
One-Week Transition to a Carnivore/Lion Diet

Day 1: Preparation

- Educate yourself about the carnivore/Lion diet, its benefits, and potential challenges.
- Clear your pantry and refrigerator of non-carnivore/Lion foods, including vegetables, fruits, grains, and processed products.
- Plan your meals for the week, focusing on animal-based foods like ruminant meats, bacon and eggs.

Day 2: Eliminate Carbs

- Begin the transition by cutting out all carbohydrate-rich foods from your diet.
- Avoid grains, legumes, sugars, and starchy vegetables.

Day 3: Increase Healthy Fats

- Emphasize adding healthy fats to your meals to promote satiety and energy.
- Incorporate fatty cuts of meat, butter, ghee, and tallow.

Day 4: Reduce Plant Foods

- Gradually phase out dairy and other plant-based foods.
- Stick to animal products for your meals, such as steaks, eggs and bacon.

Day 5: Experiment with Intermittent Fasting

- Consider implementing intermittent fasting to enhance the transition into ketosis and fat-burning.
- Start with a 12-hour fasting window and gradually extend it as you feel comfortable.

Day 6: Monitor Your Body

- Pay attention to how your body responds to the carnivore diet.
- Observe changes in energy levels, digestion, and overall well-being.

Day 7: Stay Hydrated and Seek Support

- Continue to drink plenty of water to maintain proper hydration.
- Seek support from online carnivore communities or local groups to share experiences and gain insights.

Tips for a Successful Transition:

- Eat until you are satisfied, focusing on high-quality animal products.
- Consider adding bone broth to support electrolyte balance and ease the transition.
- Be patient with your body as it adapts to the new way of eating.
- Listen to your body's hunger and satiety cues, as individual needs may vary.
- Consult with a healthcare professional or nutritionist if you have any health concerns or medical conditions.

Remember: The carnivore diet may not be suitable for everyone, and individual results may vary. Before starting any significant dietary change, it's essential to consult with a healthcare professional to ensure it aligns with your specific health needs and goals.



Carnivore/Lions Diet

Meats: Fatty meats - Beef, Bison, Buffalo, Venison (Deer and Moose), Lamb, Goat, Bacon/Beef Bacon (no added sugar/spices), and Eggs.

Bone Broth: Homemade with water, salt, bones (beef – meaty bones with a lot of tissue and cartilage and marrow like knuckles, shanks, and oxtail; Chicken – feet, bones, neck, and backs; chicken skin very high in collagen). Cook for only 2 to 3 hours.

Fat: Tallow (best to fry with), Ghee, Butter - Organic Grass fed - 6 to 8 tablespoons of butter per day (2 to 3 tbsp. per meal, if needed).

Salt: Himalayan or Celtic, Sole – 1 tbsp sole in one cup of water, twice daily.

Cayenne pepper: 90,000 IU Plus Strength, each day 1 tsp in 500ml of water and drink throughout the day.

Fat to Protein Ratio: Fat 70-85%, Protein 20-30% per meal (*Carbohydrates 0-10%*).

WATER! WATER! WATER!

We use Don Howard for our meats. Don Howard : Howards Farm 19301 2nd Concession Road, East Gwillimbury ON L9N 0G7, Canada <https://www.donhowardsfarm.com> 905 836 6882

Let him know Jack Cohen sent you and he will know that you require fattier cuts.