

Getting Started on Animal Based Ketogenic Diet

Animal Based Ketogenic Diet encompasses Low Carb, Keto, Ketovore, Carnivore

Overview

There are so many labels out there! Try not to get hung up on what 'label' you fall under. Simply focus on single ingredient foods that are the healthiest you can find. The following list is just to get acquainted with the names you will run into out there. The truth of the matter is that there is overlap.

Human Beings are designed to eat animals, especially herbivores (ruminants). Some humans can tolerate additional foods while others cannot and in between there is a wide spectrum of foods. So where you fall into these different 'labels' is dependent on your own tolerance.

Low Carb Diet

- A Low Carb diet is generally considered to be 50-100 grams of carbs per day
- May or may not be ketogenic (meaning a person is in ketosis)
- It is often a first step toward cleaning up a SAD (Standard American Diet).
- For some people with high tolerance of many foods this may be enough of a change to improve health

Ketogenic Diet

- A Ketogenic Diet is generally followed with the goal of being in Ketosis
- Ketosis is a function of lowering carbs enough to trigger the body from burning glucose for energy to burning fat
- The amount of carbs will vary person to person but generally most people can get into ketosis with 20 carbs or less from clean sources
- A Keto Diet is generally 60% -75% fat. Fat sources are butter, coconut oil, Avocados and avocado oil, all animal fats
- There are many subsets of Keto such as Clean, Dirty, Lazy, Strict. Best to not even

worry about that as in practice you may shift from one to the other just depending on circumstances and it is a wide spectrum

- Managing carbs and fat macros while ensuring you also get enough protein will require some level of tracking especially in the beginning while you learn.

Carnivore Diet

- A Carnivore Diet is generally considered to be mostly animal food based.
- Ketosis is not a goal but the absence of carbs will generally put most people into ketosis.
- There are many subsets of Carnivore such as Relaxed Carnivore, HyperCarnivore, Strict Carnivore, High Fat Carnivore (over 80% Animal Fat), Lion Diet (only ruminants).
- A carnivore diet is often used as an elimination diet as the human body is designed to handle animal meat, fat and organs with very little adverse reaction. You can follow meat only for 30-90 days then slowly add back items to see what is triggering health issues such as autoimmune issues.

How to Get Started

1. Decide what you are willing to try and make a commitment for 30-90 days
 - a. The first 30 days you will likely feel worse before you feel better so it is better to commit to a longer period. Consider how long it took you to get to this point!
 - b. Get a tribe, join a group, binge on books and youtube videos! This will keep you connected and focussed!
2. If you opt for low carb or keto then you will need to learn what has carbs and how many. There are many carb trackers out there with free versions.
 - a. The two trackers I have used the most are [Cronometer](#) and [CarbManager](#).
 - b. If you opt for Carnivore there is no need to track when starting out. Simply eat 2-3 meals per day of any meat you enjoy until you reach satisfaction.
3. **What to Eat?** Stick to single ingredient foods, mostly meat and animal fats. If you are on the low carb or keto spectrum then add single ingredient foods such as fats and low

carb and low oxalate veggies. Eliminate all grains, starches, sodas, sweets, seed oils, processed foods (even if they are labeled as keto)

- a. [Low Carb/Keto Grocery List](#)
- b. [Carnivore Grocery List](#)

4. What to Drink?

- a. Plain water, mineral water, unsweetened tea and coffee (heavy cream can be added if you tolerate dairy), electrolyte drinks, bone broth.
- b. Be sure to also add salt, either himalayan or redmond's salt. Electrolyte mixes also have plenty of salt. When you eliminate processed foods your sodium intake will plummet and this can cause Keto flu symptoms such as cramps and headaches.

Reading List:

[End Your Carb Confusion : Dr. Eric Westman with Amy Berger](#)

[Why We Get Sick : Dr. Ben Bikman](#)

[Carnivore Diet for Beginners : Judy Cho](#)