

TRACY'S GOT GUTS

THE CARNIVORE DIET GUIDE

HOW AN
ALL MEAT
DIET HEALED
MY GUT IN
2 WEEKS



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Carnivore Diet Strategy

If you would have told this fit chick that she would be entertaining the idea of using the [Carnivore diet](#) as a strategy to heal her SIBO. I would have said an emphatic NO WAY!!

I was at the end of my rope after suffering with IBS (then later diagnosed with SIBO, post Colorectal cancer) for 25 years. I would have licked dirt off my shoe if it would heal me.

After failed attempts to heal myself on a whole food mainly plant based diet and food elimination protocols I was frustrated.

Dr. Daniel Pompa (Autoimmune expert), had a video series on SIBO and offered a free downloadable. It was the most comprehensive plan I had seen.

The first 2 weeks of the protocol suggested a unique strategy a zero carb, all meat diet. The Carnivore Diet is a 7-14 day strategy to starve the bacteria, it feeds on fiber and sugars. Something someone like me who is mainly plant based eats a lot of FIBER UGH!!! So I was like Game ON!

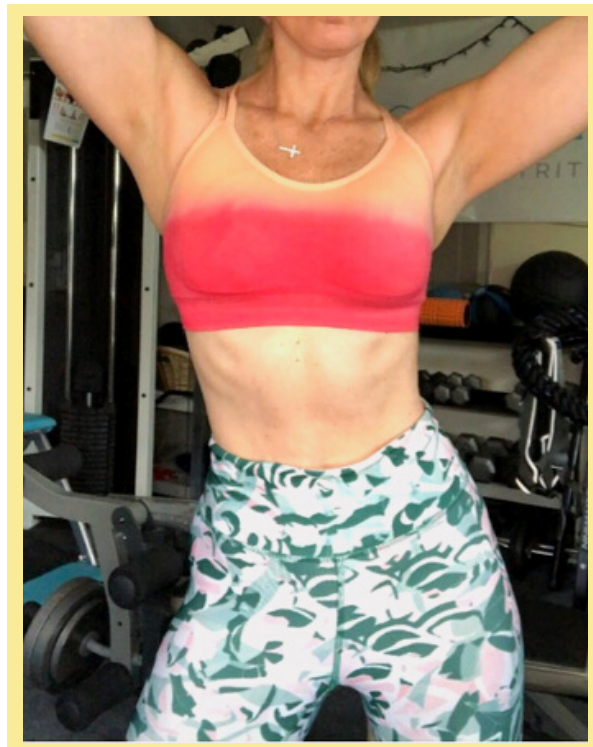


BELOW ARE MY BEFORE & AFTER PICS

I did not lose any weight but lost inflammation. I lost 5" in my waist & 2" in my hips and dropped 5% body fat. My brain fog cleared, I was not bloated and going to the bathroom regularly.



Before



After

Tracy's Got Guts

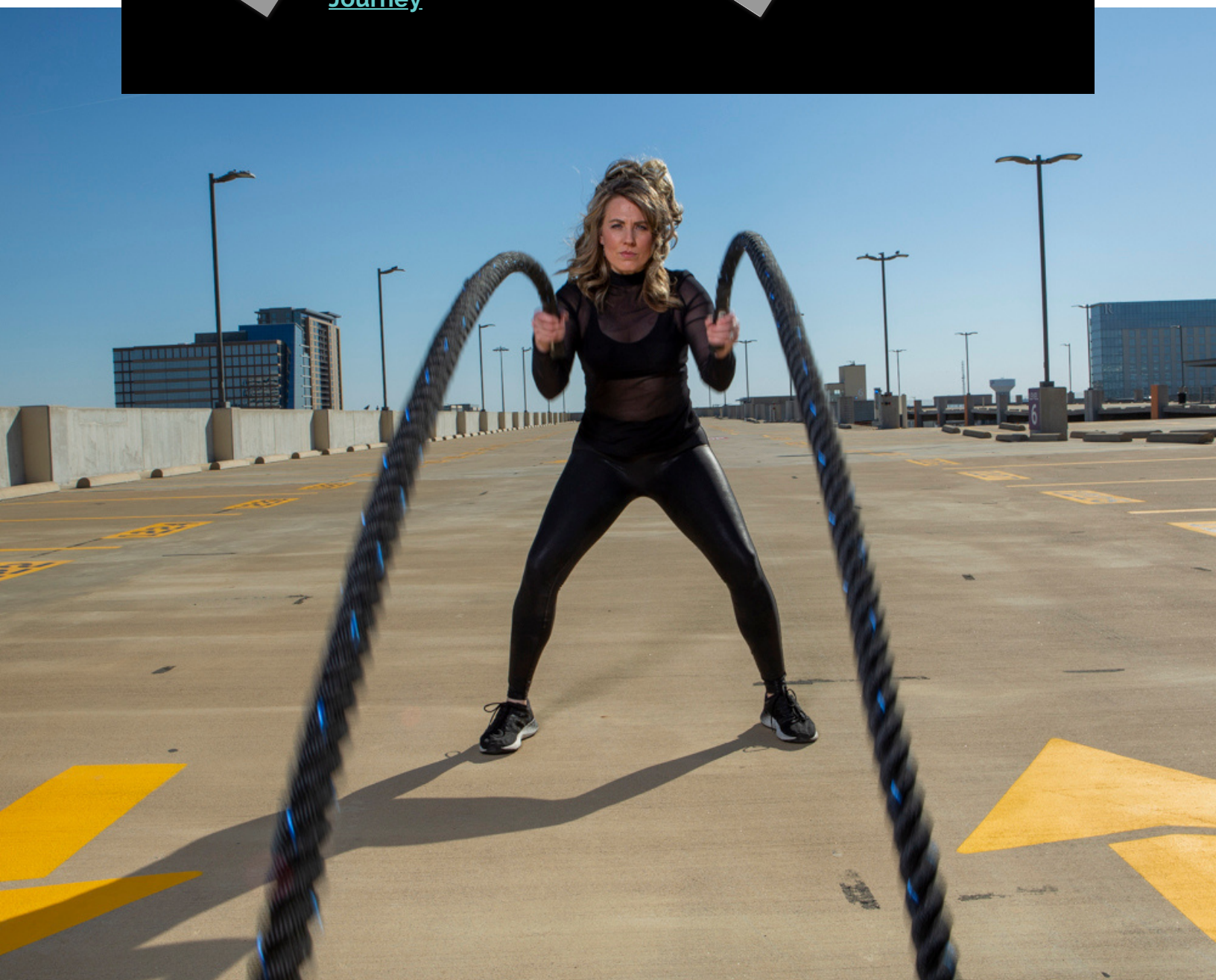
My SIBO healing Journey



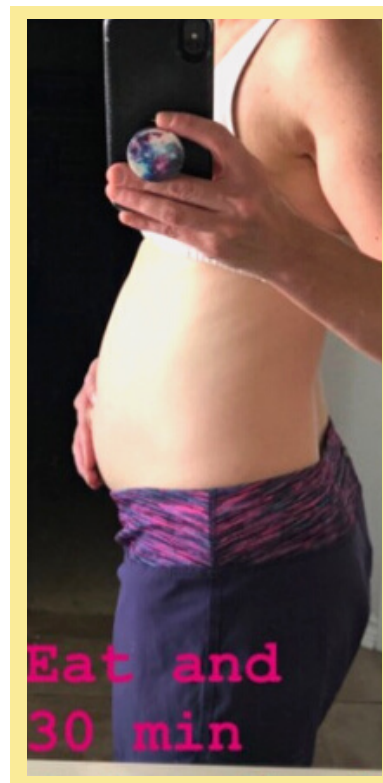
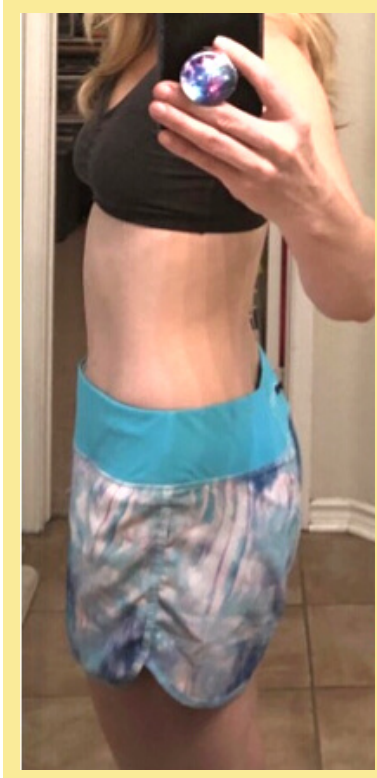
[Read my blog on my Gut Health Journey.](#)



[Watch My Video on You Tube](#)



**I'D WAKE UP LIKE
THIS.**



**EAT AND 30 MIN
LATER LOOK LIKE
THIS.**

What Did I Eat

The carnivore diet, a.k.a zero carb diet, is primarily an animal meat based diet.

This means you can eat 100% meat only when on the diet. The recommended types of meat you can eat will be any type of animal based protein.

I suggest Organic, Grass Fed & Grass Finished Meats & wild caught fish.

Some people will add in minimal dairy fat and protein products like some cream or cheese as well.



EGGS



GROUND MEAT



HAMBURGERS



BONE BROTH



BACON



STEAK





The Zero Carb Pioneers

Grateful Dead Soundman Owsley "The Bear" Stanley lived 50 years using the [Carnivore Lifestyle](#).

Dr. Shawn Baker personifies the meat only lifestyle. At 6'5" he consumes 4lbs of meat a day & is a proponent of the Carnivore diet to heal autoimmune conditions, type 2 diabetes and other chronic issues.

I also followed Ben Greenfield (One of the world's top 100 most influential people in health & fitness). He spent 12 weeks on a Carnivorous Diet and gained muscle, lost weight and felt good.

The CEO of Precision Nutrition, John Berardi has also tested several diets out and has an educated perspective.

Then there is the Instagram platforms with Mikhaila Peterson, the Dark Side of Veganism & Dr. Paul Saladino "the carnivore MD" toting progress pics & stories of healing as they adopted this lifestyle.

I was less interested in a lifestyle of meat but if it could help me heal my chronic gut battle of SIBO, I was going to consider it!

How to get started

NO BULL ABOUT IT !

For 2 weeks you will follow the recommended protocols rules and tips.

- Taking before and after pictures
- Get bloodwork done before & after to see how your body responds.
- Keep a Health Journal-track things like energy levels, aches and pain, sleep, hunger.
- Track objective health changes (weight loss, better blood results like HbA1c numbers for diabetes, thyroid levels etc...).
- Grocery Store haul, prep meals (hard boiled eggs, bone broth, batch cook)
- Follow Social Media groups or blogs that pertain to the Carnivore Diet as an extra resource for ideas



5 SIMPLE STEPS

1. KNOW WHAT TO EAT

Types of Meats & Example Foods:

- Red Meat- beef, pork, lamb, wild game, birds White Meat- Chicken, Turkey, Fish, Seafood
- Organ Meat- Liver, Kidneys, Tongue, Bone marrow, Heart, Brain
- Eggs- Chicken, Goose, Duck
- Dairy- butter, heavy cream, ghee & raw cheese



2. HOW MUCH TO EAT

Eat until you feel full & trust me with a higher fat diet like this, it will not take much!

Shawn Baker says he eats about 4lbs of meat each day but he is a big guy.

Remember I am suggesting this as a diet variation, a strategy and not a lifestyle so eat until you are full, don't count calories or macros during this time and eat when you are hungry, try not to stress over the details.

The goal is decreasing inflammation, starving the overgrowth of bacteria and decreasing chronic health issues.

3. WHAT TO DRINK

Water - Aim for a gallon or half of your body weight in ounces.

I drank my black coffee still and herbal teas.
The true "carnivores" do not because those are still plants/beans.

AVOID: protein powders, soft drinks, energy drinks, dairy.



4. BUY QUALITY MEAT

Look for these words:

Organic, Grass Fed, Grass Finished, Raw
Cheeses, Wild Caught Fish

- [VISIT FARMERS MARKETS,](#)
- [LOCAL BUTCHER SHOPS,](#)
- [LOCAL GROCERY STORES,](#)
- [ORDER MEAT ONLINE](#)
(www.butcherbox.com,
discover.grasslandbeef.com/faq/)

5. FOLLOW & LEARN

Online Support Groups, Forums & Websites:

- biohackerslab.com/all-meat-diet-plan
- www.shawn-baker.com
- mikhailapeterson.com/2018/06/18/6-month-carnivore-update
- www.reddit.com/r/zerocarb
- bengreenfieldfitness.com/podcast/carnivore-diet-benefits
- carnivoremd.com



One Size Fits One

I hope this helps to give you a kickstart into trying a Carnivore diet for healing autoimmune gut issues!

Do I recommend this as a way of life? No, but my philosophy is One Size Fits One and believe everyone's dietary needs differ and my focus is helping people get off the Standard American Diet & improve their gut health!

I believe changing behavioral habits and using diet variation can improve your lifestyle, change your healthstory and create optimal health.

We create health in the Kitchen and shape our bodies in the gym!



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