



CARNIVORE RESET

*Start with the simplest diet composed of
the most nutrient rich foods on the planet.*

PAUL SALADINO, MD.

CARNIVORE RESET - PAUL SALADINO, MD

Why?

The Purpose

You've tried everything. **Your body is still reacting.**



You've cleaned up your diet. Maybe you've gone paleo, or even Animal-Based. But the skin flares, the gut issues, the joint pain, the brain fog — they're still there. Your body is reacting to something and you can't figure out what.

The problem isn't effort. It's noise. When you're eating dozens of foods, every meal is a variable. You can't isolate the cause because there are too many inputs. One way to get a clear signal is to temporarily remove everything — like a classic elimination diet — and rebuild from zero.

Food For Humans

**The flexible
framework**

*Experiment broadly.
Maximize variety.*

Animal-Based

**The structured
protocol**

*Remove most plants.
Keep fruit + honey.*

You Are Here

Carnivore Reset

The diagnostic tool

*Start simple. Remove all plant
foods. Find your answers.*

This is not a permanent diet. It's a 30-90 day diagnostic tool which you use to find answers. You simplify your diet to only animal foods, with the goal being to transition to eating in an Animal-Based or Food For Humans

How?

What to expect -honestly

Some of this is uncomfortable. All of it is temporary. **The goal is a resilient, varied diet — this protocol helps you find it.**

GI distress?

Diarrhea: add a little avocado or fruit for fiber.
Constipation (no bowel movement every 1-2 days): also add avocado or fruit.

Finding it too hard?

That's OK — transition to Animal-Based instead. Meat + fruit + honey gives you most of the benefits with more flexibility.

Week 01 - Adaptation

The hardest part. It passes.

Fatigue, headaches, irritability, cravings. Your body is switching fuel systems — from glucose to fat and ketones. This takes 5-10 days. It's withdrawal plus metabolic adaptation.

Salt everything - Drink bone broth - Don't restrict calories - Rest if you need to

Week 02 - Stabilization

The worst is behind you.

Energy starts returning — sometimes in waves. Cravings drop significantly. Digestion begins normalizing. You're becoming fat-adapted. Stay the course. Don't reintroduce anything yet.

Week 3-4 - The Signal

This is where it happens.

With all plant defense chemicals, processed food, and common allergens removed, your immune system has had weeks to calm down. The inflammation that's been running in the background starts to quiet.

Skin clearing - Joints improving - Brain fog lifting - Sleep improving - Digestion normalizing

Day 30 - Decision Point

Assess and choose your path:

1

Improved

Move to reintroduction

2

Still Improving

Continue to day 60-90

3

No Change

Cause may not be dietary. Consult a practitioner.

What is out and why?

The root cause

The simplest diet you'll ever eat. **That's the point.** Fewer variables means a clearer signal.

What you eat 👍

Muscle Meat

Beef, lamb, bison, chicken, fish.

Animal Fat

Butter, ghee, tallow, marrow, fatty cuts of meat.

Organ Meats

Beef Liver 0.5oz 2-5x/week.
Heart 2-3oz 2-3x/week.

Connective Tissue

Bone broths, tendons, oxtail, collagen powder.

Salt & Water

Sea salt generously.
Filtered water. Reverse osmosis preferred

Optional

Eggs, dairy (raw or grass-fed), coffee, and tea — remove if symptoms persist.

What you remove (for now) 👎

All plant foods

All grains

All legumes

All nuts & seeds

All fruit (for now)

Honey (for now)

Dairy (initially)

Alcohol

All processed food

Seed oils

Sugar

It's ok to drink coffee & tea - pay attention to your body and remove if symptoms persist.

Why everything comes out: When your body is reacting to multiple things simultaneously, you can't isolate the cause. One way to get a **clear signal** is to temporarily remove everything — then add foods back one at a time and watch what happens.

Carnivore Meal Plan

7-Day Reset Meal Plan

Monday

Morning

Ground beef + salt + bone broth

Midday

Roasted Chicken + salt

Evening

Lamb patties + liver (small portion)

Tuesday

Morning

Skirt steak and eggs + salt

Midday

Ground beef + bone broth

Evening

Bison burgers + tallow

Wednesday

Morning

Ground beef scramble with eggs

Midday

Leftover bison + broth

Evening

NY strip + marrow bones

Thursday

Morning

Ground beef + tallow + salt

Midday

Leftover steak + broth

Evening

Slow-cooked lamb shoulder

Friday

Morning

Eggs in tallow + ground beef

Midday

Leftover lamb + broth

Evening

Ribeye + liver + salt

Saturday

Morning

Steak and eggs + salt

Midday

Ground beef patties + broth

Evening

Short ribs (slow-cooked) + marrow

Sunday

Morning

Ground beef scramble + salt

Midday

Leftover short ribs + broth

Evening

Lamb chops + liver + salt

Yes, it's simple. Yes, it's repetitive. **That's the point.** Fewer variables. Cleaner signal. Eat until satisfied.

Key points: Liver appears 3x this week — it's your micronutrient source. Bone broth at every lunch — sodium, glycine, gut support. Bone broth 3-5x a week or more if you have consistent access to it. Salt everything generously. Eat until satisfied — don't restrict calories. Cook with tallow.

Reset shopping list

The shortest shopping list you've ever used. That's the point.

Proteins



- ☐ Ground beef (7 lbs) — grass-fed
- ☐ Ribeye steaks (2)
- ☐ NY strip (1)
- ☐ Lamb (3 lbs)
- ☐ Bison (2 lbs)
- ☐ Short ribs (2 lbs)
- ☐ Eggs (2 dozen) — optional
- ☐ Beef liver (1 lb)
- ☐ Marrow bones (2 lbs)
- ☐ Chicken (1 lb)
- ☐ Fish (1 lb)

Liquids



- ☐ Bone broth — no additives
- ☐ Mineral water or reverse osmosis

Pantry



- ☐ Sea salt
- ☐ Electrolyte mix — no sugar/additives

Dairy & Fats



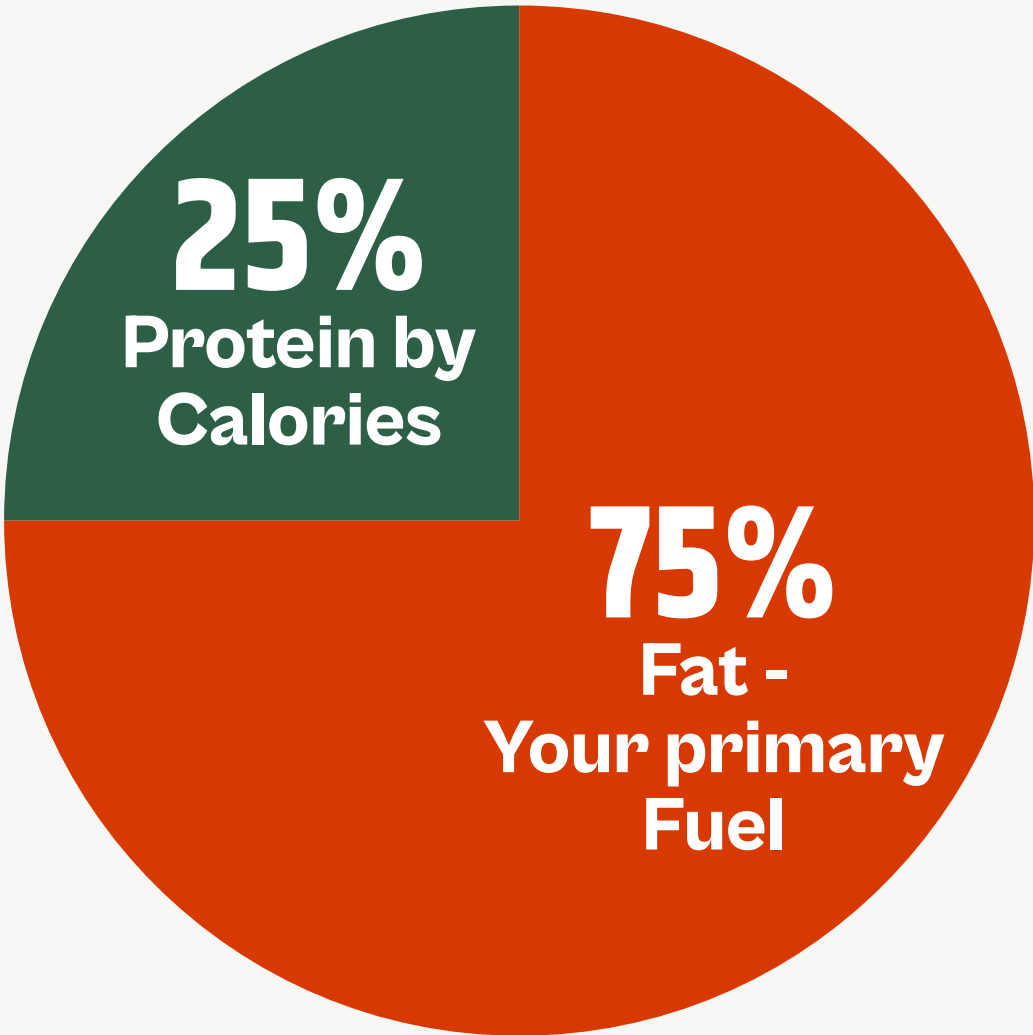
- ☐ Beef tallow (1 lb)
- ☐ Butter (0.5 lb)
- ☐ Ghee (0.5 lb)

These amounts are just a suggestion, they will vary based on body weight and activity level - know your amounts with our macro calculator:

MACRO CALCULATOR - PAULSALADINOMD.COM

This list is short on purpose. Fewer ingredients means fewer variables. 7 lbs of ground beef sounds like a lot — at 2+ lbs per day, it goes fast. Buy in bulk. Make your own bone broth from leftover bones. Marrow bones are often very affordable — ask your butcher.

Reset Macros



Here's how to think about your macros:

For carnivore it's going to be 1-1.2g of protein per pound of bodyweight per day. The rest is going to come from fat

This is safe temporarily. Eat fatty cuts and use fat when you cook. **Adequate fat is required for hormonal health** — eating lean and high-protein during a reset is a recipe for hormonal disruption.

The Transition

Nose-to-Tail Nutrition

Carnivore is a diagnostic tool . **Not the destination.**

Once you've completed reintroduction, you're eating YOUR version of Animal-Based — the protocol helped you find it. The foods you tolerated? Those are your foods. Build your daily eating around them.

Why Not Stay Carnivore Long-Term?

A carnivore reset is valuable for understanding what is causing your issues. And, longterm, zero-carbohydrate eating can create new problems in some people.

Declining sex hormones - Poor sleep - Heart palpitations - Muscle cramps

Your body interprets chronic carbohydrate absence as scarcity. Your thyroid downregulates. Your hormones shift into conservation mode. Adding fruit, squash, and honey, as part of an Animal-Based diet can help resolve these issues.

Your Path:



*The goal isn't the most restricted diet you can survive on. **It's a clear understanding of the foods your body thrives on.** The Carnivore Reset is how you get that understanding. Animal-Based or Food For Humans — customized to YOUR biology — are more suitable for long term eating.*

The Reintroduction Protocol

This is the most important part of the entire guide.

Once you completed your reset protocol (30 / 60 / 90 days). This is how you reintroduce:

- 1

ONE food at a time
Not one food group. One specific food.
- 2

Wait 3-5 days
Some reactions are delayed 48-72 hours.
- 3

Track daily
Energy, skin, digestion, mood, sleep, joints.
- 4

Reaction? Remove + wait
Wait until clear, then continue with next food.

Reintroduction Order — Safest to Most Reactive

FOOD GROUP		INTRODUCTION PERIOD	SYMPTOMS TO WATCH FOR
1	Honey	3-5 Days	Amount of honey is based on how active you are. Start with a tablespoon or 2 per day. Titrate up based on how you feel
2	Fruit	5 Days	Try 1-2 fruits per day. Wait 3 days and see how you feel
3	Squash	5 Days	Bloating, fatigue, digestive changes
➤ MILE MARKER - YOU ARE NOW ANIMAL BASED - PAUSE (this is a much more varied and sustainable diet)			
4	White Rice Cook in lots of water and discard to minimize metals	5 Days	Brain fog, blood sugar, bloating
5	Sweet Potato	5 Days	Bloating, blood sugar changes
6	White Potato Peel + boil 25 min	5 Days	Joint pain, skin
7	Leafy Greens Lettuce, arugula first. Avoid spinach/kale for now	5 Days	Bloating, kidney/urinary (oxalates)
8	Grains Sprouted/fermented only	5 Days	Brain fog, bloating, flatulence
9	Nuts Soaked, sprouted preferred	5 Days	Digestion, skin, joints, kidney
10	Nightshades* Tomato, peppers, eggplant, etc.	5 Days each	Joint pain, skin flares — test individually
11	Beans Soaked, sprouted	5 Days	Bloating, fatigue, digestive changes

If you want to go beyond these foods, continue according to the reintroduction protocol below - this is the path to Food for Humans

***Nightshades FYI:** Tomatoes, peppers, and eggplant are among the most common triggers Paul sees in his community. Many people who feel great on Animal-Based discover nightshades are their primary issue. Test each one individually.



A note from Paul:

This isn't about fear of food.
It's about earning *freedom* from food anxiety.

Two people can do the same reset and come out with completely different food maps. Your genes, your gut, your environment, your history — all of it shapes which foods work for you. That's why generic protocols fail and self-knowledge wins.

When you remove all triggers and let inflammation resolve, reintroducing a problematic food produces a much clearer signal than when you're chronically inflamed and can't tell what's causing what. The reset doesn't just remove foods — it restores your body's ability to communicate.

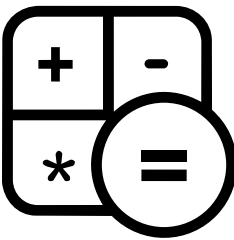
When you know exactly what your body handles and what it doesn't, meals become simple. The guessing stops. You eat with confidence.

I'm rooting for you.

— Paul



IF YOU NEED MORE HELP, JOIN THE COMMUNITY HERE
[COMMUNITY.HEARTANDSOIL.CO](https://community.heartandsoil.co)



MACRO CALCULATOR - [PAULSALADINOMD.COM](https://paulsaladinomd.com)

CARNIVORE RESET

PAUL SALADINO, MD.