

Transitioning from the Standard American Diet (SAD), which is high in processed foods, sugars, and refined carbohydrates, to more restrictive diets like Keto, Ketovore, and ultimately Carnivore, requires careful planning and adjustment to ensure nutritional adequacy and to minimize potential side effects. Here's a step-by-step guide to make the transition smoother and more sustainable:

Transition to Keto

1. **Understand the Basics:** The ketogenic diet is high in fats, moderate in proteins, and very low in carbohydrates. The goal is to enter a state of ketosis, where the body burns fat for fuel instead of carbohydrates.
2. **Reduce Carbs Gradually:** Start by gradually reducing your carbohydrate intake over a few weeks, which can help minimize side effects like the keto flu. Aim for less than 50 grams of net carbs per day.
3. **Increase Healthy Fats:** Incorporate healthy fats into your diet from sources like avocados, nuts, grass-fed butter, olive oil, and wild-caught fatty fish to help meet your daily calorie needs.
4. **Adequate Protein:** Ensure you're consuming adequate protein from sources like meat, fish, and eggs to maintain muscle mass.
5. **Stay Hydrated:** Increase your water intake and consider supplementing with electrolytes (sodium, potassium, magnesium) to counteract any initial fluid loss.
6. **Plan Your Meals:** Planning ahead can help you avoid reaching for high-carb convenience foods.

Transition to Ketovore

1. **Adjust Your Keto Macros:** The Ketovore diet is a variation of keto that emphasizes animal products more heavily, but still includes some plant-based foods. Gradually increase your intake of animal products while further reducing your intake of plant-based foods.
2. **Focus on Whole Foods:** Emphasize whole, unprocessed animal foods like meat, fish, eggs, and select dairy, while maintaining a low intake of carbs, primarily from non-starchy vegetables.
3. **Limit Plant-Based Foods:** Gradually reduce your intake of nuts, seeds, and fruits, focusing on leafy greens and above-ground vegetables that are low in carbs.

Transition to Carnivore

1. **Eliminate Plant Foods:** Begin to eliminate the remaining plant-based foods from your diet, transitioning to an all-animal product diet.
2. **Diversify Animal Sources:** Include a variety of animal products, such as beef, pork, chicken, fish, eggs, and organ meats, to ensure a broad intake of nutrients.

3. Consider Nutrient Density: Organ meats are particularly nutrient-dense and can help offset the lack of vitamins and minerals that were previously obtained from plant foods. A great way to increase your nutrients, without adding virtually any carbs, is to add algae to your daily diet with products featuring pure spirulina as a first step and later adding pure chlorella.
4. Monitor Your Health: Pay close attention to how your body responds. Some people may need to adjust their diet to include certain supplements as recommended by your doctor.

General Tips

Listen to Your Body: Transitioning through these dietary stages should be based on how you feel and how your body responds. If you encounter persistent issues, consider consulting with a healthcare provider.

Educate Yourself: Research and understand the nutritional aspects and potential challenges of each diet.

Transitioning through these dietary phases requires a commitment to learning and adaptation. It's important to prioritize nutrient density and personal well-being above strict adherence to dietary labels.