

2020

Carnivore Diet Meal Plan

Disclaimer: I am not a registered medical doctor who tries to make money out of your sickness. I am here to share with you what I have learned through experience with my own body. The knowledge I share in this book is life transforming because it has changed my life completely. The healthcare system is the biggest scam of the century. You don't need a doctor; your body is designed to heal itself if you let it.

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Introduction:

The primary reason for all the sickness in the body is because of too much insulin in your blood. When there is too much insulin in your blood, you'll have a condition which is called as insulin resistance. Whenever you eat carbohydrates it converts into glucose and enters the blood stream which will result in insulin level going up. Once there is too much glucose in the blood it is converted into fat and stored in your body as fat. So, the solution to this problem is to completely avoid eating carbohydrates in your diet. Proteins and Fat will increase your insulin level but not as much as the carbohydrates. When you eliminate carbohydrates from your diet, your body will change from using glucose as energy to ketones. Your body will run on ketones and you'll feel more energetic.

Once your body is running on ketones, your body is in healing mode. You can heal your body from all diseases including diabetes, high blood pressure, heart disease and even cancer. But the medical industry will not tell you this because they can't make money out of your sickness. You also need to follow what is called as intermittent fasting. It basically means to fast for 16 hours and eat during an 8-hour period during the day. For example, if you eat your dinner before 9 PM, you need to fast from 9 PM to next day 1 PM in the afternoon. Basically, you skip your breakfast. During the fasting period your body will heal itself of all sicknesses and diseases.

If you have any questions, please feel free to email me at info@cherianpaul.com. Or setup an appointment online through my website, cherianpaul.com. All my services are 100% free and am not interested in making money out of anyone's sickness.

Important: -

- If you are getting cravings, body/bone pain or feel low energy during the day, it simply means you have not had enough protein in your diet. Please increase the intake of meat in your diet and you'll not get any cravings for any food. Never limit your intake of meat, you can never overeat meat.
- If you are getting headaches, please drink water.
- 16 hours of fasting and 8 hours of eating gives the best results. **If you fast too much, you'll lose muscles, but if you don't fast, your body will not get time to heal.**
- You can drink water during fasting period, but dry fasting will give you better results. A soft dry fast is more than enough. (Google "soft dry fast")

Meal Plan

2020

High Protein, Zero Carb meal plan

Carnivore Diet

The best and easiest way to follow a diet is to keep it simple. If you complicate your diet, it will be hard for you to follow and you'll give-up soon. So, I suggest you keep it simple and follow a carnivore diet which is a meat only diet. Calories doesn't matter, eat until you get full. **You'll not gain weight by eating Fat, but you'll gain weight if you eat Carbohydrates/Sugars.** Below is my meal plan:



Week 01:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Three eggs and Bacon	Three eggs and Bacon	Three eggs and Bacon	Three eggs and Bacon	Three eggs and Bacon	Three eggs and Bacon	Three eggs and Bacon
LUNCH	Three Chicken Drumsticks	Three chicken thighs	Pork Chops or Beef steak	Three Chicken Drumsticks	Three chicken thighs	Two Beef Pattie or filet	Pork Chops or Beef steak
DINNER	Two Beef Patties or filet	Two Beef Patties or filet	Three Chicken Drumsticks	Two Beef Patties or filet	Three Chicken Drumsticks	Three chicken thighs	Three Chicken Drumsticks

Week 02 onwards:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LUNCH	Three eggs and two chicken thighs	Three eggs and two Chicken Drumsticks	Three eggs and two chicken thighs	Three eggs and two Chicken Drumsticks	Three eggs and two chicken thighs	Three eggs and two Chicken Drumsticks	Three eggs and two chicken thighs
DINNER	Two Beef Patties or filet	Pork Chops or Beef steak	Pork Chops or Beef steak	Two Beef Patties or filet	Two Beef Patties or filet	Two Beef Pattie or filet	Pork Chops or Beef steak

No snacking between meals. This meal plan is only a sample, you can eat whatever you want as long as it's meat! Drink water only if you are thirsty. There should not be more than 7 hours gap between lunch and dinner. Try to reduce the gap to 4 or 5 hours for maximum benefit. Having only two meals a day with 4 to 5 hours gap between the first and the second meal will give you maximum results on weight loss and healing. Basically, you'll be fasting after dinner till lunch the next day afternoon. You'll see magical results.

Tips:

- Always cook with Coconut Oil or Ghee (Clarified butter). Animal fats like tallow and lard are good for your health. So, don't throw away the fats from beef or bacon. Also always eat chicken with skin and fat. **Eating fat is not bad but it's not necessary, so just eat fat for taste.** No need to take too much fat like Keto diet.
- Avoid plant-based oils like vegetable oil, soy oil and sunflower oil.
- This is a zero-carb diet so avoid eating anything that has carbohydrates. Basically, eliminate all rice and wheat-based products.
- Carbohydrates are sugars. So, avoid all sweets, sugar and honey. Avoid Juice and soft drinks.
- Avoid all fruits and vegetables. They all contain carbohydrates. If you really want vegetables, include broccoli.
- Don't drink too much water. Drink water only when thirsty or having headaches.
- No need to exercise or go to gym until you reach your ideal weight. **Please don't do long cardio it will adversely affect your health.** HIIT exercises is ok but not needed.
- Once you have perfect health and can see your abs, you can have some carbs in the weekend. Just have some wine, soft drinks, chocolates, cakes and ice cream. But make sure you fast for 16 hours in the morning and party in the evening times.