Carnivore Way of Eating Key Points

* Carnivore is a high-fat, medium-protein, ultra-low or no carb diet to restore your system with Beef, Butter, Bacon, and Eggs ;
* Any ruminant meat is good: beef, lamb, bison, elk, goat, etc. Add wild-caught fish, seafood, poultry, eggs, and pork if you want to ;
* Many people are lactose-intolerant and cannot do liquid milk, cheeses, or other dairy ;
* Use butter or ghee, tallow or lard to cook with ;
* The lowest additive, least expensive processed meats are still healthier than anything on the Standard Western Diet ;
* This is not a quick weight-loss or health-restoring diet. It may take your several months or years to repair the damage caused by many years on your old regimen ;
* Transition for one month from your current diet to a more Ketovore one with lots of meat ;
* Remove seed oils, ultraprocessed foods, HFCS and other sweeteners, processed grains (including flours, pastas, cereal, oats, and corn), "non-fat" and "sugar-free" products, lean meats, and high oxalate foods (including spinach, rhubarb, okra, beet greens, almonds, bran, and sweet potatoes) ;
* Eat until you are comfortably stuffed or else when the food for the meal no longer tastes wonderful, then don't eat again until you are actually hungry again ;
* See if a one or two meal a day plan works for you ;
* It takes up to 3 months to properly become "fat adapted" ;
* If your bowel movements are too runny, cut back a little on the amount of fat you consume ;
* If you are constipated, increase the amount of fat you consume ;
* Don't worry if you only have a smallish bowel movement only a couple of times a week ;
* Low carbs and the resulting lowered insulin levels allow your kidneys to not retain sodium, so you will probably have to salt your food to taste (if you are not salt-sensitive) to help maintain your electrolyte levels ;
* Stay hydrated, rested, exposed to unfiltered sunlight, practice grounding, breathe deeply, and move freely in whatever ways you can and choose to -- all as often as possible ;
* Research the videos of Drs. Ken Berry, Anthony Chaffee, Shawn Baker, and Tony Hampton, among many others. Read the comments posted. See also the vast library of interviews conducted by Dave Mac on his No Carb Life program ;
* Enjoy the many subtle benefits of and improvements from this way of eating and living.