

100 days of Carnivore to a New You

1	2	3	4	5	6	7	8	9	10	<i>"A healthy outside starts from inside"</i> Robert Urich
11	12	13	14	15	16	17	18	19	20	<i>"You are what you eat, so don't be fast, easy, cheap or fake"</i> Unknown
21	22	23	24	25	26	27	28	29	30	<i>"Action is the foundational key to success"</i> Pablo Picasso
31	32	33	34	35	36	37	38	39	40	<i>"There is no shortcut, it takes time to build a better, stronger version of yourself"</i> Unknown
41	42	43	44	45	46	47	48	49	50	You are half way through, well done!
51	52	53	54	55	56	57	58	59	60	<i>"Keep going... You never know how strong you are until you look back at everything you've overcome"</i> Unknown
61	62	63	64	65	66	67	68	69	70	<i>"Discipline is the bridge between goals and accomplishment"</i> Jim Rohn
71	72	73	74	75	76	77	78	79	80	<i>"Success is the sum of small effort, repeated day in and day out"</i> Robert Collier
81	82	83	84	85	86	87	88	89	90	<i>"Great things never came from comfort zones"</i> Unknown
91	92	93	94	95	96	97	98	99	100	Congratulation! YOU DID IT!

TIPS

- Eat a variety of animal source foods
- Eat nose-to-tail
- Get grass-fed or pasture-raised if you can afford
- Eat whole and unprocessed food
- Eat a combination of cooked, lightly cooked and raw food