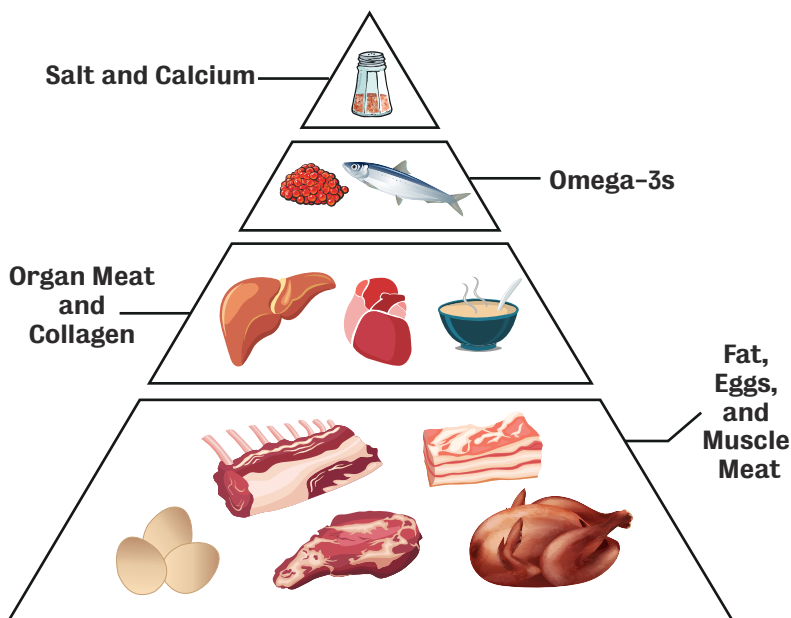
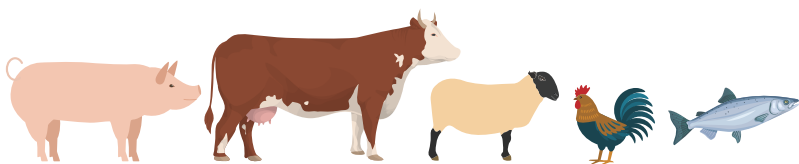


NOSE TO TAIL CARNIVORE FOOD PYRAMID



MACROS

- Protein: 0.7 grams – 0.9 grams per pound of body weight

- Fat to Protein Ratios

- Performance: 1.5 to 2 grams of fat per 1 gram of protein
- Weight gain: 1.5 grams of fat per 1 gram of protein
- Weight loss: 1 to 0.75 grams of fat per 1 gram of protein



nutritionwithjudy



CARNIVORE MD

PAUL SALADINO, MD