



Your First 7 Days

The Carnivore Kickstart Guide

with Cristina Clark

Your first week eating real food,
healing your body, and falling in love
with the way you feel.

NOURISH
YOUR
LIFE

REAL FOOD
REAL
RESULTS

NOURISH
YOUR
BODY

Hey Beautiful,

I am so excited you're here. If you've been feeling exhausted, inflamed, foggy, or just frustrated that nothing you've tried is working. I want you to know that I've been there too. And this guide is the exact starting point that changed everything for me.

The carnivore lifestyle is simple: eat real animal foods, nourish your body, and watch it heal. No calorie counting. No tiny portions. No guilt. Just real food that your body was designed to thrive on.

This 7-day plan is going to walk you through every single day. What to eat, what to expect, and how to push through the hard moments. I'm with you every step of the way, friend. Let's do this together.

What you need to get started

Beef — ribeye, ground beef 80/20, NY strip, chuck roast, short ribs

Eggs — pasture-raised if you can find them

Butter — grass-fed is best, but any real butter works Beef tallow or lard for cooking

Salt — pink Himalayan or sea salt, and use it generously

Water — aim for half your body weight in ounces daily

Bone broth — great for electrolytes and comfort during adaptation

DAY 1 — A FRESH START

Breakfast 3 scrambled eggs cooked in butter + 2-3 strips of bacon

Lunch 8 oz ground beef patties (80/20) cooked in tallow, seasoned with salt

Dinner 3 scrambled eggs cooked in butter + 2-3 strips of bacon

What to Expect: You might feel completely fine today, or a little off. Your body is starting to shift away from sugar and carbs. Cravings are normal, friend. You're not failing, you're healing.

Cristina says: *"Don't stress about portions today. Eat until you feel satisfied and comfortable. Fat is your friend now, lean into it."*

DAY 2 — THE SHIFT BEGINS

Breakfast 4 eggs fried in butter + 3 slices of bacon

Lunch 8–10 oz chuck roast, oven-roasted low and slow with salt

Dinner NY strip steak (10–12 oz) + 2 fried eggs on top

What to Expect: A headache or low energy might show up, this is the 'carb flu' and it is totally normal. Your body is switching fuel sources. Salt your food generously and sip bone broth.

Cristina says: *"Add a pinch of salt to your water or sip warm bone broth. This is the number one thing that gets women through the first few days."*

DAY 3 — PUSH THROUGH, BABE

Breakfast Carnivore scramble: 3 eggs + crumbled ground beef + butter

Lunch 8 oz lamb chops or pork ribs, salt-seasoned and cooked in tallow

Dinner 12 oz ribeye or T-bone steak, cooked to your preference

What to Expect: Day 3 is often the hardest. Fatigue and brain fog can peak today. I need you to stay the course, your body is doing incredible work right now, even if it doesn't feel like it.

Cristina says: *"Rest extra today. Take a gentle walk if you want. Avoid intense workouts on Day 3. You are not weak, you are adapting."*

DAY 4 — SOMETHING'S CHANGING

Breakfast 3 eggs + 4 oz smoked salmon + butter

Lunch Ground beef bowl: 8 oz 80/20 beef + fried egg on top + salt

Dinner Beef short ribs (10–12 oz), slow-roasted in the oven with tallow and salt

What to Expect: This is where the magic starts. Many women report waking up on Day 4 feeling noticeably lighter, clearer, and more energized. This is your body thanking you.

Cristina says: *"Notice how your hunger has changed. You likely don't need to snack. That is your body learning to run on fat, it is a beautiful thing."*

DAY 5 — FINDING YOUR GROOVE

Breakfast Steak and eggs: 6 oz sirloin + 2 eggs fried in butter

Lunch Sardines or canned salmon + 2 hard-boiled eggs, easy and powerful

Dinner Pork belly (8–10 oz) + ribeye (6 oz), cooked together in a cast iron

What to Expect: Energy is stabilizing. Bloating is often noticeably reduced by now. Sleep is getting deeper. Your clothes might already be fitting differently, keep going!

Cristina says: *"Add a pinch of salt to your water or sip warm bone broth. This is the number one thing that gets women through the first few days."*

DAY 6 — SHE'S THRIVING

Breakfast 4 eggs + 6 oz ground beef scrambled together in butter

Lunch Lamb burger patties (8 oz) + crispy bacon + salt

Dinner Prime rib or bone-in ribeye (12–16 oz) — you have earned this, girl!

What to Expect: Strong energy, a clear and focused mind, and cravings that are fading fast. Many women report waking up refreshed and feeling more like themselves than they have in years.

Cristina says: *"Grab your journal. Write down your energy, your mood, how you slept, and how you feel in your body. You will want this reminder on the hard days ahead."*

DAY 7 — YOU DID IT, BEAUTIFUL

Breakfast Celebration breakfast: ribeye steak + 3 eggs + butter + bacon

Lunch Warm bone broth + 8 oz ground beef patties

Dinner Your favorite cut of beef, cooked your favorite way. You choose!

What to Expect: One full week. Look at you! Most women who make it to Day 7 report feeling better than they have in years. Clearer. Lighter. More alive. This is just the beginning.

Cristina says: *"You showed up for yourself every single day this week. That is everything. Now decide, are you ready to see what 30 days can do?"*

MY TOP 5 NON-NEGOTIABLES

♥ Eat Until You're Full

This is not a diet. Stop counting calories right now. Your body needs fat for fuel and it will tell you when it's had enough. Trust it. Eat fatty cuts and eat until you feel genuinely satisfied.

♥ Salt Like You Mean

When carbs leave, your kidneys flush sodium fast. That's why you get headaches and feel tired. Salt your food generously, add a pinch to your water, and sip bone broth. This is not negotiable, girl.

♥ Beef Is Your Best Friend

If you ever don't know what to eat, eat beef. Ribeye is the queen of carnivore. It's the most nutrient-dense, most satisfying, and most healing food on this plan. Start there and build from there.

♥ Hydrate Like It's Your Job

Carnivore is naturally diuretic, your body releases water quickly. Drink at least half your body weight in ounces every single day. More on days you feel tired or crampy.

♥ Give It 30 Days

Seven days will show you what's possible. But 30 days? That's where your life changes. Fat loss, mental clarity, clear skin, better sleep, reduced inflammation. Commit to 30 and watch what happens.

Your Weekly Grocery List

BEEF & LAMB

- Ribeye steaks (3-4)
- Ground beef 80/20 (3 lbs)
- NY strip or sirloin (2)
- Chuck roast (1-2 lbs)
- Short ribs or back ribs
- Lamb chops (optional)

OTHER PROTEINS

- Bacon (2 packs)
- Pork belly or pork ribs
- Smoked Salmon
- Sardines or canned salmon
- Eggs - 2 dozen
- Bone broth (2-3 cartons)

OTHER PROTEINS

- Grass-fed butter
- Beef tallow
- Pink Himalayan Salt
- Sea salt (flaky, for finishing)
- Cast Iron Skillet (if you don't have one, get one!)

WHAT HAPPENS AFTER DAY 7?

Finishing 7 days is something to be truly proud of. But here's the thing, the real transformation? It's just getting started. Here's what you can expect as you keep going:

WEEK 2-3

Your digestion normalizes. Energy becomes steady and predictable. The puffy, bloated feeling starts fading. Many women drop 5-10 lbs in the first two weeks just from reduced inflammation and water retention.

WEEK 3-4

Fat burning accelerates. Cravings for sugar and processed food become almost nonexistent. Sleep deepens. Mental performance sharpens. You start to feel genuinely powerful in your body.

MONTH 2+

Body recomposition becomes visible. Chronic conditions begin improving, joint pain easing, skin clearing, hormones balancing. This is where women message me saying 'I feel like myself again for the first time in years.'

READY TO GO ALL IN?

You've already proven to yourself that you can do this. Now imagine having a personalized plan, expert guidance, and someone in your corner every step of the way.

That's exactly what carnivore coaching with me looks like. Book your free discovery call today, let's build your Carnivore Lifestyle together. ❤️

Xo,
Cristina Clark