. Eat. Meat.** Don’t worry about the nuances until a later point. Get carnivore-adapted and then you can start to push and pull different levers.
Part 4: The Variety of Carnivore Diets

As more people adopt a carnivore diet, different varieties of the carnivore diet have become popular. No version is particularly better than the other.

What truly matters is consistency and adherence to the carnivorous way of eating. As cliché as it is, it really is a marathon and not a sprint. Therefore, do what works best for you and only you will know that answer. I’ve talked in length about various meat types in Part 3.

*NOTE: As more people adopt a carnivore diet, different ways of going carnivore have come into play. No version is necessarily better than the other. Do what works best for you and only you know that.*
**MEAT + WATER CARNIVORE**

Meat + Water Carnivore may be considered restrictive to some as it is pretty much water and mainly beef. This way of eating is a perfect way to do an elimination diet. Most people do not have food sensitivities to meat, specifically beef. Trying eating Meat + Water for a few weeks. See how you feel—that’s your baseline. Then incorporate one food at a time, for several days. See how you feel.

Worse? Probably better to omit that food from your diet.

**NOSE TO TAIL CARNIVORE**

Nose to Tail Carnivore, otherwise known as the Ancestral Carnivore Diet. Eat animal foods, from nose to tail and everything in between. With fish, include the head and eggs, just like our ancestors. Simple as that. The thought is that this way of eating is a far more nutrient-dense version of the carnivore diet.

**ZERO CARB CARNIVORE**

Zero Carb Carnivore. Eat everything from the animal kingdom. Nothing else. Processed meats are permissible but fresh, real food meats are preferred. There is much more flexibility in this carnivorous way of eating: raw vs. cooked, organ vs. muscle meat, processed vs. fresh meat, organic vs. conventional—it’s all on the table. This diet is the tried and true Carnivore Diet that the long-time Carnivore veterans have followed (10+ years).

**KETO CARNIVORE**

Keto Carnivore is one of the most popular carnivore diets as of late. Some purists would not consider this a carnivorous way of eating but to each their own.

No version is necessarily better than the other. Bio-individuality is key. Do what will allow you to be consistent and committed for the long-run.

Do what works best for you and only you will know that. (Have I driven this point home yet?)
Part 5: The healing powers of Carnivore

So why would anyone “give up” all varieties of food to eat only from the animal kingdom?

- Improved mental clarity
- Improved health markers
- Reduced hunger and weight loss
- Lowered cortisol and inflammation
- Improved digestive system
- Reduced bloat and constipation
- Reduced symptoms of autoimmune disease
- Reduced risk of metabolic disease

www.nutritionwithjudy.com
The best way I can explain the carnivore benefits is to think of all the **Ketogenic Diet benefits** to an exponential extreme. Then add some additional ones such as little to no bloating and little to no sweet cravings. Yes, no cravings. Some of the greatest benefits for me are the zero cravings and the overall stable moods.

These two benefits have tremendously helped me with my tumultuous relationship with food.

Another benefit is deeper sleep and overall fewer hours of sleep required to feel rejuvenated. Some say that dreams are really vivid on carnivore. Also, don’t forget higher levels of testosterone. Your significant other may just be a bit more attractive to you and with all the extra hours from less sleep, now you have something to do.

Not counting calories or macros is a big benefit on carnivore. MyFitnessPal was my most frequented app for years. I had to track calories and macros very closely on the Keto Diet to ensure the 75% Fat, 20% Protein, 5% Carb macros were fitting my dietary plan. Suffice to say, I no longer track calories and do not have the MyFitnessPal on my phone.

It is unbelievably freeing to listen to your body and simply nourish your body, as required. You can enjoy all the meat your body desires, instead of figuring out what foods will fit the remaining 500 calories you have left for dinner. I would recommend trying carnivore for this reason alone. You can finally feel food freedom. (I know it’s ironic when we restrict to animal kingdom only but you will know what I mean).

Listen to your body. Eat when hungry, stop when satisfied. We don’t need calculators to tell us what and how much to eat. I think we need to give our body’s more credit than that. Trust your body. Simple as that.

It may take time but trust the process. You may even gain weight initially, especially if you’ve under ate or deprived your body of nutrients for so long. But overtime, your body will find homeostasis and your weight will stabilize.

Our bodies aren’t meant to be overweight. Usually a body that has a lot of excess fat is because the body is sick. How many obese lions have you seen in the wild?
Part 6: The dark side of the plant kingdom

Now the tough sell.

Frankly, I know that I’m fighting an uphill battle as a lot of vegan-friendly and vegetarian-friendly investments are funded by heavy hitters like Bill Gates and Richard Branson. Additionally, Harvard’s research topics are always pro-vegetarian, as they get funded by like-minded individual and companies. I get it, the very liberal University of California, Berkeley is my alma mater. Power goes to where money flows.

But we also live in a grassroots — power to the people, freedom of speech, social media — society, where tens of thousands of anecdotal stories cannot be...
ignored. Try searching for #carnivore, #carnivorediet #carnivoreketo, and #ketocarnivore. These anecdotal stories are not isolated. It’s frankly pretty compelling.

And when you compare meat vs. plant nutrient-density, it really puts things into perspective. The following graphic doesn’t even touch on bio-availability. (More on bio-availability below).

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<table>
<thead>
<tr>
<th></th>
<th>Blueberries</th>
<th>Kale</th>
<th>Beef</th>
<th>Beef Liver</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A (IU)*</td>
<td>--</td>
<td>--</td>
<td>40.0 IU</td>
<td>53,400 IU</td>
</tr>
<tr>
<td>Niacin (B3) (mg)</td>
<td>0.4 mg</td>
<td>0.5 mg</td>
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<tr>
<td>Vitamin B6 (mg)</td>
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<td>0.1 mg</td>
<td>1.8 mcg</td>
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<tr>
<td>Folate (B9) (mcg)</td>
<td>6.0 mcg</td>
<td>13.0 mcg</td>
<td>4.0 mcg</td>
<td>145.0 mcg</td>
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<tr>
<td>Vitamin B12</td>
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<td>trace</td>
<td>111.0 mg</td>
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<tr>
<td>Vitamin C (mg)</td>
<td>9.7 mg</td>
<td>41.0 mg</td>
<td>trace</td>
<td>27.0 mg</td>
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<td>Vitamin D (IU)*</td>
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<td>--</td>
<td>trace</td>
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<tr>
<td>Vitamin E (mg)</td>
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<td>0.9 mg</td>
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<td>Calcium</td>
<td>6.0 mg</td>
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</tr>
<tr>
<td>Iron</td>
<td>0.3 mg</td>
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<tr>
<td>Phosphorous</td>
<td>12.0 mg</td>
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<tr>
<td>Potassium</td>
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<td>370.0 mg</td>
<td>380.0 mg</td>
</tr>
<tr>
<td>Zinc</td>
<td>0.2 mg</td>
<td>0.2 mg</td>
<td>4.4 mg</td>
<td>4.0 mg</td>
</tr>
</tbody>
</table>

*Vitamin A and D are depicted in the old FDA labeling values of IU (International Units), instead of mcg.

NOTE: USDA does not show beef as having Vitamin C. It does. If you go back to the original source, USDA states that they did not measure for vitamin C. Also, this table does not take into consideration bioavailability and anti-nutrients.
MY STORY?

I was pescatarian for 12 years. I never touched meat during that time but in turn, I struggled with under eating and overeating, meal portions, eczema, constipation and post-partum depression.

Enter therapy and dietitians. No real healing.

Enter Keto and then Carnivore. Let’s just say meat heals.

In terms of plants, there are more and more bodies of work coming out about the adverse effects of plant consumption. Yes, plants have a lot of micronutrients but due to plants’ anti-nutrients, the micronutrients can become non-absorbable.

You basically poop out the benefits of the vegetable. Additionally, many of these anti-nutrients bind to vitamins and minerals and leave you depleted of nutrients.

WHAT DOES THIS MEAN?

When pairing nutrient-dense foods with vegetables and other plant foods, you may be making your entire meal non-absorbable. As an example, phytates (phytic acid) love to bind to iron, zinc, magnesium, copper, phosphorous and calcium. These minerals are blocked by phytates.

I’d play it safe and eat plant foods as stand-alone foods. Yes, if you must eat spinach, eat the spinach by itself. If you eat spinach with steak and cheese, you may absorb next to none of the nutrient-dense nutrients. Just simmer on that for a while.

And while we’re on the topic of spinach, here’s a graphic on the bioavailability of iron in a variety of foods. As you can see, although spinach is touted to have large amounts of iron. If most of it is not bio-available, does it even matter?
And fiber? Not all fibers are created equal and too much fiber is not a good thing. Gary Taubes, author of “Case Against Sugar” never found studies proving that vegetables are needed for good health.
MEAT AND THE ENVIRONMENT

In terms of the environment, it’s true that the meat industry can have better practices in terms of factory feed-lot farms but grass-fed meat is different, especially in terms of methane emissions. We also need cows for regenerating our soils.

Regenerative agriculture is key to having continuous soil to plant on. According to the World Wildlife Foundation, half of the topsoil on the planet has been lost in the last 150 years (soil erosion). Basically, our foods are becoming less nutrient-dense because of farming practices and the degenerative effects on our soil. These farming practices are because of plant foods, not animal foods. Why do you think we now need a vitamin supplement for every micronutrient?

ANTI-NUTRIENT RESOURCES AND FOOD SENSITIVITY TEST

I recommend doing a little research on the various topics and then decide where you stand on this hot topic. You can read a high-level summary on anti-nutrients here and some resources to continue your research.

If you do want to eat veggies, try carnivore and eat only meat for some time. I recommend at least 30 days. You can then slowly reintroduce veggies one at a time, for about a week.

See which vegetables work for you. If you feel bloated, stomach pains and/or constipation, you’re probably better off not eating them. If anything, you can just take another vitamin supplement.

You can also take try the Coca pulse test, which is a DIY food sensitivity test. You can find out how to do the test here.

Before I wrap up this section, I’ll leave you with two thoughts:

1. Survival of the fittest: Plants don’t live for our benefit. They don’t want to be eaten and have protective mechanisms for their survival, also known as toxins.

   The plants that didn’t protect themselves are no longer around. Then are we eating the most toxic plants?
2. **Have you ever tried feeding a toddler?** Dietitians praise kids for their natural ability to listen to their bodies and intuitively eat. Well, I’ve never met a child that naturally liked vegetables.

To be fair, they don’t always like meat but it’s typically due to the texture. But if you get a toddler when they’re hungry, they will always eat meat.

*I can’t say the same with veggies.*

With veggies, you have to cook in flavors to “trick” kids to eat them. Kids eventually are conditioned to eat vegetables as they slowly lose their ability to listen to their bodies.

If we should trust our children’s intuitive abilities with foods, should we be eating vegetables?

*Maybe our kids got it right all along, maybe they don’t like vegetables because we aren’t supposed to be eating them.*

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**Part 7: Carnivore diet – rules to live by**

Are you ready to jump in and try the carnivore diet? I recommend 100 days of commitment but if not, then try at least 30 days. If you live until 70, you will have 25,550 days of being able to eat vegetables, carbohydrates and whatever else your heart desires. I think you can afford to try 30 of those days to carnivore.

Here are some tips that are pretty helpful when starting.

**IMPORTANT OF ELECTROLYTES**

You may have already gone through a low carb flu but especially in the beginning, it’s important to watch your electrolytes. If you ate avocados daily and now won’t be eating them, you may initially feel a deficiency in potassium. If you consume nuts and plan to stop eating nuts, then you may feel some magnesium deficiency. If I ever feel muscle aches, headaches or overall weakness, I take my own cocktail of electrolytes.
CARNIVORE RULES TO LIVE BY

1. Eat only from the animal kingdom
2. Eat nothing from the plant kingdom
3. Eat plenty of animal fat. Dairy is optional
4. Organ meats are ideal but not necessary
5. Supplements are not necessary
6. Don’t worry about Vitamin C. It’s in the meat*
7. Spice meat if you want but watch out for carbs
8. Drink plenty of plain water
9. Don’t worry about calories. Listen to your body

*NOTE: USDA does not show meat as having Vitamin C. It does. If you go back to the source, USDA states that they did not measure for Vit C. Additionally, when you consume a low carb diet, your need for Vit C is lessened. Glucose and vitamin C use the same receptors and so without glucose in the body, the same receptors won’t have to fight off glucose from the bloodstream to nourish the rest of the body.

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IMPORTANCE OF ELECTROLYTES, CONT’D.

8 oz of water
½ tsp of potassium citrate powder
¼ tsp of himalayan pink salt

**Magnesium** — since magnesium is best absorbed through the skin, I use a topical spray which you can find [here](#). You can’t really overdo magnesium and so I usually spray a couple of times a day and if needed, a couple more sprays right before bed. Magnesium can help regulate sleep quality by helping you get to sleep and also helping you have a deep and restful sleep.

Some add also baking soda but it can be **harmful**.

Nowadays, I only add mineral salt and the occasional magnesium spray. Our bodies will rid ourselves of Potassium and Magnesium before letting go of salt. And if you are Potassium-deficient, without enough Magnesium, you will never be able to correct the Potassium-deficiency. This is how much our body has checks and balances for homeostasis. (This holds true while fasting!)

If you have to prioritize anything, prioritize salt (at first). Your body will eventually find a balance and you may no longer require any electrolytes, not even salt. In fact, some long term carnivores do not salt their meat.

**COUNTING CALORIES**

You don’t have to count calories or macros. Eat when hungry. Eat until satiety. If you eat too much lean meat, you may feel ravenous. Then, up the fat. If you have the runs, decrease the fat and take bone broth. It’s amazing how much your body is a well-oiled machine IF you let it be.

**HYDRATION**

During the transition period, drink plenty of water and watch your electrolytes. It is the same with any [low carb high-fat protocol](#).

Drink water and salt, as needed. The general rule of thumb is half the ounces of water for your body weight and 1.5-2 ounces more water for every ounce of diuretics you drink (e.g., coffee, tea). I would trust your body’s cues for thirst.
I recommend sipping on water with a little bit of added salt for best absorption. Don’t guzzle down 50 ounces in one sitting. It will cause stress on your kidneys.

Slow and steady throughout the day, is ideal.

**VEGETABLE OILS AND COOKING**

Vegetable oils. I touched on this earlier but this can be a whole topic in itself but the more I eat meat in its natural state (unprocessed), I can taste the oxidized vegetable oils when dining out. I know it’s impossible to avoid but I try not to eat vegetable oils because of their inflammatory and cell-damaging attributes.

Some say to cook beef rare to preserve the nutrients. I say cook to preference because it’s better to consume meat even well-done than no meat at all.

**VITAMIN C**

The USDA does not show meat as having Vitamin C.

*It does.*

If you go back to the source, USDA states that they did not measure for vitamin C as they assumed it has none. Additionally, when you consume a low carb diet, your need for vitamin C is lessened.

Why?

Glucose and vitamin C uses the same receptors and so without glucose in the body, the same receptors for vitamin C won’t have to fight off glucose from the bloodstream to nourish the rest of the body.

Additionally, pork belly, salmon, salmon roe, liver and other meats have vitamin C (e.g., reference liver nutrient breakdown infographic). In fact, 6 ounces of salmon will give you 6.6 mg or 7% of your daily value for vitamin C.

Don’t worry, **you won’t get scurvy**. There are carnivores that have been eating this way for over 10-20 years and there are no reports of scurvy just yet.
Nutrition Facts

Nutrition with Judy

All about salmon

Biotin
10 mcg (33% DV)

Calcium
20 mg (2% DV)

Copper
0.1 mg (11% DV)

Iron
1 mg (6% DV)

Magnesium
49 mg (12% DV)

Manganese
0.03 mg (1% DV)

Molybdenum
5.8 mcg (13% DV)

Phosphorous
408 mg (33% DV)

Potassium
617 mg (13% DV)

Selenium
64.6 mcg (117% DV)

Zinc
1 mg (9% DV)

Vitamin A
99 mcg (11% DV)

Thiamin (B1)
0.4 mg (33% DV)

Riboflavin (B2)
0.3 mg (23% DV)

Niacin (B3)
14.7 mg (92% DV)

Pantothenic Acid (B5)
1.4 mg (28% DV)

Choline
122.6 mg (22% DV)

Omega 3
2000 mg

Vitamin B6
1.2 mg (71% DV)

Folate (B9)
44 mcg (11% DV)

Vitamin B12
5.5 mcg (229% DV)

Vitamin C
6.6 mg (7% DV)

Vitamin D
18.7 mcg (94% DV)

Vitamin K
0.8 mcg (1% DV)

Vitamin E
6.1 mg (41% DV)

RDAs are based off Standard American Diet. Salmon is missing Chloride & Chromium (eggs, other fish, liver) or the USDA did not include the nutrition facts—facts that are provided by the corporations.

*Note: Nutrition facts will vary dependent on the salmon type (e.g., Atlantic, Norwegian, sockeye, king, keta, wild, farmed, etc.)


VITAMIN C IN 6 OUNCES OF SALMON

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INTERMITTENT FASTING

Veteran carnivores do not believe in intermittent fasting. You’re either in a fed state or a non-fed state.

The Carnivore diet will ultimately lead you to One Meal a Day (OMAD) or Two Meals a Day (TWOMAD) with long breaks from eating but there is no intentional intermittent fasting.

I personally practice intermittent fasting as it stops me from any possible binge tendencies at night, when we are most vulnerable to overeating.

EXTENDED FASTING UPDATE

As I am updating this discussion, I now practice extended fasting occasionally. While I believe carnivore heals many things, simply allowing your digestive system to rest and repair, is beneficial for everyone. I believe in the benefits of autophagy (cell repairing) and the many other benefits of extended fasting.

While I cannot get into everything here, I’ll just say that if you had some health conditions and insulin resistance, fasting may be able to help heal these conditions.

While real foods and carnivore can lower insulin and glucose levels, fasting ultimately helps with insulin sensitivity—fasting not only lowers your insulin levels, it helps your insulin to function better.

I’m including some infographics below that briefly touch fasting and gut healing.

You can find the detailed post series here.
Health benefits of Fasting

When the body fasts, it is in a state of repair and healing. Most of these benefits are also seen in high fat, low carb diets.

- Gut Healing
- Hormonal Balance (Ghrelin, Insulin)
- Reduction in Inflammation
- Weight Loss
- Increase in Human Growth Hormone
- Metabolism Boost
- Autophagy
- Immune System reset
- Mental Clarity
- Decrease in Insulin
- Increase in Ketones
- Balanced Blood Sugar

HEALTH BENEFITS OF FASTING
Gut Healing Protocol: Part 1

How to Heal the Gut

Gut Healing Protocol

- Hydrochloric Acid (HCl)
- Zinc
- Digestive Enzymes
- ACV
- Kefir
- Diatomaceous Earth
- Bentonite Clay
- Activated Charcoal
- L-Glutamine
- Bone Broth
- Ox Bile
- Liver support
- Probiotics*

*NOTE: This list is not exhaustive. It provides a starting point to figure out what best works for your gut healing protocol.

Carnivore Diet

Lifestyle

HOW TO HEAL THE GUT
Part 8: Final thoughts

Give any diet at least 90 days. Be consistent and trust the process.

Trust your body. Let it guide you. Find what works best for you and for the long term. That is the best magic pill diet out there for you.

Don’t knock the carnivore diet before you try it. Because once you try it, I’m certain you’ll believe that meat heals.

Enjoyed this guide? Sign up for my newsletter for more carnivore updates and nutrient-dense reads. I’m also working on a comprehensive Carnivore book with all the favorited Nutrition with Judy infographics.

Want to work with me? You can find my services here.