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Here's to Your Carnivore Success

INTRODUCTION: Why Most Men Fail In The First Week

The carnivore diet isn't complicated—but the first week can feel overwhelming.

You're standing in your kitchen looking at a fridge full of food you can't eat anymore. You're at the grocery store wondering which cuts of meat are worth buying. You're trying to explain to your wife why you're suddenly eating "only meat."

This guide eliminates that confusion.

By the end of today, you'll have:

- A clear kitchen setup
- A week of meals planned
- Everything you need to start strong

Let's get you moving.

SECTION 1: THE CARNIVORE PANTRY PURGE

The 15-Minute Kitchen Reset

Before you start carnivore and if you live alone, you need to remove the foods that will derail you. Not because you lack willpower—but because late-night hunger doesn't negotiate with good intentions.

STEP 1: The Fridge Purge

Remove These Immediately:

- All breads, wraps, tortillas

- Pasta, rice, quinoa, grains
- Fruits and fruit juices
- Milk (unless you're doing dairy-included carnivore)
- Yogurt with added sugars
- Sauces with sugar or seed oils (check labels: ketchup, BBQ sauce, teriyaki)
- Vegetable oils, canola oil, margarine
- Sodas and sweetened drinks

Keep These (They're Carnivore-Approved):

- Butter (real butter, not margarine)
- Heavy cream (if doing dairy)
- Cheese (aged, hard cheeses work best)
- Eggs
- Any plain meat (beef, chicken, pork, fish)

STEP 2: The Pantry Purge

Remove:

- Chips, crackers, cookies
- Cereals and oatmeal
- Canned beans and vegetables
- Flour, sugar, baking mixes
- Protein bars with fillers
- Nuts (optional removal—some carnivore practitioners keep them for transition)

Keep:

- Salt (sea salt or Himalayan pink salt)
- Black pepper

- Bone broth or beef broth (check ingredients)
- Canned fish (tuna, salmon, sardines in water or olive oil)

STEP 3: The Freezer Audit

Remove:

- Frozen pizzas, meals with breading
- Ice cream
- Frozen vegetables (unless you're doing animal-based)

Keep or Add:

- Ground beef (stock up—you'll use a lot)
- Steaks, roasts, chicken thighs
- Bacon (check for added sugar)
- Frozen fish

Pro Tip: Don't throw good food away if it stresses you financially. Box it up, label it "Post-Carnivore," and store it in a basement or garage. Out of sight, out of mind. After 90 days, you can decide what to do with it.

SECTION 2: THE ESSENTIAL CARNIVORE SHOPPING LIST

Your First Shopping Trip

This is everything you need for Week 1. Print out the next few pages or use your phone to photograph the shopping list.

THE BEEF SECTION

Ground Beef (80/20 fat ratio):

- Buy 5-7 pounds
- Why: This is your staple. Cheap, versatile, satisfying
- Best brands: Local butcher > grocery store brand
- Budget option: Costco or Sam's Club bulk packs

Ribeye or NY Strip Steaks:

- Buy 3-4 steaks (8-12 oz each)
- Why: Higher fat content keeps you full
- Look for: Marbling throughout the meat
- Budget option: Chuck eye steak (poor man's ribeye)

Chuck Roast or Beef Roast:

- Buy 1 large roast (3-4 pounds)
- Why: Slow-cook it for easy meal prep
- Cost: Usually \$4-6/pound

THE PORK SECTION

Bacon (sugar-free):

- Buy 2 pounds
- Check label: Should only say pork, salt, maybe celery powder
- Avoid: Brown sugar, honey, maple bacon

Pork Chops or Pork Belly:

- Buy 2 pounds
- Why: Good fat content, affordable

THE POULTRY SECTION

Chicken Thighs (bone-in, skin-on):

- Buy 3 pounds
- Why thighs not breasts: More fat = more satisfaction
- Skip: Boneless skinless (too lean for carnivore)

THE SEAFOOD SECTION

Salmon Fillets:

- Buy 2-3 fillets
- Why: Omega-3s, variety in your week

Canned Tuna or Sardines:

- Buy 4-6 cans
- Quick meals when you're lazy
- Look for: Packed in water or olive oil

THE DAIRY SECTION (Optional)

Eggs:

- Buy 2-3 dozen
- You'll eat more than you think

Butter (Salted or Unsalted):

- Buy 2 pounds (Kerrygold if available)
- You'll use it for cooking everything

Heavy Cream:

- Buy 1 pint
- For coffee or scrambled eggs

Aged Cheese:

- Buy 1-2 blocks (cheddar, parmesan, gouda)
- Aged = lower lactose

THE ESSENTIALS AISLE

- Pink Himalayan salt or sea salt
- Black pepper (optional)
- Bone broth (3-4 cartons)

ESTIMATED COST FOR WEEK 1:

- Budget approach: \$60-80
- Mid-range: \$100-120
- Premium cuts: \$150+

Money-Saving Tips:

1. Buy family packs and freeze what you don't use
 2. Check store sales on beef—stock up when it's discounted
 3. Costco membership pays for itself in meat savings
 4. Talk to local butchers about bulk pricing
 5. Ground beef and eggs are your budget heroes
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SECTION 3: THE FIRST 7 DAYS MEAL MAP

No thinking. Just follow this.

DAY 1: Monday

Breakfast: 4 eggs scrambled in butter, 4 strips of bacon

Lunch: 2 beef patties (1/2 pound total), salt to taste

Dinner: 10-12 oz ribeye steak, cooked in butter

Why this works: Heavy protein and fat will reduce hunger for the first day

DAY 2: Tuesday

Breakfast: 3-egg omelet with cheese, 3 strips bacon

Lunch: Leftover steak from dinner (if any), or 2 burger patties

Dinner: Slow-cooked chuck roast (salt, butter, low heat for 4-6 hours)

Prep note: Make enough roast for 2-3 meals

DAY 3: Wednesday

Breakfast: 4 fried eggs, 4 sausage links

Lunch: Sliced chuck roast with melted cheese

Dinner: Pan-seared salmon (butter, salt), 3 eggs on the side

DAY 4: Thursday

Breakfast: 3 scrambled eggs, leftover salmon

Lunch: Ground beef (1/2 pound) cooked with butter and salt

Dinner: Pork chops (pan-fried in butter), 2 fried eggs

DAY 5: Friday

Breakfast: 4 eggs any style, bacon

Lunch: Canned tuna (2 cans) with melted cheese

Dinner: Ribeye steak or NY strip, cooked in tallow or butter

Weekend prep: This is when energy usually stabilizes

DAY 6: Saturday

Breakfast: 3-egg omelet with leftover ground beef

Lunch: Bone broth (1-2 cups), 4 boiled eggs

Dinner: Roasted chicken thighs (skin-on), cooked at 400°F for 45 min

DAY 7: Sunday

Breakfast: Bacon and eggs (4 eggs, 4 strips)

Lunch: Ground beef patties with cheese

Dinner: Slow-cooked pork belly or another chuck roast

Reflection: Week 1 done. You'll likely feel different—less bloated, possibly tired. This is normal.

SECTION 4: CARNIVORE COOKING BASICS

How to Cook Beef (Without Ruining It)

Ground Beef Patties:

1. Form into 1/4 to 1/2 pound patties
2. Season with salt
3. Cook in butter or tallow over medium-high heat
4. 3-4 minutes per side for medium
5. Don't press down—you'll lose the juices

Ribeye or NY Strip:

1. Let steak sit at room temp for 20 minutes
2. Salt both sides generously
3. Heat cast iron pan over high heat
4. Add butter or tallow
5. Sear 3-4 minutes per side (for 1-inch thick steak)
6. Let rest 5 minutes before cutting

Chuck Roast (Slow Cooker Method):

1. Season roast with salt
2. Sear all sides in hot pan (optional but recommended)
3. Place in slow cooker with 1 cup bone broth
4. Cook on low for 6-8 hours
5. Shred and eat with the cooking liquid

Chicken Thighs:

1. Season with salt
2. Place skin-side up on baking sheet
3. Roast at 400°F for 40-45 minutes
4. Skin should be crispy, meat tender

Salmon:

1. Pat dry with paper towel
2. Season with salt
3. Heat butter in pan over medium heat
4. Cook skin-side down for 5 minutes
5. Flip and cook 3 more minutes

Pro Tips:

- Fat is flavor. Don't buy lean meat.
 - Salt generously. Your body needs it on carnivore.
 - Let meat rest after cooking.
 - Cook extra—leftovers save you time.
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SECTION 5: THE RESTAURANT & TAKEOUT DECODER

How to Order Carnivore at Common Restaurants

At a Steakhouse:

- Order: Ribeye or NY strip, cooked in butter
- Side: Extra butter, maybe a side of bacon
- Skip: All sides, sauces with sugar

At a Diner:

- Order: "4 eggs scrambled in butter, 6 strips of bacon, side of sausage"
- Skip: Toast, hash browns, fruit

At Chipotle:

- Order: "Carnitas bowl, extra meat, cheese, sour cream, no rice, no beans, no veggies"
- Or: Steak bowl, same instructions

At Five Guys:

- Order: Bunless burger, extra patties, bacon, cheese
- Ask for it in a bowl or wrapped in lettuce (then toss the lettuce)

At a BBQ Joint:

- Order: Brisket, ribs, sausage—no sauce (or sauce on the side)
- Skip: Coleslaw, beans, cornbread

At a Breakfast Place:

- Order: Meat lover's omelet, hold the veggies, extra eggs, extra bacon
- Skip: Pancakes, toast, potatoes

At In-N-Out (West Coast):

- Order: "Flying Dutchman" (2 patties, 2 cheese slices, no bun)
- Order 3-4 of them

Fast Food Hack:

- Most burger joints will give you bunless burgers in a container
- Order extra patties
- Skip ketchup (sugar), use mustard if needed

Travel Tip: Pack beef jerky (zero-sugar), hard boiled eggs, and string cheese for airports or road trips.

SECTION 6: THE FAMILY TRANSITION SCRIPT

What to Say When People Ask Questions

Your wife, kids, coworkers, and friends will have opinions. Here's how to handle it without endless debates.

When your wife asks: "Is this safe?"

Say: "I'm trying it for 90 days to see how I feel. I've done my research, and I'll be tracking how my body responds. If it doesn't work, I'll adjust."

When your kids ask: "Why aren't you eating normal food?"

Say: "I'm trying something different to feel better. You guys keep eating what you like—I'm just experimenting with my own food."

When a coworker says: "You're going to die without vegetables."

Say: "I appreciate the concern. I'm working with a plan and monitoring how I feel. If something's off, I'll adjust."

(Don't debate. Don't defend. Just move on.)

When your mom says: "This can't be healthy."

Say: "I'm giving it 90 days. I'll keep you updated on how I'm doing."

When someone says: "What about fiber?"

Say: "Interesting point. I'm tracking my digestion and energy—so far it's been fine."

General Rule: People will project their fears onto you. You don't need to convince them. You need to try it and see for yourself.

Keep it short. Keep it respectful. Keep moving forward.

BONUS: WEEK 1 SURVIVAL TIPS

What to Expect:

Days 1-3: You might feel great or slightly "off." Your body is adjusting to burning fat instead of carbs. Drink water, add salt to food, and don't panic.

Days 4-5: Possible fatigue or headaches (this is temporary). Electrolytes help—consider adding extra salt or drinking bone broth.

Days 6-7: Energy often stabilizes. You might notice less bloating, clearer thinking, or better sleep.

Common Mistakes to Avoid:

1. **Not eating enough fat.** If you're always hungry, add butter or fattier cuts.
2. **Not salting your food.** You lose sodium on carnivore—salt everything.
3. **Eating too lean.** Chicken breast and ground turkey will leave you starving.
4. **Overthinking it.** Eat when hungry. Stop when full. That's it.

Emergency Hunger Fixes:

- Hardboiled eggs (keep a batch ready)
 - String cheese
 - Beef jerky (zero sugar)
 - Leftover steak or ground beef
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YOUR NEXT STEP

You now have everything you need to start strong.

But here's the reality:

Week 1 is just the beginning.

The real challenge isn't starting—it's knowing how to transition once you hit your goal, and then maintaining your results for life.

That's where [The Carnivore Transformation System for Men Over 40](#) comes in.

Inside, you'll get:

- The complete 90-day fat loss protocol
- How to transition without regaining weight
- Maintenance strategies that last
- Workouts, alcohol strategies, and mindset systems

If you want the full roadmap—not just a good first week—this is your next move.

[Get The Complete System Here](#)

Now go clear your kitchen, hit the store, and start Day 1.

You've got this.