



THE COMPLETE
CARNIVORE SYSTEM
DATA-DRIVEN. RUGGED. REFINED.

01 // THE MACROS

Interactive Calculator

Find your personal metabolic base. No more guessing.

02 // THE FOOD

Food Framework

The Traffic Light List and Dairy Ladder for faster fat loss.

03 // THE TIMELINE

The First 30 Days

Weekly expectations and the Salt Secret to beat fatigue.

04 // REAL LIFE

Troubleshooting Hub

Decision trees for stalls, cravings, and eating out.

DUAL-DEVICE OPTIMIZED

Includes Printable Desktop Versions + Mobile-Optimized Phone Versions

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