THE PROFESSIONAL FAT MAN

CARNIVORE 101

WHAT IT IS
A simple, animal-based way of eating.

HOW IT WORKS
The science behind carnivore.

POTENTIAL BENEFITS
What the research and real-world experience show.

REAL WORLD INSIGHTS
Practical tips, personal experience, and key takeaways.

THE DIET THAT SAVED MY LIFE



Professional FATMAN

Introduction

A SIMPLER WAY TO EAT

The carnivore diet is an animal-based way of eating that focuses on meat, fish, eggs, and animal fats while eliminating plant foods such as grains, legumes, fruits, and vegetables, along with sugars and starches. It is a straightforward approach that many people find simple, satisfying, and beneficial to their health.

For me, the appeal of the carnivore diet was simple.

I was struggling with severe, uncontrolled type 2 diabetes, obesity, and several other serious health complications. I was searching for a way to nourish my body with nutrient-dense foods without constantly experiencing significant blood sugar spikes.

Through my research, I discovered that dietary carbohydrates are not essential nutrients and that vegetables are not inherently essential foods. What the body needs are essential nutrients, and almost all of them are readily available from animal-based foods.

That realization was a turning point for me. I understood that I could build my diet around nutrient-dense animal foods, eliminate carbohydrates entirely, and avoid the significant blood sugar spikes I had been experiencing for years.

The decision to embrace the carnivore diet changed my life. Through this way of eating, I managed to reverse my type 2 diabetes, get off all my medications, and lose 100 pounds.

Based on my personal experience, I intend to remain 100% carnivore for the rest of my life as the carnivore diet literally saved my life.

Jason Stewart

JASON STEWART

HOW IT WORKS

THE SCIENCE BEHIND CARNIVORE

A SIMPLER DIET. A POWERFUL PROCESS.

When you remove carbohydrates and focus on animal foods, your body shifts from using glucose (sugar) for energy to using fat. This natural process activates powerful changes in your metabolism, hormones, and overall health.



1 YOU BURN FAT FOR FUEL

Without carbohydrates, your body depletes stored glucose and begins burning fat for energy, producing ketones — a clean, stable fuel source for your brain and body.

2 STABLE ENERGY AND FOCUS

Ketones provide a steady supply of energy, helping you avoid the blood sugar spikes and crashes that come with high-carb diets. Many people experience improved mental clarity and focus.

3 HORMONES REBALANCE

Removing processed foods and excess carbohydrates can help improve insulin sensitivity, reduce inflammation, and support healthier hormone levels, including insulin, leptin, and ghrelin (your hunger hormones).

4 A HAPPIER DIGESTIVE SYSTEM

Animal foods are highly bioavailable and easy to digest. Many people experience reduced bloating, less stomach discomfort, and improved gut health on a carnivore diet.

5 LESS INFLAMMATION, BETTER HEALTH

By eliminating common plant-based triggers and focusing on nutrient-dense animal foods, many people see a reduction in inflammation, which can support better joint health, clearer skin, and overall well-being.

KEY TAKEAWAY

The carnivore diet works with your body's natural design. By removing carbohydrates and focusing on nutrient-rich animal foods, you switch to a more efficient fuel source, stabilize your energy, balance key hormones, and support better long-term health.

WHAT TO EAT

REAL FOOD. SIMPLE CHOICES.

The carnivore diet is built around animal-based foods. Here are the most common options, with some examples in each category.

1 BEEF

Steak, ground beef, roast, ribs, brisket, short ribs, oxtail and other cuts.



2 PORK

Pork chops, pork belly, ribs, shoulder, loin, bacon, ham and other cuts.



3 POULTRY

Chicken, turkey, duck and other poultry options with skin and fat.



4 FISH & SEAFOOD

Salmon, mackerel, sardines, tuna, lobster, shrimp and other seafood options.



5 EGGS

Chicken eggs, duck eggs and other eggs.



6 ANIMAL FATS

Butter, tallow, lard, chicken fat (schmaltz) and other animal fats for cooking and added flavour.



7 DAIRY (OPTIONAL)

Choose 100% animal-based dairy products such as full-cream milk, real cheese made from milk, butter and heavy cream. Avoid margarine, plant-based dairy substitutes and processed cheese products containing vegetable oils. Check the ingredients to ensure you're choosing genuine dairy products.



8 ORGAN MEATS

Liver, kidney, heart and other nutrient-dense organ meats.





SALT IS VERY IMPORTANT

Be sure to salt your food generously. Carnivores often need to be very intentional with salt, especially when reducing or removing carbohydrates, as the body tends to lose more sodium. Use salt to taste and don't be afraid to season your food well.

WHAT CARNIVORES DON'T EAT

The carnivore diet is based on animal-based foods. This means we avoid plant-based foods and most processed foods. Here are the main foods and ingredients that are not part of a carnivore diet.

1 FRUITS

All fruits, including fresh, frozen, dried and fruit juices.



2 VEGETABLES

All vegetables, including leafy greens, root vegetables, starchy vegetables and legumes.



3 GRAINS

Rice, wheat, oats, corn, barley, quinoa, millet, sorghum and all grain products (bread, pasta, cereals, etc.).



4 LEGUMES

Beans, peas, lentils, chickpeas, soybeans and all legume products (including soy-based foods).



5 NUTS & SEEDS

All nuts and seeds, including almonds, peanuts, cashews, chia seeds, flaxseeds, sunflower seeds, etc.



6 PLANT OILS

All seed oils and vegetable oils, including canola oil, sunflower oil, soybean oil, corn oil, olive oil and other plant-derived oils.



7 PROCESSED FOODS

Ultra-processed foods, snacks, sweets, sauces, condiments, packaged foods and anything with added sugars, starches or vegetable oils.



8 SUGAR & SWEETENERS

Table sugar, brown sugar, honey, syrups, maple syrup, agave, artificial sweeteners and all other sweeteners.





ALWAYS CHECK INGREDIENTS

Many packaged foods contain hidden sugars, starches and vegetable oils, even if they don't taste sweet. Read labels carefully and choose real, whole animal foods when possible.

POTENTIAL HEALTH BENEFITS

REAL FOOD CAN LEAD TO REAL CHANGES

Many people who follow a carnivore diet report a wide range of health benefits. Results can vary from person to person, but here are some of the most common benefits shared by those who eat this way.

1 WEIGHT LOSS

Helps reduce appetite, increase fullness and makes it easier to lose body fat without counting calories.



2 BETTER BLOOD SUGAR CONTROL

Can help lower blood sugar levels and improve insulin sensitivity, which is especially important for people with insulin resistance or type 2 diabetes.



3 REDUCED HUNGER AND CRAVINGS

The high protein and fat content helps you feel full for longer, which can reduce constant hunger and cravings for sugary foods.



4 MORE STABLE ENERGY

Many people experience steadier energy levels throughout the day, without the spikes and crashes that often come from carbohydrate-rich foods.



5 IMPROVED MENTAL CLARITY

Many report better focus, concentration, memory and overall mental clarity, with less brain fog.



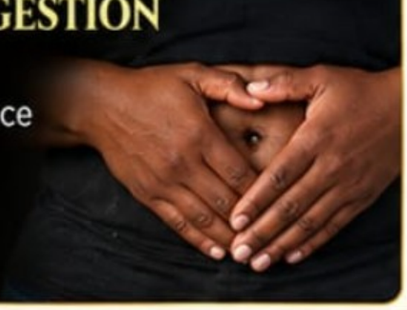
6 SUPPORTS METABOLIC HEALTH

Can help improve markers such as triglycerides, HDL cholesterol, blood pressure and inflammation in many individuals.



7 BETTER DIGESTION FOR MANY

Some people experience less bloating, fewer digestive issues and more regular bowel movements.



8 MAY HELP WITH OTHER CONDITIONS

Many also report improvements in conditions such as fatty liver, joint pain, skin issues, and autoimmune symptoms, although individual results vary.



IMPORTANT TO NOTE

These are potential benefits based on many people's experiences and some research. Results can vary from person to person. The carnivore diet is not a cure for any disease, and it may not be suitable for everyone. Always consult with your healthcare provider, especially if you have existing health conditions or are taking medication.

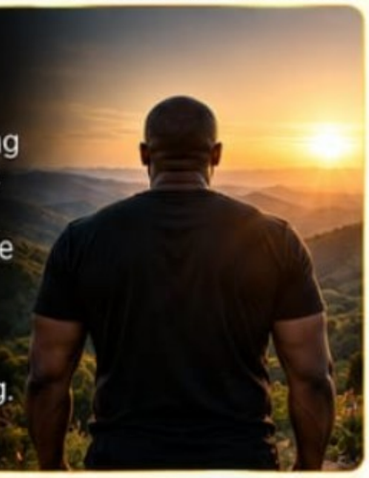
GETTING STARTED
MAKING THE TRANSITION

SIMPLE STEPS FOR A SUCCESSFUL START

Transitioning to a carnivore diet is a big change, especially if you're used to eating carbohydrates and processed foods. Here are some key steps and tips to help you get started and make the transition as smooth as possible.

1 MAKE THE DECISION

Be clear on why you're doing this. Understand your goals and commit to making a change. It requires discipline to move away from carbohydrates, sugar and processed foods, but the rewards can be life-changing.



2 EAT WHEN YOU'RE HUNGRY. EAT UNTIL YOU'RE FULL.

Do not under-eat and do not count calories. Eat when you're genuinely hungry, eat until comfortably full, then stop. If you become hungry again, eat again. This helps you develop a natural eating rhythm and ensures you're getting enough nutrients.



3 KEEP THE FAT ON YOUR PLATE

Don't remove the fat or skin from your meat. Keep the skin on your chicken and the natural fat on your meat. Animal fats provide energy and help keep you full. If you're eating a lean cut of meat, add fat to it — use eggs, butter, ghee, tallow, or bacon. Don't be afraid of fat.



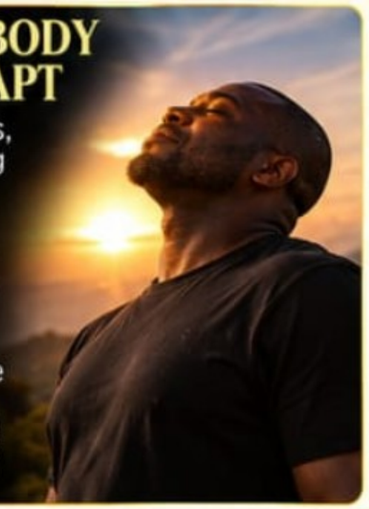
4 BE INTENTIONAL WITH SALT AND ELECTROLYTES

Salt is an essential nutrient. When you remove carbohydrates and your insulin levels drop, your kidneys release more sodium and water. As a result, you must be intentional with salt. Salt your food generously, stay hydrated, and consider electrolytes to support your body, especially during the early stages.



5 GIVE YOUR BODY TIME TO ADAPT

As you remove carbohydrates, your body will shift from using glucose to using fat for fuel. During this transition, some people experience temporary symptoms such as headaches, tiredness, irritability, cravings or changes in digestion. This is normal for many people and usually improves as your body adapts. The duration and intensity can vary from person to person.



6 BE CONSISTENT AND PATIENT

Everybody's experience is different. Some people notice positive changes quickly, while for others it takes more time. Focus on consistency rather than perfection. Keep it simple, learn from your experience, and give your body time to adapt. The benefits often build over time.



IMPORTANT NOTE

If you have diabetes or are taking medication (especially insulin, sulfonylureas or SGLT2 inhibitors), carbohydrate elimination can significantly lower your blood sugar. Consult your healthcare provider before starting a carnivore diet. If you have kidney disease, heart failure or have been advised to restrict sodium, get personalized medical advice about your salt and electrolyte intake.

My Personal Experience

THE DIET THAT SAVED MY LIFE

I was at a point where I thought I was going to die.

At my heaviest, I weighed **365 pounds**, my **A1C** was **14.6%**, and I was battling uncontrolled type 2 diabetes. I had blurry vision, neuropathy, fatty liver, low sex drive, and I was on multiple medications, yet my health was still getting worse. I knew something had to change.

Then I discovered the carnivore diet.

Everything began to make sense. I finally found a way to eat that stabilized my blood sugar and gave my body what it actually needed. I committed myself to this way of eating, and the results have been nothing short of life-changing.

The results speak for themselves.

I've lost 100 pounds, my A1C is 5.7%, and I'm off every medication. All the major health issues I was struggling with are gone.

It gave me my life back.

This transformation goes far beyond numbers. The carnivore diet gave me my confidence back, my energy, my mental clarity, my sex drive, and my overall quality of life. It also removed my food addiction and the constant food noise. I no longer crave food like before — now I eat once a day because the meat keeps me full longer.

It fixed long-standing digestive issues.

It reversed my chronic constipation, bloating and acid reflux. Most importantly, it fixed my blood sugar problems because you cannot be diabetic if you don't eat sugars, carbs and starches.

That's why I'm so passionate about it.

People often ask me why I'm so bullish on the carnivore diet. The answer is simple: I've lived the transformation. I'm not sharing something I read online — I'm sharing what saved me. The carnivore diet didn't just change the way I eat. It literally saved my life.





THERE IS HOPE.

If you're struggling and dealing with health issues, the carnivore diet can fix a lot of things for you. Be sure to do your own research before trying it and always talk to your doctor.

Jason Stewart
THE PROFESSIONAL FAT MAN

Medical Disclaimer

IMPORTANT INFORMATION TO READ

The information in this booklet is for **educational and informational purposes only.** It is based on my personal experience and research, and it is not intended to be, and should not be taken as, medical advice.



TALK TO YOUR DOCTOR

Always consult with your physician or a qualified healthcare professional before making any changes to your diet, especially if you have a medical condition or are taking medications.



NOT MEDICAL ADVICE

Nothing in this booklet is intended to diagnose, treat, cure, or prevent any disease. This is not medical advice and should not be used as a substitute for professional medical care.



INDIVIDUAL RESULTS MAY VARY

Everyone is different. What worked for me may not work the same way for others. Results can vary based on your individual health status, medical history, lifestyle, and other factors.



USE YOUR OWN JUDGMENT

You are responsible for your own health decisions. Use common sense, do your own research, and seek professional guidance to determine what is right for you.



EDUCATE YOURSELF

If you're considering the carnivore diet, take the time to research it thoroughly, learn from reputable sources, and understand both the potential benefits and risks.

By reading this booklet, you agree that the author is not liable for any decisions you make based on the information provided. Always prioritize your health, work with qualified professionals, and make informed choices.

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