

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**