



Your Complete Personalized Carnivore Diet Report

Prepared for Keto Tester

Generated on January 18, 2026

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Mission Brief

You're fueling a high-performance machine with 3,104 calories of clean, ketogenic nutrition—this protocol will shift your body into fat-burning mode while maintaining the protein you need for strength and recovery.

Your Daily Targets

Macro	Daily Target	Strategy
Calories	3,104	Sustained energy through fat adaptation
Protein	200g	* Claude is active in this tab group 🕒 X

Fat	247g	Primary fuel source
Net Carbs	~20-30g	Keep low to maintain ketosis

Electrolyte Targets (Essential):

- Sodium: 4,000-5,000mg daily
 - Potassium: 3,000-4,000mg daily
 - Magnesium: 400-500mg daily
-

Why Keto Works

Research consistently shows ketogenic diets excel at:

- **Stable energy** — No blood sugar crashes or afternoon slumps
- **Reduced hunger** — Fat and protein are highly satiating, making 3,100 calories feel manageable
- **Mental clarity** — Many report improved focus once fat-adapted
- **Body composition** — Preserves muscle while burning fat stores

At your calorie level, you have plenty of room for nutrient-dense, satisfying meals without restriction anxiety.

First Action Step — Do This Today

Build your foundation shopping list:

- 2 lbs ribeye or NY strip steaks
- 1 lb ground beef (80/20)
- 18 eggs
- 1 lb butter or ghee
- Heavy cream
- Spinach (2 bags)
- Broccoli (2 heads)
- Avocados (4-5)
- Salt, lite salt (for po



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Tonight's meal: Two eggs fried in butter with 8oz ground beef and sautéed spinach. Simple, satisfying, keto-perfect.

Your 30-Day Timeline

Week	What to Expect
Week 1	Adjustment period. Possible fatigue, brain fog ("keto flu"). Combat with electrolytes —this is non-negotiable.
Week 2	Energy stabilizes. Hunger decreases. You'll start noticing steadier energy throughout the day.
Week 3	Fat adaptation deepens. Workouts feel normal again. Cravings significantly reduced.
Week 4	Full adaptation. Clear energy, reduced hunger, sustainable routine established.

Biggest Challenge: The First Week

The most common failure point is **inadequate electrolytes** during the transition. When you cut carbs, your body flushes sodium and water rapidly. This causes headaches, fatigue, and cramps—not because keto is bad, but because you need to actively replace what you're losing.

The fix: Salt your food generously. Add lite salt for potassium. Consider a magnesium supplement before bed. This isn't optional—it's essential infrastructure.

This summary is for informational purposes only and does not constitute medical advice. Please consult with a healthcare provider before starting any new diet protocol, especially if you have existing health conditions or take medications.

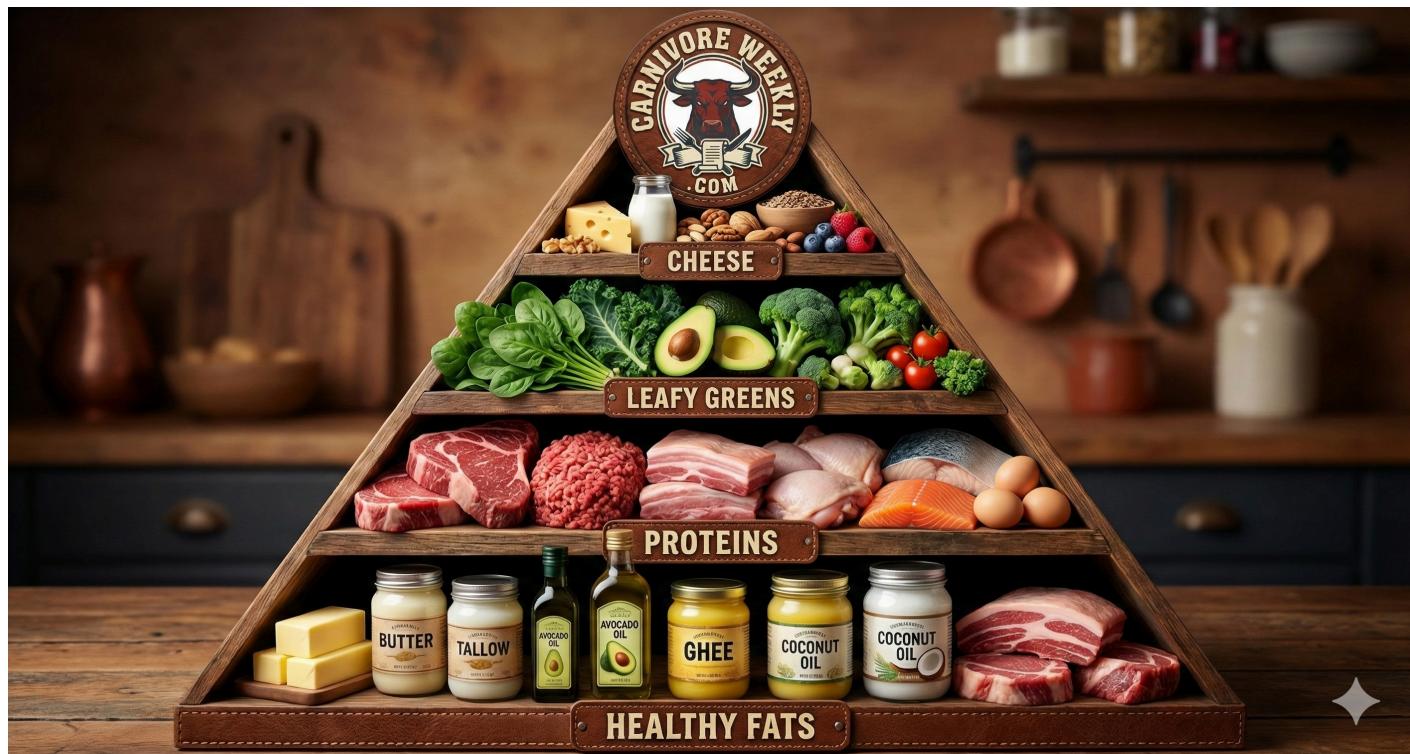
Report #2: Your Ketogenic Food Guide



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Prepared for: Keto Diet Protocol: Ketogenic Date: January 18, 2026

🔥 Your Ketogenic Food Pyramid



TIER 1: FOUNDATION (70-75%)

Proteins & Healthy Fats

- Ground Beef (80/20)
- Grass-fed Ground Beef
- Ribeye Steak
- NY Strip Steak
- Chuck Steak
- Beef Brisket
- Beef Liver
- Beef Heart
- Ground Lamb
- Lamb Chops



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- Pork Chops
- Bacon
- Salmon Fillet (wild)
- Salmon Fillet (farmed)
- Canned Salmon (in oil)
- Mackerel
- Sardines (in oil)
- Herring
- Cod Fillet
- Tuna Steak
- Shrimp
- Oysters
- Crab
- Lobster
- Clams
- Mussels
- Chicken Thighs
- Duck

Eggs

- Eggs
-

TIER 2: REGULAR VARIETY (15-20%)

Low-Carb Vegetables

- Spinach
- Leafy Greens
- Broccoli
- Cauliflower
- Asparagus

Healthy Fats

- Butter



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- Grass-fed Butter
 - Ghee
-

Daily Eating Patterns

- **Option 1:** Ground Beef (80/20) + Grass-fed Ground Beef + Butter
 - **Option 2:** Grass-fed Ground Beef + Butter
 - **Option 3:** Ribeye Steak + Ground Beef (80/20) + Butter
-

Budget Optimization

Ground Beef (80/20), Grass-fed Ground Beef

Cost: \$50-80/week

Week-by-Week Adaptation

Week 1: Water loss (3-7 lbs), possible adjustment period **Week 2:** Energy may dip, stay consistent with electrolytes **Week 3:** Energy returns, mental clarity improves **Week 4:** New normal, healing benefits appear

Your personalized guide respects your dietary preferences and restrictions.

Report #3: Your Custom 30-Day Meal Calendar

Protocol: keto / Budget Level: Moderate / Focus: maintain

The Strategy

This plan rotates proteins for variety and simplicity. Cook proteins 2-3 times per week, mixing with different keto-appro



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Note on Macros: Your protein targets are precisely calculated. Fat may vary ±20-30% based on protein choices—fattier cuts like ribeye and ground beef naturally deliver more fat when portioned for protein. Adjust cooking fats (butter, tallow) up or down based on hunger and your body's response.

Week 1: Adaptation & Baseline

Day	Breakfast	Lunch	Dinner
Day 1	2 Eggs, 352g Grass-fed Ground Beef, 1/2 Avocado		417g Ribeye Steak, 1 cup Broccoli, 1 tbsp Butter
Day 2	2 Eggs, 308g Ribeye Steak, 1/2 Avocado		370g NY Strip Steak, 1 cup Broccoli, 1 tbsp Butter
Day 3	2 Eggs, 274g NY Strip Steak, 1/2 Avocado		455g Chuck Steak, 1 cup Broccoli, 1 tbsp Butter
Day 4	2 Eggs, 336g Chuck Steak, 1/2 Avocado		385g Beef Brisket, 1 cup Broccoli, 1 tbsp Butter
Day 5	2 Eggs, 285g Beef Brisket, 1/2 Avocado		385g Beef Liver, 1 cup Broccoli, 1 tbsp Butter
Day 6	2 Eggs, 285g Beef Liver, 1/2 Avocado		435g Ground Lamb, 1 cup Broccoli, 1 tbsp Butter
Day 7	2 Eggs, 322g Ground Lamb, 1/2 Avocado		400g Lamb Chops, 1 cup Broccoli, 1 tbsp Butter

Week 2: Building Consistency

Day	Breakfast	Lunch	Dinner
Day 8	2 Eggs, 296g Lamb Chops, 1/2 Avocado		370g Pork Chops, 1 cup Broccoli, 1 tbsp Butter



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Day 9	2 Eggs, 274g Pork Chops, 1/2 Avocado		270g Bacon, 1 cup Broccoli, 1 tbsp Butter
Day 10	2 Eggs, 200g Bacon, 1/2 Avocado		400g Salmon Fillet (wild), 1 cup Broccoli, 1 tbsp Butter
Day 11	2 Eggs, 296g Salmon Fillet (wild), 1/2 Avocado		500g Salmon Fillet (farmed), 1 cup Broccoli, 1 tbsp Butter
Day 12	2 Eggs, 370g Salmon Fillet (farmed), 1/2 Avocado		500g Canned Salmon (in oil), 1 cup Broccoli, 1 tbsp Butter
Day 13	2 Eggs, 370g Canned Salmon (in oil), 1/2 Avocado		500g Mackerel, 1 cup Broccoli, 1 tbsp Butter
Day 14	2 Eggs, 370g Mackerel, 1/2 Avocado		400g Sardines (in oil), 1 cup Broccoli, 1 tbsp Butter

Week 3: Finding Your Rhythm

Day	Breakfast	Lunch	Dinner
Day 15	2 Eggs, 296g Sardines (in oil), 1/2 Avocado		500g Herring, 1 cup Broccoli, 1 tbsp Butter
Day 16	2 Eggs, 370g Herring, 1/2 Avocado		278g Cod Fillet, 217g Tuna Steak, 1 cup Broccoli, 1 tbsp Butter
Day 17	2 Eggs, 411g Cod Fillet, 1/2 Avocado		435g Tuna Steak, 1 cup Broccoli, 1 tbsp Butter
Day 18	2 Eggs, 322g Tuna Steak, 1/2 Avocado		417g Shrimp, 1 cup Broccoli, 1 tbsp Butter
Day 19	2 Eggs, 308g Shrimp, 1/2 Avocado		714g Oysters, 278g Crab, 1 cup Broccoli, 1 tbsp Butter
Day 20	2 Eggs, 714g Oysters, 278g Crab, 1/2 Avoca		278g Crab, 333g Clams, 1 cup Broccoli, 1 tbsp Butter



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Day 21	2 Eggs, 411g Crab, 1/2 Avocado		333g Clams, 417g Mussels, 1 cup Broccoli, 1 tbsp Butter
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Week 4: The New Normal

Day	Breakfast	Lunch	Dinner
Day 22	2 Eggs, 493g Clams, 1/2 Avocado		417g Mussels, 385g Eggs, 1 cup Broccoli, 1 tbsp Butter
Day 23	2 Eggs, 417g Mussels, 385g Eggs, 1/2 Avocado		385g Eggs, 227g Chicken Thighs, 1 cup Broccoli, 1 tbsp Butter
Day 24	2 Eggs, 385g Eggs, 227g Chicken Thighs, 1/2 Avocado		455g Chicken Thighs, 1 cup Broccoli, 1 tbsp Butter
Day 25	2 Eggs, 336g Chicken Thighs, 1/2 Avocado		263g Duck, 250g Ground Beef (80/20), 1 cup Broccoli, 1 tbsp Butter
Day 26	2 Eggs, 389g Duck, 1/2 Avocado		500g Ground Beef (80/20), 1 cup Broccoli, 1 tbsp Butter
Day 27	2 Eggs, 370g Ground Beef (80/20), 1/2 Avocado		476g Grass-fed Ground Beef, 1 cup Broccoli, 1 tbsp Butter
Day 28	2 Eggs, 352g Grass-fed Ground Beef, 1/2 Avocado		417g Ribeye Steak, 1 cup Broccoli, 1 tbsp Butter
Day 29	2 Eggs, 308g Ribeye Steak, 1/2 Avocado		370g NY Strip Steak, 1 cup Broccoli, 1 tbsp Butter
Day 30	2 Eggs, 274g NY Strip Steak, 1/2 Avocado		455g Chuck Steak, 1 cup Broccoli, 1 tbsp Butter

Substitution Guide

- If you lack beef, sub
- If you lack fresh veg



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- Eggs can replace any protein meal if needed

This meal plan rotates proteins for variety while staying true to keto. 

Report #4: Your Weekly Grocery Lists

Based on your custom keto meal plan

>  **A Note on Grocery Pricing:** Food costs vary by region and season. Your "Moderate" setting controls the **types of cuts** recommended, not the final total.

"Week 0" Pantry Stock-Up

- [] Quality Salt (Redmond Real Salt or Maldon)
- [] Primary Cooking Fat (Butter or Ghee)
- [] Food Storage Containers
- [] Basic Seasonings (if tolerated)

Week 1 Shopping List

The Butcher

- [] Ground Beef (80/20) - 7.5 lbs
- [] Grass-fed Ground Beef - 7.5 lbs

Dairy & Eggs

- [] Eggs - 18-count
- [] Butter - 1 lb
- [] Grass-fed Butter - 1 lb

Pantry

- [] Salt - 1 container



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Week 2 Shopping List

The Butcher

- [] Grass-fed Ground Beef - 5 lbs
- [] Ribeye Steak - 4.5 lbs
- [] NY Strip Steak - 4 lbs

Dairy & Eggs

- [] Eggs - 18-count
- [] Butter - 1 lb
- [] Grass-fed Butter - 1 lb

Pantry

- [] Salt (replenish as needed)

Week 3 Shopping List

The Butcher

- [] Ribeye Steak - 6.5 lbs
- [] NY Strip Steak - 5.5 lbs

Dairy & Eggs

- [] Eggs - 18-count
- [] Butter - 1 lb
- [] Grass-fed Butter - 1 lb

Pantry

- [] Salt (replenish as needed)



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Week 4 Shopping List

 **The Butcher**

- [] NY Strip Steak - 4 lbs
- [] Chuck Steak - 4.5 lbs
- [] Beef Brisket - 4 lbs

 **Dairy & Eggs**

- [] Eggs - 18-count
- [] Butter - 1 lb
- [] Grass-fed Butter - 1 lb

 **Pantry**

- [] Salt (replenish as needed)

 **Smart Shopping Tips**

Check store flyers for sales, stock your freezer with discounted items.

Pro tip: Buy proteins in bulk when on sale and freeze them. This reduces weekly shopping stress and saves money.

Report #5: Physician Consultation Guide

For Keto to discuss with your doctor about keto

>  **MEDICAL DISCLAIMER:** This guide is educational. Never change medications without medical supervision. Always work with your doctor.

SECTION 1: The Opening Script

The 2-Minute Pitch



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"Dr. [Name], I'm starting a therapeutic keto protocol to address No significant symptoms. This is evidence-based metabolic therapy, not a fad diet. I need your partnership in three areas:

1. **Lab monitoring** - Baseline now, recheck at 8 weeks 2. **Medication adjustment** - Discussing tapering if improvements occur 3. **Advanced markers** - Looking beyond standard LDL to assess real cardiovascular risk

I've prepared a one-page summary for you. Can we schedule an 8-week follow-up now?"

If They Push Back Immediately

Use Section 3 (Conflict Resolution Scripts) - Choose the response that matches their concern.

SECTION 2: Advanced Bloodwork Markers

Why Standard LDL is Misleading

Standard lipid panels measure LDL-C (cholesterol content), NOT particle count or size. On keto, LDL-C may increase, but particle size typically improves (large, fluffy, less atherogenic).

Request These Advanced Markers

1. ApoB (Apolipoprotein B)

- **What it measures:** Actual number of atherogenic particles
- **Why it matters:** Better predictor than LDL-C for cardiovascular risk
- **keto expectation:** Often neutral or improves (even if LDL-C rises)
- **What to say:** "Can we order ApoB instead of relying on LDL alone? It's a more accurate cardiovascular marker."

2. Triglyceride/HDL Ratio

- **What it measures:** Insulin resistance and small dense LDL particles
- **Why it matters:** Ratio <2 = metabolic health, <1 = excellent
- **keto expectation:** Usually improves dramatically (triglycerides \downarrow , HDL \uparrow)
- **What to say:** "I've read that Trig/HDL ratio under 2 is protective. Can we track this?"

3. CAC Score (Coronary)



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- **What it measures:** Actual arterial calcification (hard endpoint)
- **Why it matters:** Direct measure of plaque burden
- **keto expectation:** Stable or slow progression (requires years to improve)
- **What to say:** "If my LDL is elevated, can we get a CAC score to see if there's actual plaque? A score of 0 means no disease regardless of LDL."

4. Fasting Insulin & HOMA-IR

- **What it measures:** Insulin resistance (root cause of metabolic disease)
- **Why it matters:** Standard glucose is a lagging indicator
- **keto expectation:** Fasting insulin <5, HOMA-IR <1.0 (excellent metabolic health)
- **What to say:** "Can we measure fasting insulin? I want to track insulin resistance, not just glucose."

The Key Markers Table

Marker	Standard Range	keto Target	Why It Matters
ApoB	<130 mg/dL	<100 mg/dL	Actual particle count
Trig/HDL Ratio	<3	<1	Insulin resistance
CAC Score	N/A	0 (if <50)	Hard plaque endpoint
Fasting Insulin	<10 µIU/mL	<5 µIU/mL	True metabolic health
HOMA-IR	<2	<1	Insulin resistance
hs-CRP	<3 mg/L	<1 mg/L	Inflammation

SECTION 3: Doctor Conflict Resolution Scripts

Concern #1: "This will destroy your cholesterol"

The Weak Response (Avoid): "I'll be fine, I read it online."

The Strong Response: "I understand your concern about LDL. Can we agree on three things?



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1. Get baseline labs now - Including ApoB and CAC score if possible **2. Recheck in 8 weeks** - If ApoB worsens or triglycerides rise, I'll reconsider **3. Focus on the markers that matter** - Triglyceride/HDL ratio, fasting insulin, hs-CRP, and how I feel

If my inflammation drops, insulin sensitivity improves, and triglycerides fall - but LDL rises - can we discuss the research on large fluffy LDL being protective?"

If they insist on statins immediately: "I respect your clinical judgment. Can we compromise? Let me try this intervention for 8 weeks with close monitoring. If my cardiovascular markers worsen, I'll consider medication. But I'd like to try lifestyle first."

Concern #2: "You'll be deficient in fiber and vitamins"

The Weak Response (Avoid): "Carnivore has everything I need."

The Strong Response: "That's a common concern. keto includes meat and fish which provide:

- **Vitamin C:** Adequate amounts in fresh meat (humans need less on low-carb)
- **Fiber:** Not an essential nutrient - many thrive without it
- **Micronutrients:** B12, iron, zinc, selenium all highly bioavailable in animal foods

Can we test my micronutrient levels at baseline and 8 weeks? If I show deficiencies, I'll adjust. But the data shows most people improve these markers, not worsen them."

Concern #3: "This is dangerous for your kidneys"

The Weak Response (Avoid): "No it's not."

The Strong Response: "I appreciate your concern. High protein is not dangerous for healthy kidneys - that's a myth from outdated research on people with existing kidney disease."

Can we monitor:

- **Creatinine & eGFR** (kidney function)
- **Albumin/Creatinine ratio** (kidney damage marker)

If these worsen, I'll stop immediately. But the research shows high protein is safe for healthy kidneys and may even be protective."

Concern #4: "You ne



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The Weak Response (Avoid): "Carbs aren't essential."

The Strong Response: "The brain can run on ketones, which the liver produces from fat. In fact, ketones may be a superior fuel for the brain - that's why ketogenic diets are used for epilepsy and being studied for Alzheimer's.

Can we track my cognitive function and energy levels? If I report brain fog, fatigue, or declining performance, I'll reconsider. But most people report improved mental clarity within 2-4 weeks."

The Nuclear Option: Find a New Doctor

If your doctor:

- **✗ Refuses to order baseline labs**
- **✗ Prescribes statins without trying lifestyle first**
- **✗ Dismisses your concerns or goals**
- **✗ Won't monitor you during dietary intervention**

You have the right to find a doctor who will partner with you.

Resources for finding supportive doctors:

- **DietDoctor.com** - Doctor directory (keto/carnivore friendly)
- **PaleophysiciansNetwork.com** - Ancestral health practitioners
- **Functional medicine practitioners** - Often more open to dietary interventions

SECTION 4: Medication Adjustment Protocols

> **⚠ CRITICAL:** NEVER adjust medications without medical supervision. These are discussion frameworks for your doctor, NOT medical advice.

General Medication Safety Rules

1. **NEVER adjust medications without your doctor's knowledge**
2. **Monitor relevant biomarkers daily/weekly** (glucose, BP, etc.)
3. **Keep a medication log** - Record every change with date and reason
4. **Have rescue protocols** - Know when to take extra medication
5. **Report symptoms immediately** - Dizziness, confusion, chest pain, severe fatigue
6. **Recheck labs at Week 8** - Comprehensive



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SECTION 5: Finding a Supportive Doctor

Red Flags (Time to Find a New Doctor)

- ✖ Refuses to order baseline labs before dismissing your diet
- ✖ Prescribes statins immediately without discussing lifestyle intervention
- ✖ Uses fear tactics ("You'll have a heart attack in 6 months")
- ✖ Dismisses patient autonomy ("I'm the doctor, you need to listen to me")
- ✖ Won't monitor you during dietary intervention

Green Flags (Signs of a Good Doctor)

- ✓ Orders comprehensive labs (including advanced markers if requested)
- ✓ Proposes a trial period ("Let's try this for 8 weeks and recheck")
- ✓ Focuses on outcomes ("Let's see how you feel and what the labs show")
- ✓ Respects patient autonomy ("I have concerns, but I'll monitor you closely")
- ✓ Evidence-based discussion (cites research, not just guidelines)

Where to Find Carnivore/Keto-Friendly Doctors

Online Directories:

- DietDoctor.com/find-doctors - Keto/low-carb provider directory
- PaleophysiciansNetwork.com - Ancestral health practitioners
- IFM.org - Institute for Functional Medicine

Telemedicine Options:

- [SteadyMD](https://SteadyMD.com) - Keto-friendly primary care via telehealth
- Levels.com - Continuous glucose monitoring + MD consults
- [Function Health](https://FunctionHealth.com) - Comprehensive lab testing + health optimization

What to Ask When Interviewing a New Doctor:

1. "Have you worked with patients on ketogenic or carnivore diets?"
2. "Are you willing to order advanced lipid markers like ApoB and CAC score?"
3. "If my standard LDL rises but triglycerides drop and I feel great, will you support me?"
4. "Can we agree on an 8-week trial with close monitoring?"

SECTION 6: Comprehensive Lab Monitoring Schedule



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Baseline Labs (Week 0 - Before Starting keto)

Metabolic Panel:

- [] Fasting Glucose
- [] Fasting Insulin (critical for tracking insulin resistance)
- [] HbA1c (3-month glucose average)
- [] HOMA-IR (calculated from glucose + insulin)

Lipid Panel (Standard):

- [] Total Cholesterol
- [] LDL-C
- [] HDL-C
- [] Triglycerides
- [] **Calculate Trig/HDL ratio** (divide Trig by HDL)

Advanced Lipids (Request if possible):

- [] ApoB (gold standard for cardiovascular risk)
- [] LDL Particle Number (LDL-P)
- [] LDL Particle Size (small vs large)

Cardiovascular Risk:

- [] hs-CRP (high-sensitivity C-reactive protein - inflammation marker)
- [] **CAC Score** (Coronary Artery Calcium scan - optional but valuable if >40 years old)

Kidney & Liver Function:

- [] Creatinine
- [] eGFR (estimated glomerular filtration rate)
- [] BUN (blood urea nitrogen)
- [] ALT (alanine aminotransferase)
- [] AST (aspartate aminotransferase)
- [] Albumin

Micronutrients:

- [] Vitamin D (25-hydroxy)
- [] Vitamin B12
- [] Magnesium (RBC)



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- [] Iron panel (ferritin, TIBC, serum iron, transferrin saturation)

Week 8 Recheck (Comprehensive Follow-Up)

Repeat ALL baseline labs to assess metabolic response

Expected Changes:  Likely improvements:

- Fasting glucose ↓
- Fasting insulin ↓↓ (often dramatic)
- HbA1c ↓
- Triglycerides ↓↓
- HDL ↑
- Trig/HDL ratio ↓↓ (should be <2, ideally <1)
- hs-CRP ↓
- ALT/AST ↓ (if fatty liver present)

 **May increase (not necessarily bad):**

- LDL-C ↑ (often increases, especially if losing weight rapidly)
- Total Cholesterol ↑ (follows LDL)

Key Insight: If triglycerides drop, HDL rises, and Trig/HDL ratio improves - even if LDL rises - your cardiovascular risk is likely IMPROVING, not worsening.

Ongoing Labs (Beyond Week 8)

- **Week 12-16:** Optional extended monitoring
- **Yearly:** Full lipid panel, fasting glucose, insulin, HbA1c, kidney/liver function, micronutrients, TSH
- **Every 2-5 years:** CAC score (if previous score >0)

SECTION 7: The One-Page Doctor Handout

Print this and bring to your appointment

ONE-PAGE PHYSICI



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Patient: Keto Protocol: keto Metabolic Intervention **Duration:** 8-week monitored trial **Date:**

January 18, 2026

PATIENT REQUEST:

I am starting a therapeutic keto protocol to address: **No significant symptoms**

I am requesting: 1. **Baseline comprehensive labs** (see list below) 2. **8-week recheck labs** with medication adjustment discussion if warranted 3. **Partnership in monitoring** - I will report any adverse symptoms immediately

BASELINE LABS REQUESTED (Week 0):

Metabolic: Fasting Glucose, Fasting Insulin, HbA1c, HOMA-IR **Lipids:** Total Chol, LDL, HDL,

Triglycerides, ApoB (if available) **Inflammation:** hs-CRP **Kidney:** Creatinine, eGFR, BUN **Liver:**

ALT, AST, Albumin **Micronutrients:** Vitamin D, B12, Magnesium, Iron Panel **Optional:** CAC Score

(if age >40 and no recent scan)

WEEK 8 RECHECK LABS:

Repeat all baseline labs to assess metabolic response

MEDICATION MONITORING (if applicable):

I will contact you immediately if:

- Blood glucose <70 mg/dL (hypoglycemia)
 - Blood pressure <90/60 mmHg (hypotension)
 - Severe fatigue, dizziness, confusion, chest pain
 - Any other concerning symptoms
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EVIDENCE SUMMARY:

Low-carbohydrate / ketogenic / carnivore interventions have peer-reviewed evidence for:

- **Type 2 Diabetes R**
- **Metabolic Syndro**



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- **Weight Loss:** Superior to low-fat diets in meta-analyses
- **Inflammation Reduction:** Decreases hs-CRP and other inflammatory markers

Patient commitment: I, Keto, will adhere strictly to protocol, monitor daily, and report any adverse effects immediately.

Patient Signature: _ Date:

SECTION 8: After Your Appointment

If Your Doctor Agreed to Monitor You

Immediate Actions: 1. [] Schedule Week 8 follow-up appointment NOW (before you leave office) 2. [] Get lab orders and complete baseline labs within 48 hours 3. [] Request copies of all lab results (you own your medical records) 4. [] Create a tracking spreadsheet or use app 5. [] Start keto protocol after baseline labs are complete

Daily Monitoring (Weeks 0-8):

- [] Weight (morning, after bathroom) - Log in tracker
- [] Blood glucose (if diabetic/pre-diabetic) - 2-3x daily
- [] Blood pressure (if on BP meds) - Morning + evening
- [] Symptoms: Energy, mood, cravings, digestion - Rate 1-10 daily
- [] Medication changes - Log every adjustment with date/time/reason

Emergency Contacts:

- **Hypoglycemia** (glucose <50 mg/dL): Drink 4 oz orange juice, call 911 if unconscious
- **Severe hypotension** (BP <80/50 mmHg): Lie down, elevate legs, drink salted water, call 911
- **Chest pain:** Call 911 immediately

If Your Doctor Refused to Partner

Don't Panic - You Have Options:

Option 1: Find a New Do



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- Use directories: DietDoctor.com, PaleopnysiciansNetwork.com

- Ask in carnivore/keto communities for local recommendations
- Interview new doctors using questions from Section 5

Option 2: Use Telemedicine

- SteadyMD, Levels.com, Function Health
- Often more affordable than traditional office visits
- Many are keto/carnivore-experienced

Option 3: Self-Direct Labs (Legal in Most States)

- **Ulta Lab Tests, Walk-In Lab, Life Extension**
- Cost: \$100-300 for comprehensive panel
- You won't have a doctor to interpret, but you'll have data

You've got this. Most doctors will partner with you if you approach professionally and commit to close monitoring. If not, there are other options. Your health is worth fighting for.

Report #6: Conquering Your Kryptonite

OBSTACLE OVERRIDE PROTOCOL

Challenge: Staying Consistent With Your Diet

1. IDENTIFYING THE ENEMY

Consistency isn't about willpower—it's about **systems**. When you struggle to stay consistent, you're not weak or undisciplined. You're simply relying on motivation (which fluctuates) instead of structure (which doesn't).

The real enemy is **decision fatigue**. Every time you have to think "What should I eat?"—you're draining the same mental energy. Eventually, it runs out.



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And when it does, convenience wins.

2. THE MINDSET SHIFT

You don't need to be perfect. You need to be **predictable**.

The people who succeed long-term aren't more motivated than you. They've just removed the need for motivation by making their diet boring in the best way—automatic, planned, and non-negotiable.

Your job isn't to eat perfectly every day. Your job is to make eating well the path of least resistance.

With your targets (3,104 calories, 200g protein, 247g fat), you have plenty of room to build satisfying, repeatable meals. This isn't restriction—this is fueling a machine.

3. THE TACTICAL SOLUTION

Step 1: Create Your "Default Day"

Build ONE day of eating that hits your macros and requires zero thought. This becomes your fallback—the meal plan you follow when you don't feel like planning.

Action: Write out 3-4 meals totaling ~3,100 cal, 200g protein, 247g fat. Rotate proteins you enjoy. Keep it simple. Post it on your fridge.

Step 2: Batch Prep Your Protein Anchor

Your protein target is substantial. Make it impossible to miss by prepping protein in bulk twice per week.

Action: Every Sunday and Wednesday, cook 2-3 lbs of your preferred protein. Store in containers. When hunger hits, your protein is already ready—no excuses.

Step 3: Set a Non-Negotiable "First Meal" Rule



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Win the morning, win the day. Make your first meal of the day the most consistent—same time, same food, no decisions.

Action: Choose one high-protein, high-fat breakfast you enjoy. Eat it every single day for the next 30 days. Lock it in.

4. THE "BREAK GLASS" EMERGENCY PLAN

When you feel yourself slipping:

- **The Salt Trick:** Cravings and low energy often signal low electrolytes. Take $\frac{1}{2}$ tsp salt in water. Wait 15 minutes before making any food decisions.
 - ⌚ **The 10-Minute Rule:** Tell yourself: "I can go off-plan in 10 minutes if I still want to." Set a timer. Cravings usually pass. You just need to outlast them.
 - 📱 **The Photo Commitment:** Before eating anything off-plan, take a photo of it. This tiny pause creates awareness and often stops the spiral before it starts.
 - 🎯 **The Protein-First Protocol:** If you're going to eat something unplanned, eat 30g of protein first. This fills you up and often eliminates the craving entirely.
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5. COMMITMENT CONTRACT

> I, ___, commit to the following for the next 14 days: > > I will follow my "Default Day" meal plan when I don't feel like deciding > > I will prep my protein twice per week (Sunday & Wednesday) > > I will eat the same first meal every day > > Before going off-plan, I will use at least ONE emergency tool > > **Signature:** > > **Date:**

REMEMBER THIS

Consistency isn't a trait you're born with. It's a **skill you build through structure**. Every day you follow the system—even imperfectly—you're rewiring your brain to make this easier.

You have the calories and



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d the system that makes

You don't rise to the level of your goals. You fall to the level of your systems.

Make yours bulletproof. 💪

Report #7: Dining Out & Travel Survival Guide

For Keto navigating the world on keto

The Three Golden Rules

Rule #1: Be "That Person"

- Your health comes first. Do not apologize for your dietary needs.

Rule #2: Beware the Seed Oils

- Always ask: "What fat do you use for cooking?" Request butter, ghee, or olive oil.

Rule #3: When in Doubt, Order Fish/Steak

- A plain steak with butter is available almost everywhere.

Restaurant Strategy by Cuisine

Steakhouse / Seafood Restaurant

- Order: Ribeye + butter + vegetable
- Customization: "Cooked in butter, no seed oils"

Diner

- Order: Burger (no bun) + eggs + bacon
- Customization: "Cooked in butter, no seed oils"



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Mexican

- Order: Carne asada + guacamole
- Customization: "No tortillas, no rice, cooked in butter"

Asian

- Order: Grilled beef or fish
- Customization: "Cooked in butter, no sauce"

Fast Food Emergency Menu

McDonald's: 3x Beef Patties + cheese (no bun) + eggs + bacon **Wendy's:** Dave's Single (no bun) + extra beef **Chipotle:** Steak bowl, no rice, no beans **Taco Bell:** Power Menu Bowl, no rice/beans

Travel Packing

- [] Beef jerky (check sugar content)
- [] Macadamia nuts or pecans
- [] Hard cheese
- [] Sardines canned in oil
- [] Salt packets

Remember: Own your choices. Your health comes first. 

Report #8: The Science & Evidence

Why keto works: Evidence-based research

Key Research

Research on keto shows promising results for maintaining and reducing significant symptoms:

Metabolic Effects: keto shifts metabolism to fat-burning, reducing insulin resistance and stabilizing blood sugar.



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Anti-Inflammatory: Elimination of plant foods may reduce significant symptoms.

Microbiome Changes: keto shifts gut bacteria toward beneficial species.

Why keto for Keto:

1. **Rapid metabolic effect** - Addresses your insulin sensitivity quickly
2. **Anti-inflammatory** - Removes your common triggers
3. **Sustainable** - No calorie counting, naturally satiating
4. **Evidence-backed** - Research supports efficacy

Work with your doctor for personalized guidance.

Report #9: Laboratory Reference Guide

Understanding your lab results on keto

Standard vs. keto Ranges

Glucose & Insulin

Marker	Standard	keto Target	Note
Fasting Glucose	70-100	60-85	Lower is better on low-carb
Fasting Insulin	<10	<5	Measures insulin sensitivity
HbA1c	<5.7%	<5.5%	3-month glucose average

Lipids

Marker	Standard	keto Typical	Note
HDL	>40	Often ↑	Protective factor
Triglycerides	<150	Often ↓	Improves a lot
hs-CRP			Improvement

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What to Expect After 8 Weeks

✓ **Likely:** HbA1c, glucose, triglycerides, hs-CRP, HDL improve ! **May increase:** LDL (particle size usually improves)

Ask your doctor: Can we focus on LDL particle size rather than LDL number?

Report #10: The Electrolyte Protocol

Managing sodium, potassium, and magnesium on keto

Why Electrolytes Matter

On keto, your body releases water and electrolytes more rapidly. This causes "keto flu" (headache, fatigue) in Week 1-2.

The Ketoade Recipe

Ingredients

- 1 liter water
- 1 teaspoon salt (Redmond or Himalayan)
- ½ teaspoon "Lite Salt" (potassium)
- Pinch of magnesium powder (optional, 200-300mg)
- Lemon/lime juice (optional)

Instructions

1. Mix all ingredients
2. Drink 1-2 liters daily, especially weeks 1-4

Daily Electrolyte Goals

- **Salt:** 3-7 grams (3-7 teaspoons)
- **Potassium:** 2-4 grams



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- **Magnesium:** 300-600mg (supplement or food)

Signs You Need More

⚠️ Headaches → Add salt ⚠️ Muscle cramps → Add potassium + magnesium ⚠️ Fatigue → Add salt + magnesium ⚠️ Dizziness → Add salt immediately

Report #11: The Adaptation Timeline

What to expect week by week on keto

Week 1: The Glycogen Depletion Phase

Days 1-3: Water loss (3-7 lbs normal), stable energy **Days 4-7:** Transition trough, possible "keto flu", cravings peak **Action:** Eat normally, stay hydrated, increase salt

Week 2: The Difficult Week

Days 8-10: Peak dip, worst energy, strong cravings **Days 11-14:** Turning point, energy returns, cravings subside **Action:** Push through. This is temporary. Don't cheat.

Week 3: The Breakthrough

Days 15-21: Fat adaptation accelerating, consistent weight loss, excellent energy, mental clarity improves **Action:** Enjoy. Note health improvements.

Week 4: The New Normal

Days 22-30: keto feels normal, stable energy, sleep improves, skin/hair improve **Action:** This is your new baseline. Track improvements.

The hardest part is Weeks 1-2. If you push through, the payoff is worth it.



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Report #12: The Stall-Breaker Protocol

What to do if weight loss stalls after Week 2

Check These 4 Things (In Order)

1. Real Stall or Normal Fluctuation?

- It's been 7+ days with no weight loss?
- You've been strict on keto?
- You're drinking water and getting electrolytes?

Wait 10-14 days before making changes.

2. Dairy Creep

Small amounts of cheese/cream add 1000+ calories.

- Are you adding butter to everything? Using cream in coffee?
- Solution: Track dairy for 3 days, reduce by 50%

3. Too Much Fat

keto is high-fat, but not unlimited.

- How many grams of fat daily? Are you adding excessive cooking fat?
- Solution: Reduce added fat by 20%, let meat's natural fat be primary

4. Hidden Carbs

- Check labels on processed meats, supplements, condiments
- Solution: Switch to plain meats and dairy

Keep Going

Don't quit keto • Don't ad-



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Report #13: 30-Day Symptom & Progress Tracker

Track what matters: How you FEEL, not just the scale

How to Use This Tracker

1. Weigh yourself (morning, after bathroom)
2. Rate energy (1-10)
3. Rate mood (1-10)
4. Note digestion quality
5. Track non-scale victories (NSVs)

Daily Tracker

Day	Weight	Energy	Mood	Digestion	NSVs
1				Good/OK/Bad	
7				Good/OK/Bad	
15				Good/OK/Bad	
30				Good/OK/Bad	

Symptom Checklist

Symptom	Week 1	Week 2	Week 3	Week 4
Brain fog				
Energy crashes				
Cravings				
Sleep quality				
Joint pain				
Bloating				
Mood	 Claude is active in this tab group			

Digestion				
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End of 30 Days: Reflection

What improved the most?

What's still a challenge?

Continue keto past 30 days? Yes Maybe No

Remember: This is YOUR data. Use it to make decisions about keto.



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