

### **Carnivore Diet is Economic**

**The average American can feed themselves on about \$5 per day**—and with the carnivore diet, that budget actually goes a long way toward real nourishment.

### **The Beef Index**

Let's say the average person can only eat around one pound of beef per day. With the carnivore approach, this creates an insanely low barrier to entry, allowing you to **sate your body and soul for just around \$5**. Why does this matter? Look at what most people spend on food out—dropping \$20 at "Five Guys" or any other fast-food joint for a meal loaded with processed junk that keeps them obese, unsatisfied, and craving more.

### **Salads are Bad for Your Health**

A salad, with its lack of substantial nutrition, is bound to leave you hungry and snacking throughout the day if you eat it for lunch. With a little discipline, like fasting until the evening, you can fuel yourself properly. **Many people complain about grocery costs, but few question what they're actually buying** or why they feel the need for three meals a day.

### **Curb Your Ethics**

Why is everyone consuming the foods promoted by the media? There's virtue signaling and ethics attached to choices like vegan and vegetarian diets, which often rely heavily on expensive and processed foods. This keeps people buying into trends that don't serve their health or budget.

### **The Antidote**

**100% carnivore diet.** Stick to nutrient-dense, affordable cuts like ground beef at around \$5 per pound or beef liver from \$2-\$4 per pound. These options not only keep you full but also eliminate the need for multiple meals throughout the day.

### **My Suggestion**

Try it for a month. **Fasting until dinner** and eating nutrient-dense meats might just change the way you feel. If fasting is tough at first, a black coffee (no cream, no sugar) in the morning can help. After a month on this plan, you'll probably feel 1000x better and won't recognize your old self.