

DATA HUB REPORT // 003

THE FIRST 30 DAYS

HOW TO NEVER QUIT

SWIPE TO START →

THE TIMELINE

WEEK 1: TRANSITION

You are switching fuels.

Feelings: Tired, thirsty.

FIX: Salt everything. Drink water.

WEEK 2: ADAPTATION

Cravings hit hard here.

Feelings: Hunger swings.

FIX: Eat more fat. Never stay hungry.

LOCKING IT IN

WEEKS 3-4

Your body is now fat-adapted.

Feelings: Clear head, steady energy, better sleep.

FIX: Follow your macro numbers strictly now.

THE SALT FIX

Transitioning makes you lose salt. If you have a headache:

1. Salt your meat.
2. Add salt to water.
3. Take a "salt shot."

IS THIS NORMAL?

- ✓ **Bathroom Changes:** Yes. Normal for 2 weeks.
- ✓ **Leg Cramps:** You need more salt/magnesium.
- ✓ **Vivid Dreams:** Yes. Your brain is healing.
- ✓ **Bad Breath:** Yes. It means it is working!

NEED STALL HELP?

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