

CARNI40

Meat, Movement, Mindfulness, Motivation



MEAT OPTIMAL HEALTH & WELLNESS WITH CARNI40

The Carni40 plan is a 40-day program to help you reach optimal health and wellness. Whether you are beginning your journey to health, hit a plateau, or have gotten off track - this plan will kickstart your body and mind towards reaching your goals and living the life you have always wanted.

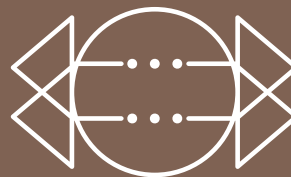
There are four aspects of Carni40 - **MEAT, MOVEMENT, MINDFULNESS, AND MOTIVATION**. It is important to make each aspect a priority. Reaching optimal health and wellness is more than watching what you eat. You also need to move your body, pay attention to what's going on in your mind, and stay motivated to keep going and remember why you started in the first place. As you move through the program, remember to take it one day at a time and know that you have a tribe of people to help you along the way.

THE CARNI40 PLAN:



40

Days of
Carnivore Diet



40

Minutes of
Movement 4x
per week



40

Minutes of
Mindfulness
per day



40

Minutes of
Books or Pod-
casts per day

MEAT



A carnivore diet is simple, you only **EAT MEAT** and other animal products. Everything else is restricted. That means no fruits, no vegetables, and no bread or grains. The purpose for this way of eating is to improve health, heal the body and mind, and relieve many chronic illnesses. The carnivore diet is rooted in the belief that our ancestors ate mostly meat and fish, and the Standard American Diet is why Americans experience such high rates of chronic inflammation, obesity, disease, and digestive issues.

BENEFITS of a CARNIVORE DIET

- **WEIGHT LOSS**
- **REDUCE INFLAMMATION**
- **IMPROVE BLOOD PRESSURE**
- **IMPROVE INSULIN SENSITIVITY**
- **INCREASE ENERGY**
- **IMPROVE MOOD**
- **BETTER SKIN**



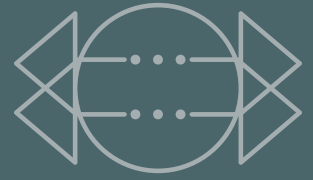
FOODS to CONSUME

- ✓ **MEAT** - Beef, lamb, pork, chicken. Any kind of meat is fine on a carnivore diet.
- ✓ **DAIRY** - Some carnivores eat cream, butter, and cheese, but many people avoid dairy products. Milk and half-and-half are not allowed on carnivore because they contain carbs.
- ✓ **ANIMAL FAT** - Lard, tallow, ghee, schmaltz, and other animal fats become the standard for cooking on carnivore.
- ✓ **FISH** - All types of fish are allowed on carnivore.
- ✓ **ORGAN MEATS** - This includes liver, heart, tongue, and bone marrow, which are excellent sources of nutrients that are hard to find in other types of meat.
- ✓ **BONE BROTH, COFFEE & TEA** - Bone broth is full of collagen, which has excellent healing properties for your skin, hair, connective tissue, and is known to improve cartilage health.

FOODS to AVOID

- | | |
|-----------------------------|---------------------------|
| ✗ FRUITS | ✗ NUTS & SEEDS |
| ✗ VEGETABLES | ✗ GRAINS |
| ✗ HIGH-LACTOSE DAIRY | ✗ ALCOHOL |
| ✗ LEGUMES | ✗ SUGARS |

MOVEMENT



The human body isn't designed to sit in a chair all day, it's designed to **MOVE**. The good news is, any movement is beneficial, even small amounts of movement. From your head to your toes, moving every day has the power to improve every part of your body.

BENEFITS of MOVEMENT

- **IMPROVE YOUR MENTAL HEALTH**
- **IMPROVE YOUR SLEEP**
- **HAVE MORE ENERGY**
- **REDUCE STRESS**
- **IMPROVE BRAIN FUNCTION**
- **BOOST JOINT FLEXIBILITY & JOINT FUNCTION**

WAYS to INCORPORATE MOVEMENT

- **GO ON A WALK OR HIKE**
 - **PLAY OUTSIDE WITH YOUR KIDS OR PETS**
 - **RIDE A BIKE OR GO KAYAKING**
 - **PRACTICE YOGA**
 - **CLEAN YOUR HOUSE**
 - **USE THE STAIRS**
 - **PARK AT A DISTANCE**
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Anything you do to add physical activity and movement to your day will make a big difference in improving your health and wellness. If you don't have time for one 40-minute session, you can break it up throughout the day. For example, you can do a 20-minute yoga practice (there are a ton of free videos on Youtube) and then take a 20-minute walk later in the day. The goal is to make movement a priority and find opportunities throughout the day to move your body.



MINDFULNESS



MINDFULNESS is paying attention to the present moment without judgment. The key aspects of mindfulness involve purposeful action, focused attention in the current experience, and being aware of your thoughts and feelings without viewing them as good or bad. Mindfulness is a quality that every human being already possesses, you just have to learn how to embrace it.

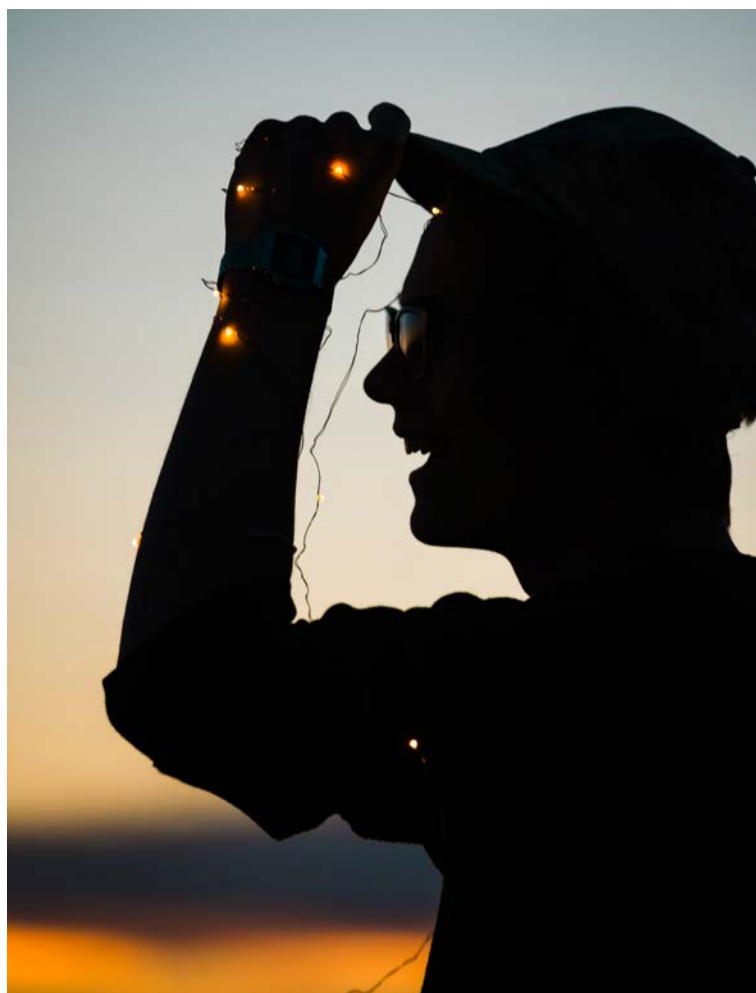
BENEFITS of MINDFULNESS

- **REDUCES STRESS & ANXIETY**
- **IMPROVES SLEEP**
- **PROVIDES MENTAL CLARITY AND FOCUS**
- **CULTIVATES DEEPER RELATIONSHIPS**
- **IMPROVES SELF ESTEEM**
- **REDUCES ANGER, JEALOUSY, SHAME & GUILT**
- **GIVES PEACE OF MIND**

MINDFULNESS PRACTICES

- **BODY SCAN**
 - **SITTING MEDITATION**
 - **MINDFUL EATING**
 - **MINDFUL WALKING**
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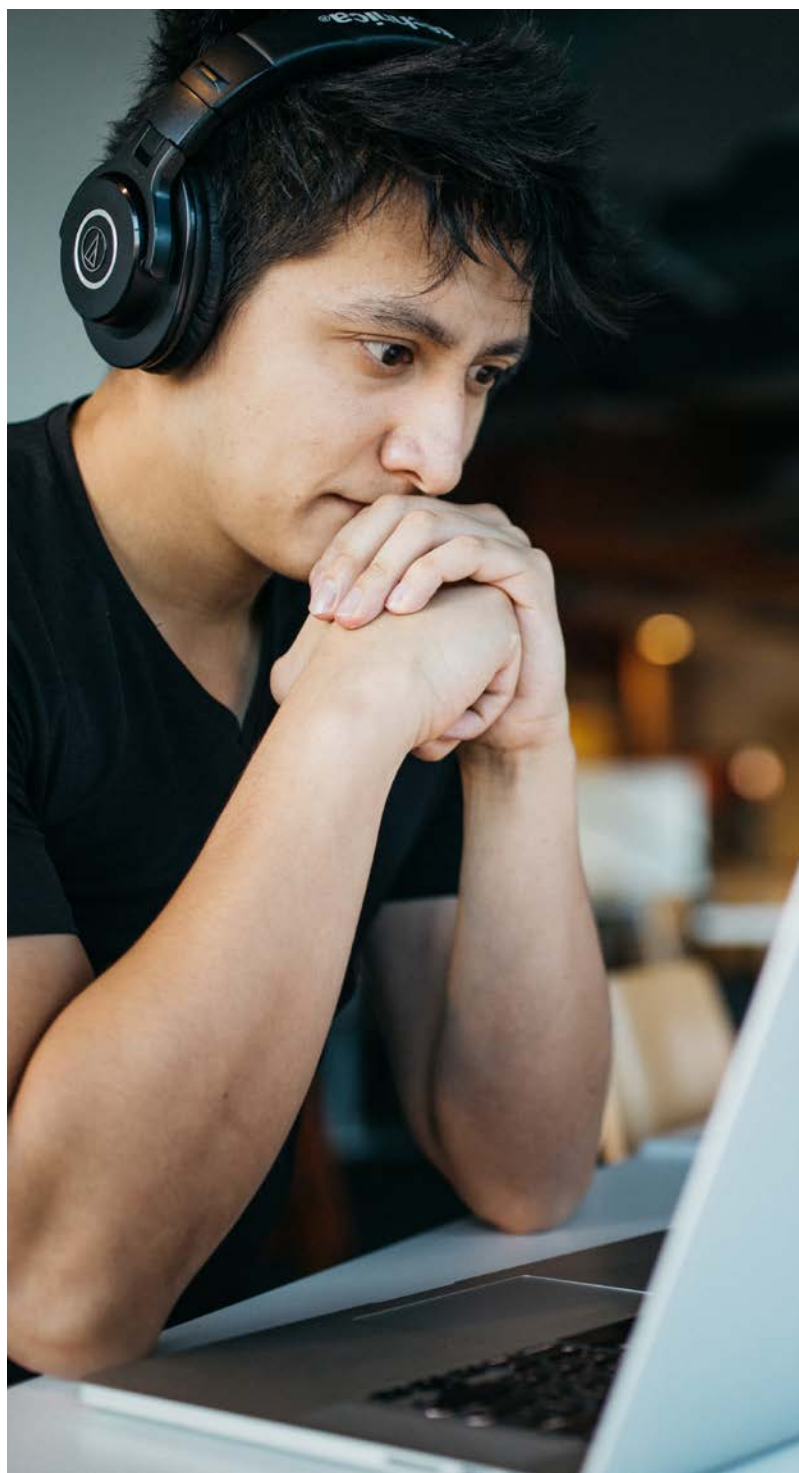
Setting aside 40 minutes a day to practice mindfulness may seem like a lot, especially if you are new to the practice. You can mix and match which type of practice you do to fit what works for you and your schedule. For example, you can do a 40-minute body scan one day and the next day do a 30-minute mindful walk and a 10-minute sitting meditation. You can also do a 20-minute sitting meditation and then spend 20 minutes practicing mindful eating. The goal is to make being mindful a priority and to pay attention to how you think and feel without judgement.



MOTIVATION



The last component of Carni40 is spending 40 minutes a day reading or listening to a book or podcast. You may be asking yourself, “Why do I need to do this to be healthier?” The answer is this, your diet is not just what you consume through eating, but also through what you consume mentally. By reading or listening to a topic that you are interested in will bring you joy and inspiration. You will find yourself more **MOTIVATED** to live the life you have always wanted.



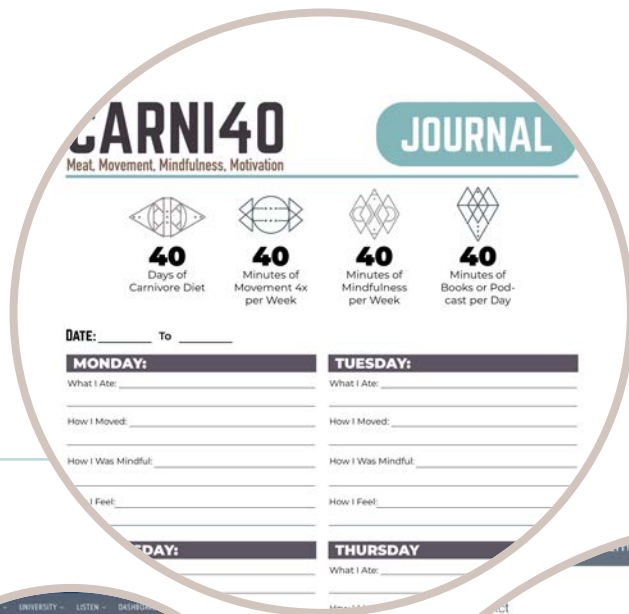
RESOURCES

Before you go on any adventure, you want to pack tools to help you along the way. We recommend journaling what you eat and how you feel each day. This food and mood journal will help keep you accountable and allow you to look back on what foods made you feel good and what foods did not. Tracking your ketone and glucose levels also allow you to see how your body is responding to your new way of eating. We are big fans of the Garmin watches that allow you to monitor areas such as steps, stress, and sleep.

One of the most important parts on this journey is being prepared. The Let's Truck Store offers many carnivore-friendly options to make sure you always have something easy to grab that is nutritious and will satisfy your hunger. Last not least, we have a list of recommended books that will help you along the way.

TRACKING

- [FOOD & MOOD JOURNAL](#)
- [KETOMOJO](#)
- [GARMIN WATCH](#)



GAR
Garmin
\$399
SOLAR
Yes
EDITION
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LET'S TRUCK STORE

- [BEEF STICKS](#)
- [AIR CHEESE](#)
- [LONOLIFE BONE BROTH](#)
- [VITAL CHOICE](#)
- [NDK COFFEE](#)
- [ANCESTRAL SUPPLEMENTS](#)

BOOKS

- [THE CARNIVORE CODE BY: PAUL SALADINO, MD](#)
- [THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE BY: STEPHEN COVEY](#)
- [HOW TO WIN FRIENDS AND INFLUENCE PEOPLE BY: DALE CARNEGIE](#)
- [TRIBES BY: SETH GODIN](#)
- [IT'S CALLED WORK FOR A REASON BY: LARRY WINGET](#)
- [THE WAR OF ART BY: STEVEN PRESSFIELD](#)
- [STAND OUT BY: MARCUS BUCKINGHAM](#)

LET The ADVENTURE BEGIN

The Carni40 program is designed to nourish your mind and body. You don't have to wait for a specific start date, other people, or New Year's to begin the Carni40 adventure - you choose when you begin. You can also start small with a mini Carni40 and do a Carni20. Start with 20 days of a carnivore diet along with 20 minutes of movement, mindfulness, and motivation. However you choose to begin, the important part is that you start.

