

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 my own experience by helping others. 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.

**Copyright:** The content of this file is not subject to any copyright. You may copy, duplicate or distribute this file as much as you want. You have 100% rights to do whatever you want with this file.

## Introduction:

The primary reason for all the sickness in the body is caused by a condition called **insulin resistance**. You get insulin resistance when you do not move around during the day. For example, sitting in the office desk the whole day. The best way to avoid insulin resistance is to keep moving around the whole day with some slight activities. No need to run or do heavy exercise. Just move round slowly, avoid sitting in one place for long hours. You are gaining weight not because you ate too much but you have insulin resistance.

Once you have insulin resistance the best way to reverse it is through following a zero-carb diet and fasting. If you have insulin resistance your metabolism is broken and anything you eat is convert to fat and stored in your body as fat and that is why you gain weight. So, the solution to this problem is to completely avoid eating carbohydrates in your diet. 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 will 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 cannot 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. Basically, have your breakfast at 9 AM and finish your dinner by 5 PM. So, you are fasting from 5 PM to the next day morning 9 AM. During the fasting period, your body will heal itself of all sicknesses and diseases and burn fat.

If you have any questions, please feel free to email me at [info@cherianpaul.com](mailto:info@cherianpaul.com). Or setup an appointment online through my website, [cherianpaul.com](http://cherianpaul.com). All my services are 100% free and am not interested in making money. I have other means of doing. I am here to change people's life as much as I can. I can help you with some advanced fasting routines.

## Important: -

- If you are getting cravings or feel low energy during the day, it simply means you have not had enough fat in your diet. Please increase the intake of fat in your diet
- If you are getting body/bone pain, please increase your protein intake.
- 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.**
- If possible, avoid drinking water/coffee during fasting period, dry fasting will give you better results. A soft dry fast is more than enough. (Google "soft dry fast")

# Meal Plan

2020

High Fat, 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: (Drink water as needed)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BREAKFAST</b>	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
<b>LUNCH</b>	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
<b>DINNER</b>	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: (Avoid drinking water)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BREAKFAST</b>	Three eggs, Bacon and butter coffee	Three eggs, Bacon and butter coffee	Three eggs, Bacon and butter coffee	Three eggs, Bacon and butter coffee	Three eggs, Bacon and butter coffee	Three eggs, Bacon and butter coffee	Three eggs, Bacon and butter coffee
<b>LUNCH</b>	One Beef Patty or filet with butter coffee	Pork Chops or Beef steak with butter coffee	Three Chicken Drumsticks with butter coffee	One Beef Patty or filet with butter coffee	Pork Chops or Beef steak with butter coffee	Three Chicken Drumsticks with butter coffee	Two chicken thighs with butter coffee

No snacking between meals. This meal plan is only a sample and generic. Please get in touch with me for a custom meal plan for you! Drinking water is not necessary in a high fat diet. There should not be more than 7 hours gap between lunch and dinner. Having only two meals a day with 7 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.

# How to make Butter Coffee

- Prepare 1 cup of hot black coffee.
- Add two tablespoons of Butter. (Please use butter made from cow milk)
- Add one tablespoon of MCT Oil. (Optional, add it for faster fat loss)
- Blend it in a high-speed blender and enjoy.

## 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, so just eat fat as much as you can.**
- 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.
- Avoid milk also because it has carbohydrates.
- 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 your diet. Just have some wine, soft drinks, chocolates, cakes and ice cream. But make sure you fast for 16 hours in a day. Fasting can be done anytime during the day early morning or in the evening whichever is convenient for you.