

FTW Carnivore Diet Challenge 2 Week Meal Plan



This 2-week meal plan is designed to make your transition to carnivore VERY simple and focuses on how you can optimally eat on a carnivore diet. Like our ancestors, we should not wake and eat...you should only eat if you are TRULY HUNGRY. Wait as long as possible until you are truly hungry to eat something each day. Only eat during daylight hours. If the sun has set, you should not eat again until it rises. We have two, 2 week plans below. The first is a traditional carnivore approach. The second is a more keto carnivore approach allowing for dairy and nuts.

Choose which you feel would be best for you. Check out the accompanying Food List to take with you to the grocery store to help get you stocked up with the foods you need on hand to make these 2 weeks successful. What is awesome is that you are eating to satiety. You are not counting calories and macros. You literally cannot overeat when on a zero carb diet. That is why it's so important to not consume ANY artificial (or real) sweeteners because they interfere with the body's ability to determine satiation.

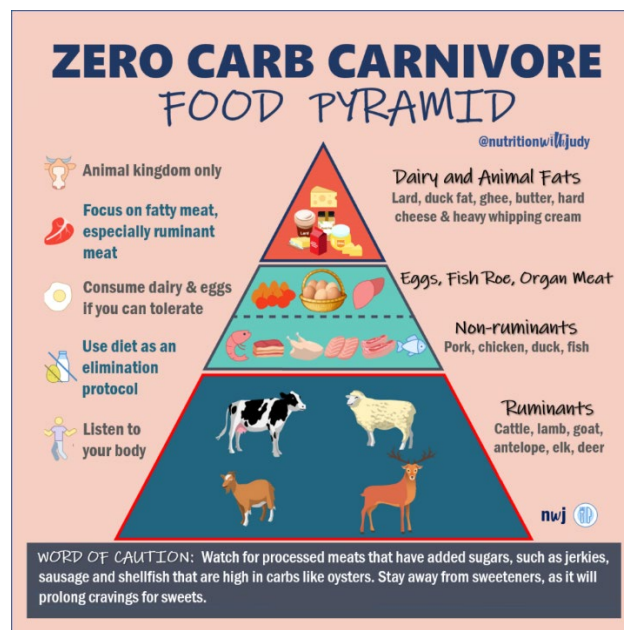
Before we get to the schedule, let's lay the **10 Carnivore Ground Rules**:

- #1: If available, eat the best quality product possible. This means organic, free range, grass fed, hormone free, nitrate free, non-GMO, etc.
- #2: Stop "eating on a clock" and start listening to your body. Just because work or school gives you a "meal break" doesn't mean you have to eat at that time. If you are not hungry, don't eat. Take advantage of that time and do something productive like listen to a podcast or meditation, read a book or get a workout in.
- #3: Sugar, sugar alternatives and alcohol are strictly forbidden. The concept of carnivore is that we are not consuming anything not from an animal. Even with calorie free sweeteners, they act like sweeteners in the body. And, alcohol is a grain.
- #4: No cheat days. Come on, it's only 2 weeks. We promise you will not die of carb withdrawal.
- #5: If it had a heartbeat, then yes, you can eat it.
- #6: Try and avoid eating out as much as possible. Most restaurants cook with vegetable oils and their meats are often cheap version and contain fillers and even sugars.
- #7: Expect some gastrointestinal changes. Your gut flora is going to be changing, so you may experience some diarrhea or constipation for the first couple of days. If you have constipation, we recommend supplementing with magnesium until things return to normal.
- #8: Water and salt are life! These are the two things you need to survive if everything else is unavailable. Do not shy away from salt. We recommend the Real Salt brand. Salt your food every time you eat.
- #9: HYDRATE, HYDRATE HYDRATE! Our rule of thumb is that if you feel hungry, you are probably dehydrated. Drink 8 ounces of water. Wait 20 minutes. If you are still hungry, go ahead and eat, but most likely, your body was just sending you the dehydration signal and you mistook it for hunger.
- #10: Take your "before" and "after" pictures. You may not see a huge change in the scale after just 2 weeks, but you will most likely see a change in your belly area. Bloating and distention tend to disappear on a zero-carb diet.

TRADITIONAL CARNIVORE 2 WEEK EATING PLAN

(again, this is just a suggestion, feel free to use any of the foods listed on the food list)

	Breakfast	Lunch (only when you are really hungry)	Dinner	Snack option if needed
Day 1	Coffee or tea with collagen or bone broth protien (or just plain coffee or tea)	Ribeye steak with 2 hardboiled eggs	Salmon with pork rinds	2 hardboiled eggs with one link of a sausage
Day 2	Coffee or tea with collagen or bone broth protien (or just plain coffee or tea)	Ground beef burger or a mixed beef/offal burger with pork rinds	Flank Steak and steamed muscles	Sardines with pork rinds
Day 4	Coffee or tea with collagen or bone broth protien (or just plain coffee or tea)	Barbeque pork ribs and barbeque sausage	Catfish and pork rinds	Beef jerky
Day 5	Coffee or tea with collagen or bone broth protien (or just plain coffee or tea)	Eggs and bacon	Pork chop	Pepperoni and 2 hardboiled eggs
Day 6	Coffee or tea with collagen or bone broth protien (or just plain coffee or tea)	T-bone steak with pork rinds	Veal and beef meatballs with 2 sunny side up eggs	Sardines and pork rinds
Day 7	Coffee or tea with collagen or bone broth protien (or just plain coffee or tea)	Brautwurst and veal sausage	Pork belly and catfish	prosuitto, salami, sopressatta, chorizo, pepperoni
	REPEAT THE ABOVE	FOR WEEK 2		



KETO CARNIVORE 2 WEEK EATING PLAN

(again, this is just a suggestion, feel free to use any of the foods listed on the food list)

	Breakfast	Lunch (only when you are really hungry)	Dinner	Snack option if needed
Day 1	Coffee or tea with MCT and Coconut Cream (or just plain coffee or tea)	Ribeye steak with 2 hardboiled eggs	Salmon with sour cream and butter and pork rinds	2 hardboiled eggs with cheddar cheese
Day 2	Coffee or tea with collagen or bone broth protien (or just plain coffee or tea)	Ground beef burger or a mixed beef/offal burger with choice of cheese with pork rinds	Flank Steak and steamed muscles with melted butter seasoned with garlic slat	Pili nuts
Day 4	Coffee or tea with coconut oil and mct (or just plain coffee or tea)	Barbeque pork ribs and barbeque sausage	Catfish with sour cream and butter and pork rinds	Whey protein shake with collagen protein and a scoop of nut butter
Day 5	Coffee or tea with heavy whipping cream (or just plain coffee or tea)	Eggs and bacon, cheese	Pork chop	Pepperoni and mozzarella cheese
Day 6	Coffee or tea with coconut oil and coconut cream (or just plain coffee or tea)	T-bone steak	Veal and beef meatballs with mozzarella cheese with 2 sunny side up eggs	Brie cheese with pork rinds
Day 7	Coffee or tea with butter and heavy whipping cream (or just plain coffee or tea)	Bratwurst and veal sausage with cheddar cheese	Pork belly and catfish	Sardines and pork rinds
	REPEAT THE ABOVE	FOR WEEK 2		



FIRE TEAM WHISKEY
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