

# The Carnivore Diet Quick Start Kit

## Your Essential 7-Day Launch Guide

Feeling lost starting Carnivore? This Quick Start Kit cuts through the noise, giving you the essential food list, meal structure, and troubleshooting tips to conquer your first week with confidence.

From [CarnivoreKetoHub.com](https://CarnivoreKetoHub.com), your trusted guide.

For in-depth guides and the science behind it all, visit [CarnivoreKetoHub.com](https://CarnivoreKetoHub.com)

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## Carnivore 101: The 5 Golden Rules for Success

Keep these core principles in mind every day for a smooth transition:

### **Rule #1: Animal Products Only**

Meat, Fish, Eggs, Animal Fats. That's it.

[Learn more about allowed foods](#)

### **Rule #2: Fat is Fuel**

Don't fear fat; prioritize fatty cuts or add quality animal fats. Energy comes from fat, not carbs.

### **Rule #3: Salt Generously**

Your electrolyte needs increase. Use unrefined salt freely.

[Learn about electrolytes on carnivore](#)

### **Rule #4: Eat to Satiety**

Forget calories. Eat when hungry, stop when full. Listen to your body.

### **Rule #5: Hydrate Wisely**

Drink water primarily. Bone broth is great too.

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## Week 1 Carnivore Grocery Checklist (Print Me!)

Focus on these staples for your first grocery run. Keep it simple!

### Beef:

- Ground Beef (80/20 preferred)
- Steak (Ribeye, Sirloin, Chuck)
- Stew Meat

## **Pork:**

- Bacon (Sugar-Free!)
- Pork Chops/Shoulder

## **Poultry:**

- Chicken Thighs/Wings (Skin-On)

## **Seafood:**

- Salmon Fillets
- Canned Sardines/Tuna (in water)

## **Eggs:**

- Pasture-Raised Eggs (1-2 dozen)

## **Fats:**

- Butter (Grass-Fed)
- Tallow or Lard

## **Essentials:**

- Unrefined Salt (Pink Himalayan/Sea Salt)

## **Optional (If Tolerated):**

- Hard Cheese
- Heavy Cream

*Prioritize quality (grass-fed, pasture-raised, wild-caught) where possible.*

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## **3-Day Kickstart Meal Examples (Simple & Satisfying)**

Use your groceries! Here's how simple meals can look. Adjust portions to hunger.

### **Day 1:**

- **Breakfast:** Bacon & Eggs
- **Lunch:** Burger Patties
- **Dinner:** Ribeye Steak

### **Day 2:**

- **Breakfast:** Leftover Steak & Eggs

- **Lunch:** Sardines & Pork Rinds
- **Dinner:** Pork Chops

### Day 3:

- **Breakfast:** Ground Beef & Butter
- **Lunch:** Leftover Pork Chops
- **Dinner:** Chicken Thighs

[Need a full 7-Day Plan? Get it here](#)

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## Feeling Off? Common First-Week Hurdles & Quick Fixes

### Feeling Tired/Headache ("Keto/Carnivore Flu")?

**Quick Fix:** MORE SALT! Add salt to water, broth, or directly to food. Ensure adequate hydration.

[Learn more about electrolytes](#)

### Digestive Changes (Constipation/Diarrhea)?

**Quick Fix:** Often temporary. Adjust fat intake slightly (more fat for constipation, less for diarrhea). Ensure adequate salt/water. Consider rendered fat vs. unrendered fat. Give it time.

### Intense Cravings?

**Quick Fix:** Eat more FATTY meat until full satiety. Cravings often stem from undereating fat/protein or habit. Drink water or bone broth.

[Try these zero-carb snacks](#)

### Still Hungry?

**Quick Fix:** EAT MORE! Especially fat. Don't restrict. A fatty steak or ground beef bowl usually solves it.

[Ground beef recipe ideas](#)

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## You've Started! What's Next?

Completing your first week is a huge step! Now, continue exploring and refining your carnivore lifestyle with our resources.

### Dive Deeper Resources:

- [Explore All Carnivore Recipes](#)
- [Carnivore Breakfast Ideas](#)
- [Make Your Own Bone Broth](#)
- [Learn About Carnivore and Cholesterol](#)

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