



## **THO Carnivore Diet and Intermittent Fasting Guide**

The goal: To eat only animal products and practice intermittent fasting. Results include: weight loss, improved insulin sensitivity, improved metabolism and hormone regulation, improved hair, skin and nails, improved and even cured diabetes, improved digestion, as well as improvements in issues like infertility, PCOS, depression, and autoimmunity.

If you need advice and support to get you started, we offer you a monthly subscription that will give you help in developing a personal plan for transitioning to the Carnivore Diet, including troubleshooting to achieve your goals.

- + Monthly subscription for 500 dirhams
- + One Weekly Zoom call for 30 minutes
- + Unlimited text messaging via WhatsApp

The Support Program also includes:

- Education of the quantity and types of food allowed.
- Guidance of eating times and fasting times.
- Teaching the duration of fasting so that it does not harm the body and hormones.
- Secrets for an easier fast.
- How to change from a sugar burner to a fat burner.

In addition, you will learn the benefits of a low-carb, high-fat diet, the latest teaching about fat and cholesterol, why eating healthy fats does not cause fat storage, how insulin affects health and weight loss, how to support your hormones and glands, and much more.



## **Carnivore Diet**

### **Preferred Carnivore foods:**

Fatty red meat, tallow, butter, ghee, eggs, and salt

### **Other allowed animal products:**

Chicken and seafood (fish, tuna, shrimp...etc), bacon (beef, turkey) and some animal organs (such as heart, liver and brain)

### **Preferred dairy products:**

Unprocessed hard cheese (parmesan, cheddar)

### **Other dairy products (not recommended):**

Full-fat milk and yogurt (if there is no sugar in the ingredients)

*\*\* If your goal is to lose weight, it is better to remove dairy \*\**

*\*\*Beware of dairy products, as they usually cause flatulence, bloating and gas\*\**

### **Other notes:**

1. Eat when you feel really hungry.
2. Eat until you are satisfied.
3. Don't eat snacks between meals, wait until you feel hungry again.
4. You don't have to measure or calculate food calories.

## **Example Schedule**

Breakfast at 9 or 10

A burger or two burgers with 2-4 eggs, cooked in butter and seasoned with salt

Lunch at 2 or 3

Grilled chicken with eggs, bacon, and salt

Dinner is at 7 or 8

Tuna cooked in butter or ghee, eggs and salt

Do not eat after 9 o'clock and fasting begins. Fast until at least 9 am or longer.



### **Intermittent Fasting**

1. Stop eating at least 3 hours before you go to sleep
2. Begin your fast 3 hours before you sleep and then wait at least 12 hours before eating again. It is allowed for you to drink water, black coffee or tea without sugar or milk.
3. If you are able to fast for more than 12 hours, try to extend the time to 13 or 16 hours.