

# My Carnivorish Food Guide

carnivorish.co





## Important Health Disclaimer

I am not a medical professional, registered dietitian, or nutritionist. I'm simply sharing my personal experience and what has worked for me over 7 years of tracking data.

The information shared in my guides, website, and content is based solely on my personal journey and self-experimentation. What worked for me may not work for you. Every body is different.

Claude content

#### **Ų** Consult Your Doctor

Always consult with a qualified healthcare provider before making any dietary changes.

#### Medical Conditions

If you have any health conditions, are pregnant, or take medications, seek medical advice first.

#### Personal Experience

This is documentation of my journey, not medical advice or a prescription for health.

#### **ADA** Please Understand:

- . My results (86.3 lbs lost, improved sleep, etc.) are my individual outcomes
- Dietary changes affect everyone differently based on genetics, health status, and lifestyle
- . What I share is for informational and educational purposes only
- You assume full responsibility for how you choose to use this information

By using my guides and content, you acknowledge that you have read and understood this disclaimer.



### The Carnivore-ish Food Guide

What I Actually Eat After 86.3 lbs Lost

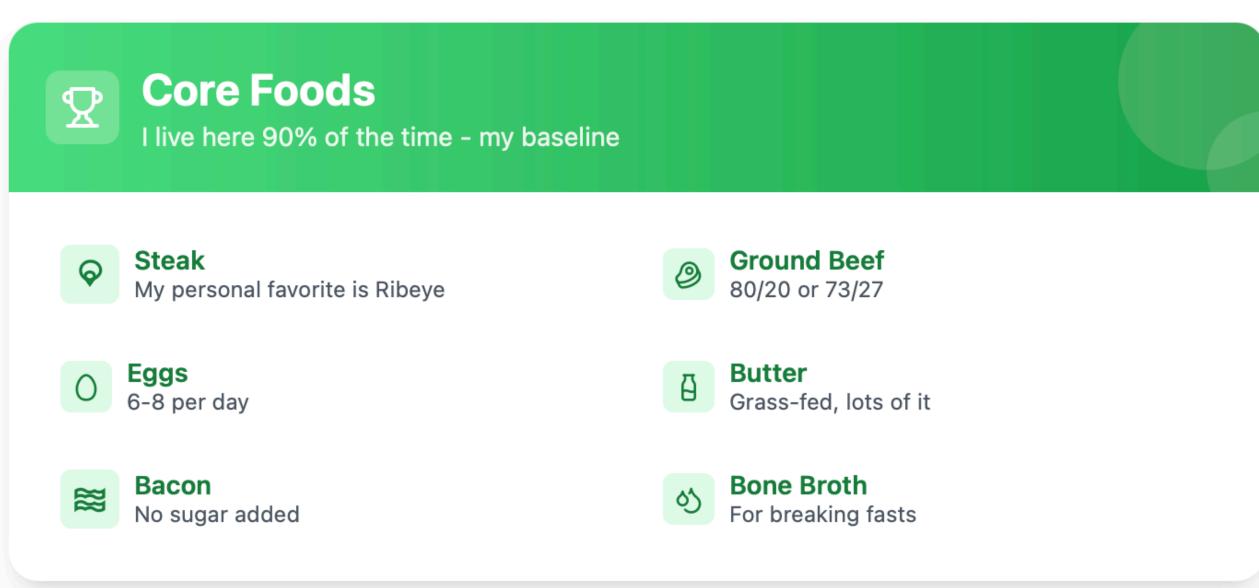
95% Animal-Based

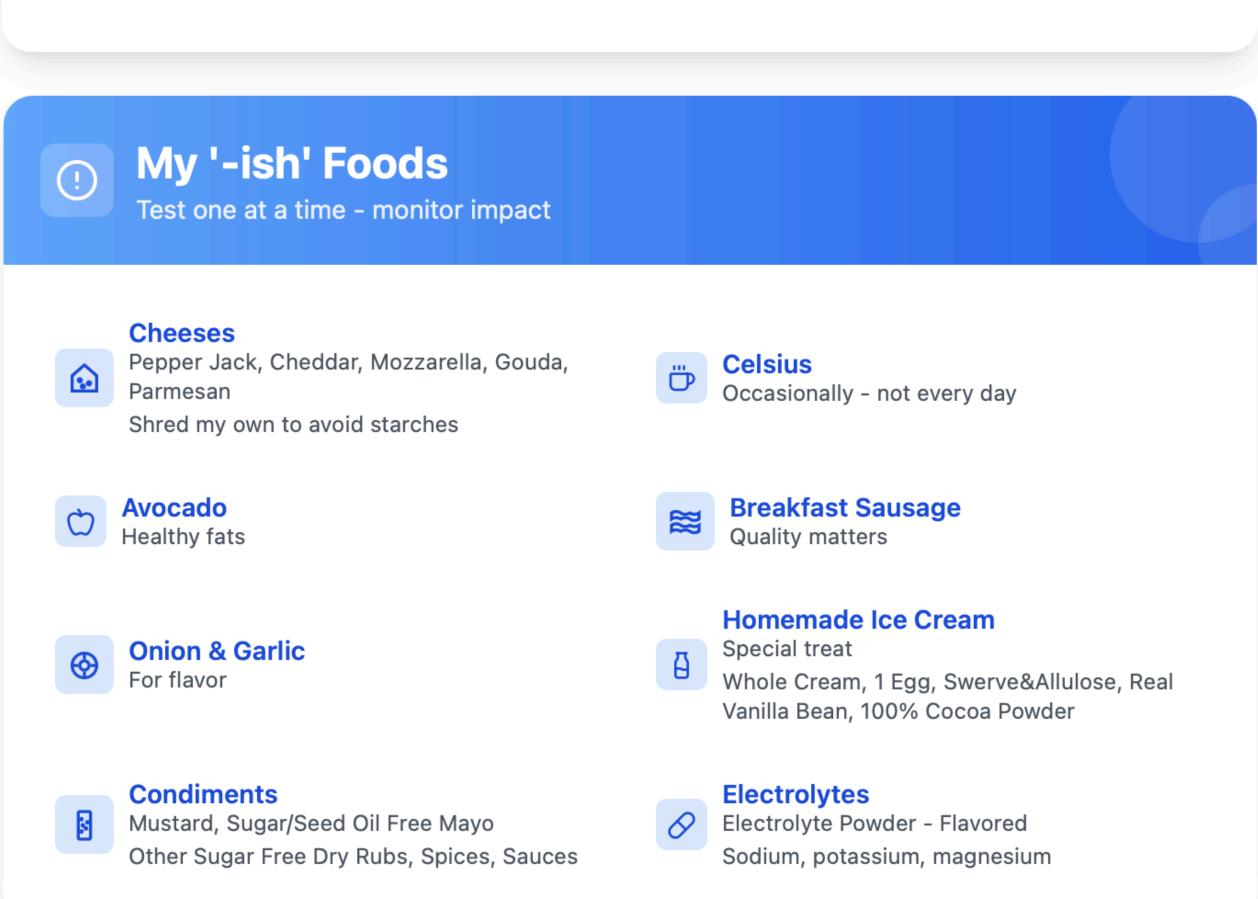
**No Counting Macros** 

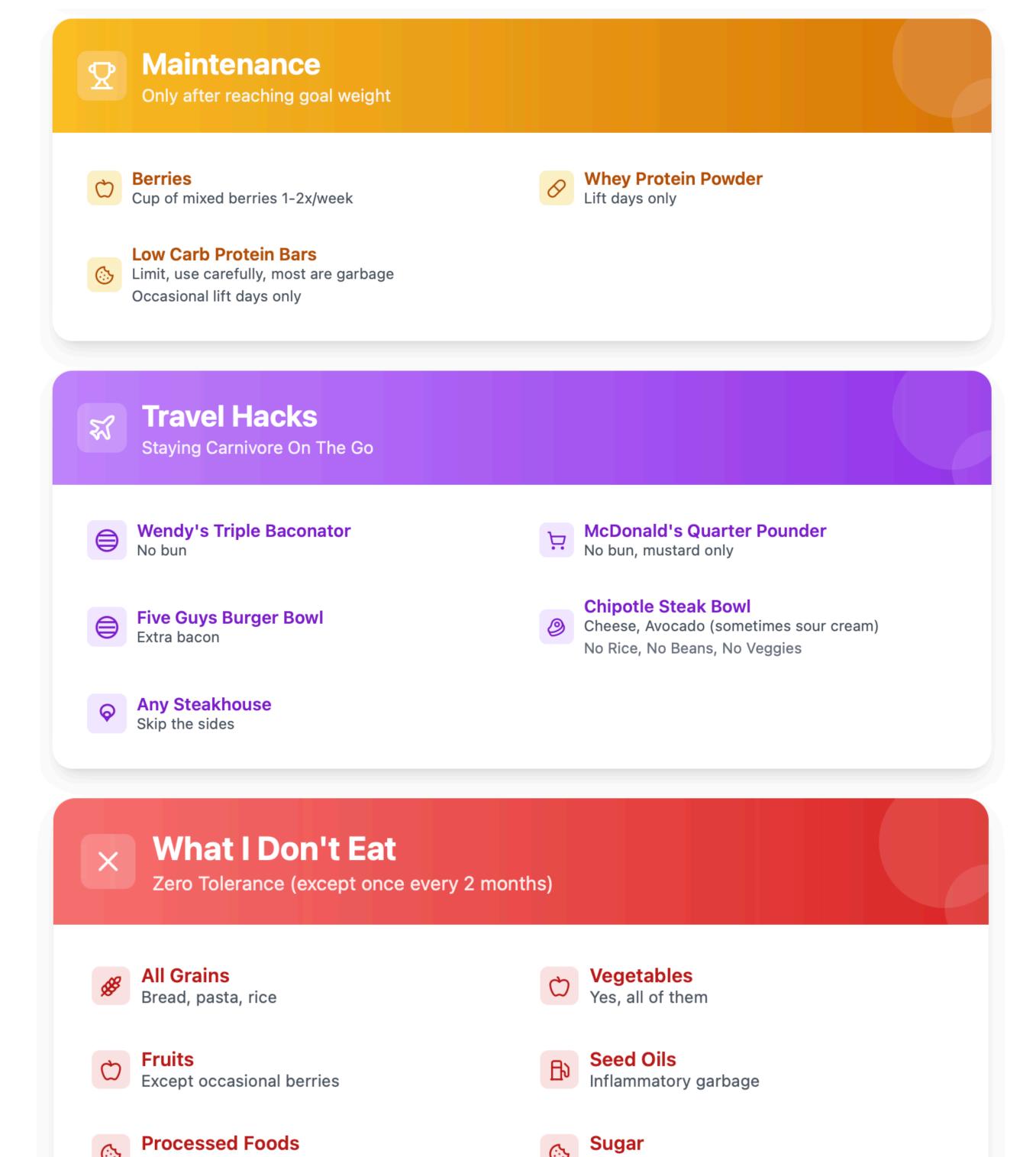
**Real World Flexible** 

# When '-ish' foods affect my weight or sleep, I return to Core Foods only or fasting. Data doesn't lie.

For weight loss: I used Core + '-ish' foods. I introduced '-ish' foods one at a time to measure impact on energy, weight & sleep. Found minimal impact for me personally. Maintenance foods have only been used after reaching goal weight, but are really unnecessary.







In any form

If it has a barcode...

