

DATA HUB REPORT // NO. 003

# YOUR FIRST 30 DAYS

## HOW TO WIN AND NEVER QUIT

**GOAL:** Keep you from quitting. Transition is temporary; health is forever.

### 01 // THE TIMELINE

#### WEEK 1: TRANSITION

Your body is switching fuels. You burn sugar first, then fat.

**Symptoms:** Tiredness, "Keto Flu," and losing water weight.

**Action:** Salt everything. Drink water when thirsty.

#### WEEK 2: ADAPTATION

Cravings start to fade, but your energy might go up and down.

**Symptoms:** Stomach changes. Cravings for bread or sugar.

**Action:** Eat more fat. If you are hungry, eat more beef.

#### WEEKS 3-4: STABILIZATION

Your brain starts to feel clear. Hunger feels normal again.

**Symptoms:** Better sleep and steady energy.

**Action:** Follow your numbers strictly. This is where the magic happens.

### 02 // THE SALT FIX

*You lose salt when you lose water. If you have a headache:*

1. Salt your meat until it tastes great.
2. Add a pinch of salt to your water bottle.
3. Take a "salt shot" (pinch of salt on your tongue).

### 03 // IS THIS NORMAL?

- ✓ **Bathroom Changes:** Yes. Normal for 2 weeks while you learn to digest fat.
- ✓ **Vivid Dreams:** Common. Your brain is healing.
- ✓ **Bad Breath:** "Keto Breath" means you are burning fat!

**NEED PERSONAL HELP?**

We troubleshoot your symptoms at **CARNIVOREWEEKLY.COM/CALCULATOR**