

Animal-Based Diet Quick-Start Guide

Goals: steady energy, fewer cravings, strong recovery.

CORE PRINCIPLES

- Prioritize complete protein at every meal (0.7–1.0 g per pound of goal body weight).
- Use natural animal fats (ghee, butter, tallow) to keep you full and satisfied.
- Choose fruit and honey as your main carbs if you tolerate them well.
- Limit seed oils (soybean, canola, corn), refined grains, and ultra-processed snacks.
- Salt your food to taste, especially if you train or sweat a lot.

EAT OFTEN

- Proteins: beef, bison, lamb, chicken, turkey, eggs, salmon, sardines, shrimp, scallops.
- Fats: beef tallow, ghee, butter, suet, fatty fish, olive oil for cold uses.
- Dairy (if tolerated): full-fat yogurt, kefir, cottage cheese, hard cheeses.
- Carbs: ripe fruit, berries, bananas, melon, raw honey.
- Veggies (if tolerated): squash, carrots, peeled cucumbers, lettuce, cooked greens.

LIMIT OR AVOID

- Industrial seed oils (soybean, canola, corn oil).
- Candy, sugary drinks, refined grains and baked goods.
- Ultra-processed snacks and deli meats with sugars, fillers, or seed oils.

SIMPLE PLATE FORMULA

1. Protein first: palm-and-a-half to two palms of cooked protein per meal.
2. Add fat until you feel satisfied (ghee, butter, tallow, fatty cuts of meat).
3. Add fruit or easy veggies as needed for energy, mood, and digestion.
4. Adjust portions based on hunger, performance, and body-composition goals.

CARB & HYDRATION GUIDELINES

- Typical carb range: 75–150 g per day from fruit and honey (adjust up or down).
- More carbs around hard training sessions, fewer on very sedentary days.
- Hydration: drink water through the day and add a pinch of sea salt, especially on training days.

Sample 7-Day Animal-Based Meal Plan (Condensed)

DAY 1

- Breakfast: 4 eggs in ghee, blueberries, coffee with cream.
- Lunch: Ground beef bowl with baked squash, butter, sea salt.
- Dinner: Steak (ribeye or sirloin), cucumber salad, melon.

DAY 2

- Breakfast: Greek yogurt with honey and banana.
- Lunch: Chicken thighs, carrots, buttered mashed potatoes (if tolerated).
- Dinner: Salmon with lemon butter, zucchini, pineapple.

DAY 3

- Breakfast: Cottage cheese, strawberries, small handful of nuts (if tolerated).
- Lunch: Bison burgers with cheddar, lettuce wrap, baked sweet potato.
- Dinner: Lamb chops, roasted squash, honey drizzle post-workout.

DAY 4

- Breakfast: Omelet with cheese, half grapefruit.
- Lunch: Turkey thighs, cucumber slices, buttered rice.
- Dinner: Shrimp in garlic butter, salad greens, mango.

DAY 5

- Breakfast: Kefir smoothie with banana and honey.
- Lunch: Steak strips with carrots and ghee.
- Dinner: Roasted chicken drumsticks, mashed squash, berries.

DAY 6

- Breakfast: 3 eggs, cheddar, side of melon.
- Lunch: Sardines with lemon, white rice, olive oil, salt.
- Dinner: Ground lamb with herbs, cucumber yogurt sauce, baked potato (if tolerated).

DAY 7

- Breakfast: Greek yogurt, honey, blueberries.
- Lunch: Steak salad with olive oil, parmesan, ripe peaches.
- Dinner: Seared scallops, buttered asparagus tips, banana with cinnamon.

Beginner Shopping List

PROTEINS

- Steaks, ground beef, bison, lamb, chicken thighs, turkey, salmon, sardines, shrimp, eggs

FATS

- Ghee, butter, beef tallow, olive oil (for cold uses)

DAIRY (IF TOLERATED)

- Full-fat yogurt, kefir, cottage cheese, hard cheeses

CARBS

- Bananas, blueberries, oranges, melons, pineapple, raw honey

VEGETABLES

- Squash, carrots, cucumbers, lettuce, cooked greens (if tolerated)

SEASONINGS

- Sea salt, pepper, garlic, lemon

Weekly Check-In (Circle or Note Changes)

- Energy (morning / afternoon): better / same / worse
- Cravings & snacking: better / same / worse
- Digestion (bloating, bathroom): better / same / worse
- Sleep depth and ease of falling asleep: better / same / worse
- Workout performance & recovery: better / same / worse
- Waist and clothes fit: looser / same / tighter

Tip: Adjust protein, fat, and carbs slowly (one change at a time) based on these check-ins.

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