

30 days of Carnivore to a New You

1	2	3	4	5	<i>"A healthy outside starts from inside"</i> Robert Urich
6	7	8	9	10	<i>"There is no shortcut, it takes time to build a better, stronger version of yourself"</i> Unknown
11	12	13	14	15	<i>"Action is the foundational key to success"</i> Pablo Picasso
16	17	18	19	20	<i>"Keep going... You never know how strong you are until you look back at everything you've overcome"</i> Unknown
21	22	23	24	25	<i>"Success is the sum of small effort, repeated day in and day out"</i> Robert Collier
26	27	28	29	30	<i>"Great things never came from comfort zones"</i> Unknown

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