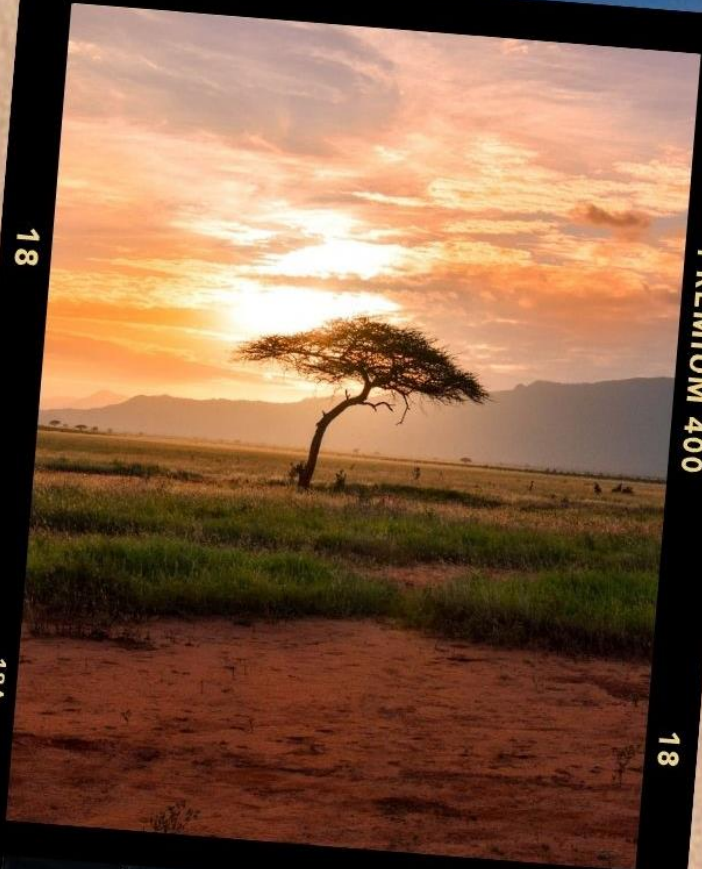


Animal-Based Diet

Your Start with the Animal-Based Diet in 5 Steps!



Step 1 – Cut Out the Garbage

The first step before we even thinking about what to eat is whatnot to eat – at all costs. These foods are truly nutritional garbage:

- All Vegetable and Seed Oils
- Processed Foods like Beyond Burgers, ready-made meals, condiments and most things with more than 4 ingredients

We want to eat as close to nature as possible – many other ways of approaching nutrition figured that out, too! That's where we all have common ground. The traditional western diet is broken in that manner.

With cutting out, I mean to *zealously* avoid vegetable oils and processed foods. They actively harm your body – they're not healthy or good for your heart. Vegetable oils are high in polyunsaturated fatty acids (PUFAs) – those are in the amounts present today in foods totally inconsistent with what our ancestors would've encountered. Even worse, they actively damage your mitochondria – the part of each cell that creates energy. It is a well-known fact that feeding your livestock PUFAs will make them grow bigger. They change the way mitochondria work and are highly unstable. The metabolites create even further trouble down the road. All in all – this is a highly complex topic, but if you want to read into it I wholeheartedly recommend Brad Marshall's work, especially his [Reactive Oxygen Species Theory of Obesity](#), as well as the [Stearoyl-Acetyl CoA-Dehydrogenase](#) Theory of Obesity. Be warned it gets far down the biochemical weeds.

Despite PUFAs, monounsaturated fatty acids (MUFAs) should be avoided, too. The occasional avocado or olive won't kill you, but they also seem to tilt the balance of fatty acids within your body towards unsaturated. What you want is a more saturated milieu though. What remains? Good old saturated fatty acids (SAFs) – where are those found? In animals!

Another huge pile of garbage to cut out are processed foods. All the additives, sweeteners, and what else is in there is toxic for your body. It is well known that certain additives like emulsifiers damage your gut lining and make it more permeable – leaky gut gets supported. Thing is there are a ton more in processed foods than emulsifiers. Cut them all out with the zeal of a sixteen hundred's inquisitor. If your grandma can't pronounce an ingredient or there are more than ~3 ingredients in something look closer at what's in there. Think what you can buy at a farmers market. That's what you should get.

Working on those two will be a step forward towards health, even if you did not change anything else.



Step 2 – Focus on Animal Meats

Animal Meats and Organs are the most nutritious food on our planet. Why is that so?

1. Animals **use the same substances as humans do** from a metabolic point of view. Plants use different forms or entirely different substances. Some can be transformed to some degree, but of most the conversion rate is abysmally low.
2. Animals can run or defend themselves, plants can't. They **either have thorns or protect themselves chemically**. Chemically they produce antinutrients that hinder you from absorbing its nutrients or even attack your body directly.
3. Animal **Meats contain substances you can't find in plants** that I termed zoonutrients – molecules like creatine, carnitine, carnosine, taurine, heme iron, ubiquinone or choline for example.

Those 3 points show the biggest benefits of animal foods over plant sources. But not all plants are equally worse – more on that on step 3! Step 2 is about eating more meat and getting rid of that mental stigma that meat is bad for you, that meat causes heart disease, or your LDL to skyrocket. Long story short, it's not that simple and mostly not true. Dr. Paul Saladino did a great job in his book [The Carnivore Code](#) to debunk these myths, as well as [on his podcast with highly-knowledgeable scientists](#) on those topics. Check them out to go further into each of these rabbit holes.

Meat and eventually organs should be the cornerstone of your diet (80%+ of your overall calories):

- Roughly speaking, 300g of muscle meat per meal
- That amount packed into 2 meals a day should be a good start
- Later on add 100g of organs per meal to that amount.

Of course this depends strongly on you individually, your activity, your gender, and so forth. Plus, depending on your tolerance you can even add dairy, seafood, fish, and eggs to that. Most people react to dairy though – watch for those subtle autoimmune reactions and stay observant.

Read my post on [the animal-based diet](#) to get deeper into this topic, plus [the post on intermittent fasting](#) to learn about planning your meals cleverly!

The goal is to eat meat with every meal to get enough calories and qualitative, highly bioavailable nutrients. Moreover, the goal is to avoid plant toxins and these defense molecules binding up all the nutrients, while damaging your gut. Plants are the topic we talk about next!



Step 3 – Eat non-toxic Plants

Next up, after you've successfully cut out all the nutritional garbage out of your diet, and made animal meats a cornerstone of your diet, the next step is to cut out nearly all plants. In fact, it is a step that should happen together with transitioning to a more meat-based diet.

Which plants are OK?

- Sugary Fruit (Bananas, Apples, Melons, ...)
- Non-Sweet Fruit (Peeled Cucumber, Squash, Pumpkin, Coconut, ...)

Which plants should I avoid at all costs?

- Nuts (full of antinutrients like lectins and Phytates)
- Grains (full of Phytates)
- Seeds (full of Phytates, and Phytoestrogens)
- Beans and Legumes (Full of Lectins)
- Leafy Greens and Cruciferous Veggies (Full of Goitrogens, and Oxalates)

Which plants go on a *maybe* list?

- Avocado & Olives (High in MUFAs – I'd avoid those for a more beneficial fatty acid composition of your body)
- Tubers are OK occasionally, but prepare and cook those well
- A big *Maybe*: Pressure-cooked white rice (it's pure carbs with relatively low antinutrients, therefore cheap calories)

So, **we're mostly eating fruits, spiced up with a tuber here or there.** That's because of *the composition of antinutrients*. Antinutrients are the 5 classes of lectins, tannins, phytoestrogens, goitrogens, and phytates. All those damage different structures within your body. For example attack goitrogens your thyroid – those are high in kale and cruciferous veggies.

Fruit on the other hand are *the only part the plant wants to be eaten* – to distribute their offspring. Fruits often contain non-digestible seeds and plants use animals as carriers for those. That's why fruit are sweet, colorful, and luring like Eve's apple. They want to be eaten. All the other parts of a plant not. Especially 'baby plants' like seeds, nuts, and beans are therefore loaden with toxins to punish those daring to eat those.



Step 4: Ancestral Environment

Living evolutionarily consistent and enjoying ancestral health is not only about nutrition, albeit it's the biggest part. The environment you live in also determines your health strongly. So what are the most important environmental factors?

- Daylight Exposure
- Cold Exposure
- Heat Exposure
- Movement
- Stress Management
- Work & Passion
- Meaningful Connection

All those could be called *environmental hormetics*. The fancy term for 'environmental supplements'. All of those bring your body out of balance and your body tries to rebalance while coming back stronger. It's the old story of muscle growth. Let's go through all of them briefly!

Daylight is of tremendous importance to set you Circadian clocks. The best two habits here are to get daylight within 30' after waking up and around 2 hours before bedtime – e.g. watch the sun rise and set. This will act as anchor points for your circadian rhythm. Learn more [about that exciting topic here!](#)

Cold exposure will help you heat your body up. Yes you read right. This is a great tool in the mornings when your body temperature is naturally the coolest to get going. Longer icebaths and showers help you increase the amount of brown adipose tissue and therefore internal heat production. A cold shower each morning is a great habit here.

Heat exposure lets you sweat – and sweating helps with getting heavy metals out of the system. Moreover is sauna an incredibly great tool to naturally increase growth hormone. If sauna is not on your list – get hot from time to time and sweat. Sauna once a week is a great goal.



Movement goes without a lot to say – we humans are made for movement. Try to hit it hard around 3-4x a week with some kind of strength training, but also incorporate some cardio sessions. But this will look differently for everyone depending on their preferences. Besides exercise, move daily, aim for 12.000 steps and a huge variety of movement throughout your day.

Stress management is a big one nowadays. Our day to day lives are in itself stressful. Managing that actively became a necessity – meditation, breathwork, forest baths, reading, and journaling are the weapons of your choice!

Work solely for money doesn't come close to fulfilling your passion. Nearly no amount of money does. And the trend nowadays is that more people tend to go after what they love! I think that's great, especially in regard that most people will serve the world the best if they truly love what they're doing. Therefore, find your passion and realize it. As cheesy as it might sound.

Meaningful connection is one casualty of modern big city lives. With that I mean true, meaningful relationship with friends. Friends whom you trust and can count on no matter what. How many of those do you got, truly? More than that it is about family, your neighborhood, your local community. There are a lot of meaningful connection to be found, either for personal gain or entrepreneurial. We humans are social, isolating oneself can be a great thing for some time, but definitely not long-term. Care for your loved ones and consciously build your own community of like-minded individuals that you value.



Step 5: Integrate Organ Meats

Animal organs are the most nutrient-laden foods around. Just have a look at the nutrient density of beef liver. This is a *true superfood*. Organs are nature's *sole superfood*. Not kale.

Eating organs can be awkward at first – depending on your cultural background and family you might've never gotten in contact with them. And it is true they taste different, and stronger. So where should you start?

- I would definitely **start with beef liver** regarding its nutrient density. You simply kill a lot of micronutrient birds with that single stone. Aim for 500g liver per week.
- After liver, **kidney is another great organ** to try. It'll especially help people with autoimmune disorders because it contains DAO, one enzyme important for the histamine cycle.
- Further down the road I'd recommend brain (you can scramble it likewise eggs), honeycomb tripe (a great additive to soups or bone broth), bones (use them for bone broth), heart (high in CoQ10 and awesome in stews), and tongue (the most tender meat I've come across).
- Beyond that there are testicles, intestines, thymus, lung, spleen, blood, and many more. Most of those tend to be hard to get depending on where you live. For example in Germany and Austria blood, thymus, and intestines can still be bought by butchers, as there are a few traditional recipes around using these.

Another great tip is to cut your organs to pieces (either cooked or raw for the daring), freeze them for 14+ days to kill all possible parasites, and then drop those frozen bits as supplemental pills. You own homemade organ pills! Otherwise you can buy powdered organs in pills to get exposed to a broader array of organs.

As a general guideline – try to incorporate 100g of organ meats per meal and 500g of liver per week to cover your micros. Variety is king when it comes to organs because most are super high in nutrients. With variety you'll bathe your body in nutrients, peptides and all those beneficial molecules it could never find in plants.

Before embarking on your Animal-Based Adventure feel free to check out these posts for information:

- Learn nutrition – learn about [fatty acids](#), [carbohydrates](#) and [protein](#), as well as macronutrients
- [Optimize your sleep](#) and learn about your [circadian rhythm](#)
- Eat an [animal-based diet](#) and live an ancestrally consistent lifestyle

Those are the big ones! If you're looking for an ebook that covers all of those in detail – check out [my freebie 'Pillars of Health' here!](#)

