



HOW TO LOSE FAT ON THE CARNIVORE DIET

---THE 3 STEPS ---

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Introduction

Whether you've never heard of the Carnivore Diet or have been following it for quite some time this guide is going to show you exactly how to go about fat loss.

After about 2 decades of diet experiments, coaching others, and being a national level physique competitor myself, I've landed on one "diet" that has been more successful than any others.

And by "successful" I'm talking about long term success.

I could easily guide you through how to restrict calories, cycle macronutrients, and structure your training and cardio to get absolutely shredded.

The problem is many of the tactics I used to compete in physique shows are not only unsustainable, but they can cause long term problems, both physiologically like dysregulating hormones, and psychologically like developing an unhealthy relationship with food.

This guide is for people who want a long term, sustainable solution to creating the body they want.

Hunger is not sustainable. Calorie restriction which leads to low energy, poor mood, fatigue, sleep disturbance – is no way to live.

In this guide, my goal is to show you a sustainable, healthy way to achieving the body you want – long term.

There are 2 Parts to this Guide:

- Part I – The Foundation you need to understand first-and-foremost
- Part II – The 3 Steps to Fat Loss



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Part I

The Carnivore Diet

The Foundation

The foundation of the fat loss strategy is the Carnivore Diet.

What is the Carnivore Diet?

If you are new to the Carnivore Diet, I'd recommend pausing here and downloading the [“30-Day Guide to Going Full Carnivore”](#) at Meat Health. The guide contains everything from what to eat, to what to watch out for. It explains “what is the Carnivore Diet” from a technical standpoint.

But I want to address what is the Carnivore Diet from a practical standpoint.

In and of itself – it is NOT a fat loss diet.

It is a HEALTH diet.

Health is the primary goal. And health means something different for everyone.

People follow this way of eating to regain physical or mental health. Some people do it for more focus and energy to fuel their work. Some people to fuel performance in the gym or in their sport.

Many come from a Ketogenic Diet when joint pain or autoimmune issues linger or weight loss stalls.

But the #1 reason people come to The Carnivore Diet is for Fat Loss.

And I think this is great. Fat loss is often a consequence of getting healthy.

But there's a catch...

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Fat Loss (...and Fat Gain) on the Carnivore Diet

Daily I hear another 100lb+ fat loss story.

Frank just eats beef franks and his gut melted away.

Amber's bacon, egg, and beef diet chiseled out her bikini body.

[Success stories](#) abound.

But the stories you aren't hearing about are carnivore experimenters who gain body fat.

They follow the diet to the tee and they gain weight.

Why the discrepancy?

Carnivore Starting Point

When starting this diet, everyone comes from a different place.

Some people come from a SAD (Standard American Diet), some from Keto, some from decades of yo-yo dieting. Some start the diet with 40% body fat, some with 4%. Some people have gut issues and insulin resistance. Some are "fat-adapted" and others come from years of fat-restrict eating.

All these different starting points impact the transition to a Carnivore Diet and whether someone will experience fat melting off their waistline or the scale tipping in the wrong direction.

John

Let's say John is a 51-year-old male who has eaten a SAD diet for decades.

He is pre-diabetic, 65lbs overweight, and doesn't exercise. He decides to experiment with the Carnivore Diet.

In [the first 30 days](#) he's loses over 20lbs. He's excited.

He decides to extend the experiment another 30 days. Another 15lbs fall off.

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The experiment now has an indefinite timeline. All he's doing is eating meat until he's full. He prefers ribeye and fatty beef cuts. He generally eats 2 times a day, though occasionally he eats just one, and other days he eats 3 meals. He listens to his appetite.

And 9 months down the road, he's loving meat more than ever. It's all he craves. He's lost over 50lbs of fat and gained over 10lbs of muscle. He looks better than he did at 30. His blood sugar has dropped, and his energy has skyrocketed.

This story is not an outlier. **This is common.**

But Sally had a different experience...

Sally

Let's say Sally is a 42-year-old female who has watched what she's eaten for years.

In the past she's tried vegan, the Mediterranean Diet, and most recently a Ketogenic Diet. She watches her calories and tracks her macros like a scientist. She does an hour of cardio 3 times per week and some light weights.

She's gotten some good results with Keto but her fat loss has stalled. She also has an autoimmune disorder that hasn't resolved.

She saw what the Carnivore Diet has done for John, so she decides to experiment herself.

She follows the diet to the tee – she “eats meat. drinks water.”

Unlike John however, Sally is ravenously hungry. She's almost embarrassed by how much she eats.

She knows from the [“Ultimate 30-Day Guide to Going Full Carnivore”](#) that she isn't supposed to track calories or macros but eat until satisfied. So she does.

The first 30 days go by and she's gained 5lbs!

She wonders if she should go back to Keto. She considers staying Carnivore but cutting back on calories. But she remembers the “Warning” section in the 30-day guide she read. No tinkering.

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She decides to stick with the experiment another 30 days, **because her energy has been amazing, and she's seen improvements in her autoimmune issue.**

Another 30 days go by, and another couple of pounds are added to the scale.

Sally doesn't know what to do. She's feeling better than she can ever remember, but her weight is going in the wrong direction.

What's going on...?

John vs Sally

John and Sally started the same diet from completely different points.

John was obese and had never restricted a calorie in his life. His diet was composed of junk. A switch to the Carnivore Diet, or any diet, would lead to weight loss. Most people see dramatic improvements in body composition because most people are overweight/obese. They, and the scale, move in the right direction no matter how many steaks or how much bacon they eat.

John had some transition issues. He had some sugar cravings the first couple weeks but easily overcame them by eating more steak. His rapid success led to more motivation and more success.

Sally started off far leaner than John. She also couldn't remember a time when she **wasn't** restricting her diet in some way. When Sally was told she could eat as much meat as she wants without measuring or monitoring, two floodgates broke open.

1. The first floodgate was the mental switch from famine to feast.
2. The second floodgate was the complete nutrition meat provided her malnourished body.

For decades her body wasn't getting the protein and fat it desired. She was deficient in micronutrients as well as quality macronutrients.

She was malnourished.

And when she finally started giving her body the nourishment it craved, it wanted to get as much of it as it could.

I was a "Sally."

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[I came from a restricted Keto diet](#). I gained weight and fat when I started. My body needed it. My brain needed it.

It can take time for a “Sally” to regulate her appetite, to fix her dysregulated metabolism and hormones, and to “get healthy.”

Should I Use this Diet for Fat Loss?

I get nervous when someone who is already lean and in good shape tells me they want to experiment with the Carnivore Diet for fat loss. Usually this person wants to get a ripped 6 pack or a bikini body with unnaturally low levels of body fat.

Eating a carnivore diet that is consistent with [what we are designed to eat](#), results in a normalization of body fat levels. And for most people, single digit body fat is not natural. The body feels a lot “safer” when it has a bit more energy reserves than that.

However, most people have body fat levels that are **far** above their natural set-point. And the further someone is above this natural set-point the more dramatic their results tend to be. That said, the longer someone is way above their “natural bodyfat setpoint” the more likely that “setpoint” moved up as well.

What’s Your Temperature?

An easy way to think of this is like a thermometer.

Let’s take John and Sally’s temperature.

John’s Temperature

Let’s assume John’s natural, healthy body fat level is 70 degrees.

Thanks to the [modern, unnatural diet](#), John put on significant weight over the years. His thermometer went up to 100 degrees.

Since John has been well over his natural 70 degrees for decades, his natural setpoint (70 degrees) has “re-set” to 80 degrees.

So once John started eating a natural human diet, he dropped from 100 degrees to 80 degrees. He lost 20 degrees (65lbs) with ease. His reversed his health problems. He’s ecstatic with his body composition.



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But in “Year 2” of the carnivore diet, John finds that his body doesn’t want to go all the way back down to 70 degrees. His setpoint had “recalibrated” from years of being overweight.

Having regained his health and vitality as well as dropping to his new setpoint of 80 degrees – John can continue to the 3 Steps (in Part 2) if he desires to drop the last 10 degrees.

Often a “John” has no desire to drop these last 10 degrees, as he is thrilled with how he looks and how he feels. Plus, as time passes, it’s common for these last 10 degrees to slowly drop back to the baseline of 70 degrees – especially if John added in some training.

The goal for a “John” at 100 degrees is to get to 80 degrees first. This can take time and requires patience. Trying to rush to 70 degrees by jumping past Part I to Part II and the 3 Steps can hinder the process.

Sally’s Temperature

For some people (especially those who are closer to their natural body fat and who have a history of restricted diets) –may experience the opposite – fat and weight gain. The temperature going up initially.

Let’s see what “Sally” may experience.

Again, let’s assume Sally’s natural temperature is 70 degrees. Although she watches what she eats and exercises she’s still has a bit more body fat than she would like. Her thermometer is at 80 degrees.

But when Sally goes on the Carnivore Diet, her thermometer inches up. She gains weight.

Although Sally is at 80 degrees, the years of restrictive dieting made her body think she was at 50 degrees. The poor nutrition, the malnourished cells, the dysregulated hormones beg her to turn up the temperature.

This is the dichotomy of being **overweight but malnourished**.

The goal for a “Sally” is to let her body recalibrate.

If her body fat is at 80 degrees, her body needs to recognize it as 80 degrees.

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As she fills her body with proper nutrition, as cells become healthy and hormones regulate, she will find congruence between what temperature her body thinks it's at and her actual body fat levels.

Many people are just like John. They lose fat. And they lose it fast. They feel better. They look better. And they never think about tinkering with the diet.

Yet, for every "John" there is a "Sally." It seems unfair, as she was the one who has worked to stay healthy and get fit. But often a "Sally" must take a step or two backwards before taking steps forward.

First Things First

The take-home message of Part I – the first, most important step, is getting healthy.

And "*healthy*" means something different for everyone.

It could be like John who was on the fast track for diabetes and cardiovascular disease who needed to reverse insulin resistance. Or it could be like Sally who needed to cure her gut and autoimmune issues and heal her mental hold on food and regulate her natural appetite.

The "healing" phase can take time.

If a "Sally" is coming from a good ketogenic diet it may take 3-6 months as her appetite regulates, hormones balance, and gut heals. To her it may seem like it's 10 steps back and 1 step forward.

With a "John" it may take a year or more to reverse disease. But to him it may seem like every month is a step forward.

Whether you are a "John" or a "Sally" you need to achieve your "*Carnivore Set-point.*"

This is stabilized health.

There is no objective test for this but there are signs to look for.

You will notice body weight/fat stabilizes at a healthy level. A level that most people are ecstatic to achieve. Sleep will become regular. Bowels will normalize. Mood will stabilize. Energy will be consistent. Diseases will remit.

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This “natural set-point” is what most people want – a healthy body and healthy brain.

The natural body fat set-point will vary from person to person. Women tend to naturally carry more body fat than men. And there is a range of body fat percentages that people will settle in at. The higher one’s body fat prior to starting the Carnivore Diet, the longer it will take to achieve this natural set-point. It will also tend to “settle” at a higher position as well.

This normalizing, this homeostatic equilibrium of health can take years.

Most people get impatient and want to start [tinkering](#) before achieving this. They see the scale hasn’t moved in a week and they get anxious.

Weight loss is not linear. Often people gain muscle in tandem with fat loss on the Carnivore Diet. The scale can be misleading.

Forget the scale and forget the clock. Regain health. Achieve a natural appetite, normalize hunger signals, and natural body fat.

Then, if – and this is a big “*IF*” – you want to get leaner, there are some tinkering strategies we can use.

Tinkering with the Carnivore Diet

BUT – what if you want that bikini body and the shredded abs...?

I don’t think people should consider tinkering with the Carnivore diet until Step 1 is complete.

Because by the end of “Step 1” 99% of people will be better than they ever dreamed possible – in terms of health but also body composition.

They don’t ever need to consider “tinkering” – they just need to be patient.

“But what if I’ve been patient, I’m healthy, and I still want to get leaner...”

I’m as guilty as anyone else.

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I like to have and stay at low body fat levels. Lower than my body would stabilize at naturally.

It's important to know that there are trade-offs to getting super lean.

Energy will tend to suffer. Hunger will elevate. Hormones will adjust.

But if you've achieved your "*Carnivore Set-point*" and still want to get leaner, in Part 2, we'll cover 3 Steps to enhanced fat loss on the Carnivore Diet.

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Part 2



3 Steps to Carnivore Fat Loss

Step 1: Protein

The first step I would recommend is to alter your macronutrient ratios. And if you've followed my recommendations, you shouldn't have any idea what your macros are or how many calories you are eating, and that's just fine.

I don't recommend counting calories or even protein/fat grams. Rather, by this point you should have a good idea of how many pounds of meat/day you eat. You should know what is "normal" for you.

Step 1: Just substitute in some leaner cuts or trim the fat off the fattier cuts.

For example, I eat a lot of strip steaks. Typically, I eat all the fat and the meat. However, if I wanted to lean out a bit more, I would trim the fat off the side of the strip instead of eating it.

Now I recommend doing this only for your last meal to start.

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So if you normally 3lbs of beef/day, and want to lose a bit more body fat, continue eating 3lbs of meat/day but make that last meal leaner meat.

Step 1.1: Stick to “Level 2” foods.

I would also recommend mainly eating “Level 2” foods (in the [30-day guide](#)). This means removing things like dairy and cheeses, added fats like butter, and things like pork rinds that are easy to overeat. Stick with lots of fresh meat.

This step alone can (and likely will) get you to where you want to be.

Step #2: Protein – Fat Cycle

If after a couple months of Step #1 and you still want to get leaner, I would proceed to Step 2. In this step, you are going to do two things.

- 1 – Make your other meals a bit leaner too. Just like you made the last meal of the day a leaner meal, do this with your other meals.
- 2 – Then one or two times per week, increase your fat intake back to normal levels. On these days, don’t trim the fat.

Periodically having higher fat days helps with energy, hormones, appetite, and preventing some of the trade-offs that come from getting unnaturally lean.

Step 2: Eat leaner cuts for all meals (don’t overdo it!) and fat-cycle.

I don’t consider this a great long-term strategy. Rather I would use this to break through a “plateau” or as a short-term strategy to really showing off in a swimsuit.

Step #3: Eat Less

You will likely never need this step unless you are doing a physique competition. But if you complete Step #1 for a couple months, then Step #2 for a couple months, and still want to get learner, ONLY then would I continue to Step #3.

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Unlike the other steps, this one is short-term.

Under-eating is simply not a long-term plan to success. But it is a strategy to get your abs to pop in the summer. And if you are vain like me, sometimes it's fun to get super shredded.

This last step is quite simple.

Step 3: Reduce the size of your last meal

I have found that if you try and reduce the size of your earlier meals, willpower gives way to hunger, and easily leads to binging.

The easiest way I've found to eat less, is to simply reduce the size of your last meal.

For example, if I normally eat 3lbs of meat per day – 1lb at breakfast, 1lb at lunch, and 1lb at dinner – I would keep eating 1lb at breakfast and lunch, then I would reduce my dinner to half a pound, for example.

The point is to reduce the amount you typically eat by reducing the size of that last meal.

How much?

I recommend reducing the size of that last meal so that when you go to bed you have the feeling of “I could eat.”

Not “I need to eat.”

Don't start going to bed starving. That's a recipe for failure.

Just shoot for a simple, light “I could eat.”

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Bonus Step: Cardio

Going into cardio and weight training is beyond the scope of this guide, but a simple concept that can help continue fat loss in the “unnatural territory” is cardio.

The key is to use a progressive approach.

If you usually do zero cardio, then maybe start doing 20 minutes 3X/week.

Evaluate results.

Want more fat loss? Bump it up to 30 minutes 5X/week.

Evaluate.

You want slow progress.

I strongly recommend weight training to preserve as much lean body mass as possible as well. And if you are not accustomed to weight training or cardio, I'd start with the weights, and then slowly add the cardio in from there.

What you NEED to know

These 3 Steps to fat loss are what you likely WANTED to know. And believe me – they work.

But I want to tell you what I think 99% of people NEED to know.

Most people want to lose fat. That is the #1 priority.

However, if you are just starting this diet, I believe most people would be better off switching this priority with muscle building initially.

At least for the first 6 – 12 months.

When you build muscle, you improve your insulin sensitivity, increase your lean body mass, and rev up your metabolism.

Combine this with healing your gut, decreasing inflammation, and normalizing hormones and appetite – fat loss becomes so much easier.

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So easy that you likely won't even have to think about Steps 1, 2, or 3. It will be a natural consequence of being healthy.

Here's where you can find out more about [how to build muscle on the Carnivore Diet](#).

99% of People

In conclusion, most people never need to “tinker” with The Carnivore Diet.

It is why I was hesitant to even write this. However, for those vain like myself, these 3 Steps can help you get “unnaturally” lean – just beware of the trade-offs you make with the devil 😊

And if you're just getting started – start with the [30-day guide](#)!

Excited to see your results!

Kevin

P.S.

If you have any questions – be sure to join our private group: [Carnivore Corner](#)
