MONT BELVIEU FAMILY WELLNESS

Carnivore Diet: Practical Guidelines

How the approach generally works, and what to plan for before trying it.

Core principles

1. Animal foods only. Meals are built from meat, seafood, eggs and animal fats; fruits, vegetables, grains, legumes, nuts, seeds and plant oils are left out.

2. Include enough fat. Very lean meals can leave people tired and hungry, so many choose fattier cuts or cook with animal fat.

3. Eat to comfortable fullness. Portions are guided by hunger rather than counting; notice how you feel and keep meals regular.

4. Hydrate. Drink water through the day. Fluid and salt needs can change when carbohydrates drop; ask your care team before adding electrolyte supplements.

5. Dairy is optional. Some leave dairy out at first and add it back later to see how they tolerate it.

6. Keep seasoning simple. Salt is common; other seasonings depend on how strict a version someone follows.

Why people try it

• Some people use it as a short elimination experiment to observe how they feel. Research on long-term effects is limited, and personal reports are not evidence that it will help any specific condition.

Things to plan for

• Fiber and vitamin C come mainly from plant foods, so discuss nutrient needs and lab monitoring with your healthcare team

• Changes in digestion, energy or sleep can occur in the first weeks

• Many try it for a defined period, such as 30 days, then review the results with their care team

• Stop and seek care if you feel unwell, dizzy or notice concerning symptoms

General education from our chiropractic clinic, not a diagnosis, prescription or promise of results. An all-animal-food plan is highly restrictive and is not right for everyone. Talk with your healthcare team before starting, especially if you take medication, have kidney, heart, liver or gallbladder concerns, high cholesterol, diabetes, a history of disordered eating, are pregnant or breastfeeding, or are planning meals for a child.