



PROPER HUMAN
DIET

GUIDEBOOK



By Dr. Ken Berry

Your Essential Guide to the Foods, Drinks, and Tools for
Achieving Lasting Health and Sustainable Fat Loss.

drberry.com

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Introduction

I'm Dr. Ken Berry, and I'm thrilled you're here to start this incredible journey toward reclaiming your health. The Proper Human Diet (PHD) is more than just another weight-loss trend or a passing fad. It's a way of eating that's rooted in our human history, designed to give your body the real, nutrient-dense foods it needs to thrive.

What can you expect? By following the Proper Human Diet, you're not just shedding unwanted fat—you're fighting inflammation, stabilizing your blood sugar, and restoring your body's natural metabolic balance. Whether you're battling Type 2 diabetes, struggling with obesity, or just trying to improve your overall well-being, this way of eating can transform your health. Many thousands of people have reversed chronic conditions, reduced their medications, and reclaimed their vitality with the Proper Human Diet. Now, it's your turn.

Why does the Proper Human Diet work? The answer is simple—it's based on the foods our ancestors ate for thousands of years. The modern, processed diet is full of sugars and carbs that drive disease and dysfunction. But by focusing on real, whole foods—meats, healthy fats, and low-carb vegetables—you'll give your body the tools it needs to heal itself. This is not about counting calories or depriving yourself. It's about eating until you're satisfied, enjoying the right foods, and watching your health improve naturally.

I've spent over two decades helping people like you achieve their health goals, and I can say with absolute confidence that the Proper Human Diet works. This guide is designed to help you understand the basics, take actionable steps, and stick to the plan. Together, we're fighting against big food and big pharma, reclaiming our health one meal at a time.

Welcome to the Proper Human Diet. Let's get started!

Dr. Ken Berry

Ken Berry, MD
Licensed Physician





Getting Started

What To Know First

Switching to the Proper Human Diet means giving your body real, nutrient-dense foods it was designed to thrive on, while eliminating harmful, processed foods that lead to chronic illness. By embracing this lifestyle, you can reclaim your health, reverse inflammation, and achieve sustainable fat loss. Let's get started.

Mindset Prep: Setting Yourself Up for Success

Before diving into the specifics of the Proper Human Diet, let's talk about mindset. Changing your way of eating isn't just about food—it's about transforming how you think about health and potential. Setting the right mental foundation is key to overcoming the challenges that will inevitably come.

Remember: progress, no matter how small, is still progress. Every positive step you take is a victory. Celebrate these wins. Too often, we focus on the end goal and forget to appreciate how far we've come.

Challenges are normal, whether they're cravings or old habits resurfacing. Approach these moments with curiosity, not frustration. Ask yourself what triggered them and use these opportunities to grow.

The Proper Human Diet is about long-term health. There's no rush. Take small, sustainable steps. If you stumble, just get back on track. Every healthy choice builds momentum.

Focus on the big picture: you're reclaiming your health, one meal at a time. Stay committed and celebrate your progress—you've got this!

***Progress is progress,
no matter how small.***

Basic Principles: 11 Core Principles Of The Proper Human Diet

Nutrient Density

Prioritize foods that provide the most nutrients. Focus on essential amino acids, fatty acids, vitamins, and minerals—these are why we eat. Nutrient-dense foods like fatty meats, organs, eggs and seafood give your body what it truly needs.

Carb Restriction (Carbohydrate Knob)

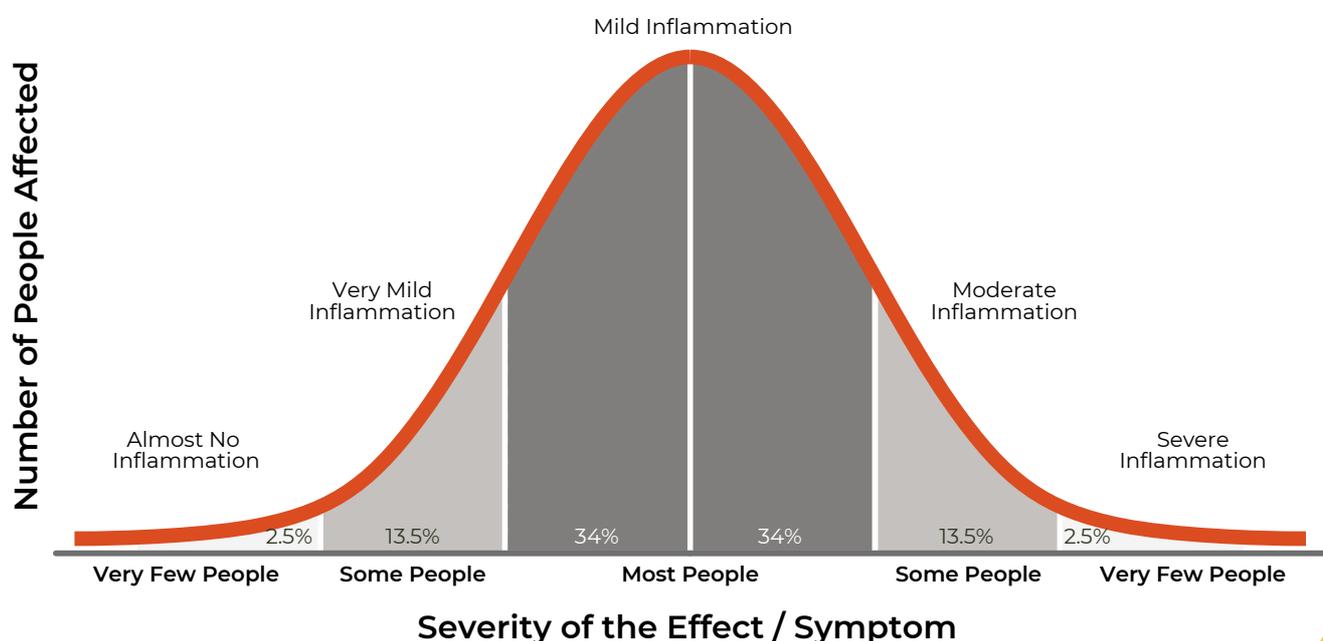
There are no essential carbohydrates for human health. Adjust your carb intake based on your health goals, keeping total carbs low (under 20 grams per day) for optimal fat loss and insulin control. Zero carb is always an option.

Avoiding Inflammatory Foods

Certain foods can trigger inflammation, affecting digestion, skin, joints, and mental health. A 90-day elimination diet can help you identify problem foods. Stick to safe options like Beef, Butter, Bacon, and Eggs during this phase. Gradually reintroduce foods to observe any reactions.

Check out the **Curve of Inflammation from Plants, Seeds, Nuts & Dairy** graph below to see how people experience varying levels of inflammation. While some may have no reaction, others may face mild to severe symptoms.

Curve of Inflammation from Plants, Seeds, Nuts & Dairy



Satiety and Relearning Fullness

Satiety is your body's natural signal for fullness, but modern diets have distorted these signals. It can take time to relearn what true fullness feels like. Focus on nutrient-dense, protein-rich and fat-rich foods to help regulate your hunger and feel satisfied longer.

Incorporating Fasting

Fasting is a powerful tool in the Proper Human Diet. Intermittent fasting (16-18 hours) supports fat loss, hormonal balance, and inflammation control. Longer fasts (36-48 hours) can offer additional benefits if needed.

Ancestral Appropriateness

Eat the foods our ancestors thrived on—fatty meats, eggs, seafood, organs, and other animal products. These are the foods our ancestors have consumed for millions of years. Be cautious of modern, highly processed foods that weren't available to our ancestors.

Avoiding Highly Processed Foods

Focus on whole, one-ingredient foods. Avoid highly processed foods with long ingredient lists or harmful additives, even if they're labeled as "keto-friendly." Stick to real, meats, seafood, nuts, berries, fats, and vegetables.

Adequate Minerals

Modern soils and foods are often depleted of essential minerals. Incorporate high-quality sources of minerals, such as real salt, or consider supplementation as needed to ensure you're getting enough for optimal health.

Fighting Fad Diets

Many popular diets are based on trends rather than science or ancestral wisdom. The Proper Human Diet rejects fad diets promoted by big food, big pharma, and big government. Instead, it focuses on real, whole foods that humans are designed to eat.

Understanding Sugar/Carb Addiction

Sugar and processed carbohydrates can be highly addictive. Reducing or eliminating them from your diet may trigger withdrawal symptoms, but this is temporary. Recognizing and breaking free from carb addiction is key to long-term health.

Quality Over Price

There's a spectrum of food quality, and while budget constraints are real, always aim for the best quality food you can afford. Prioritize high-quality meats and fats, and improve your choices as your finances allow.

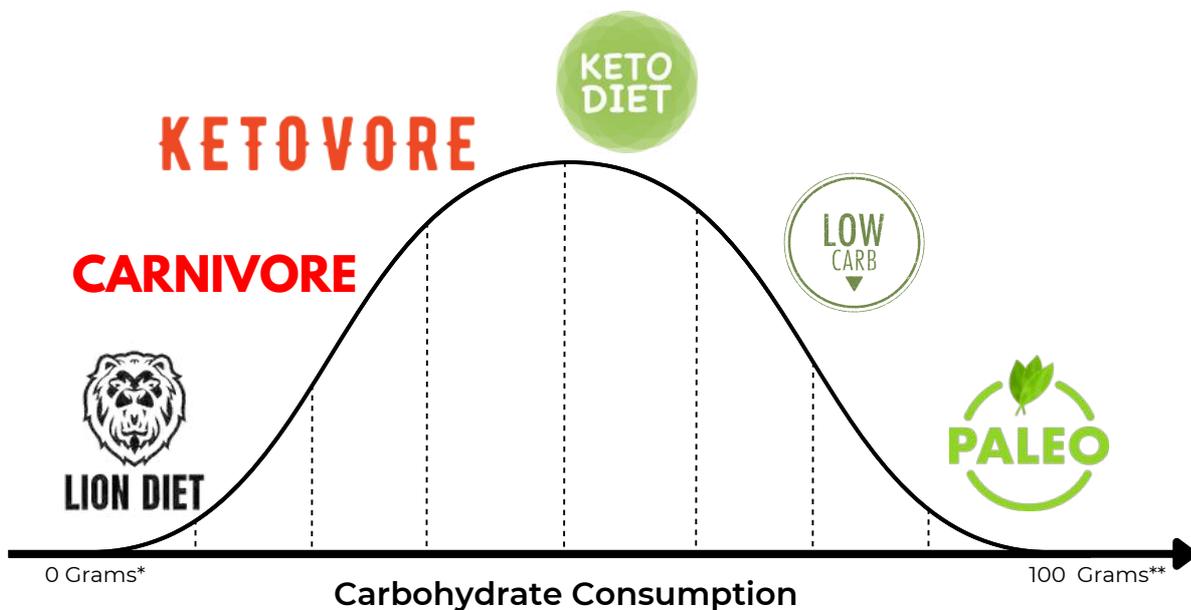
Dietary Spectrum:

Understanding How Food Intolerance and Health Shape Your Ideal Diet

Navigating the Dietary Spectrum: From Paleo to Carnivore

This chart illustrates the spectrum of dietary approaches from Paleo to Carnivore, based on factors like **food intolerances, health conditions, age, and genetics**. As individuals experience higher levels of food intolerance or chronic disease, they may need to adopt more restrictive diets, moving from less restrictive approaches like Paleo and Low Carb to more restrictive ones like Ketovore and Carnivore. Those with specific health needs may benefit from shifting further along the spectrum to find what best supports their body's unique requirements.

Proper Human Diet Spectrum



*Carnivore is not truly zero-carb, but is the lowest carb diet available, and all the carbs from carnivore foods (eggs, liver, fish) are from glycogen stored in animal flesh/food

**There is never any reason for a normal person to eat more than 100 grams of total carbohydrate in a day. More than 100 grams/day will definitely lead to high blood sugar, high insulin, and increased glycation. Any carbs eaten should be as natural & unprocessed as possible. Example: Roasted, whole Almonds are less-bad than Almond Flour.



The Proper Human Diet Food Guide

Your Path to Nutrient-Dense Eating

Discover the essential foods that fuel the Proper Human Diet, from nutrient-rich meats to healthy fats and low-carb vegetables. This comprehensive guide breaks down what to prioritize, what to avoid, and how to build a diet that supports optimal health and sustainable fat loss.

Understanding the Essentials: The Core Food Categories Explained

The Proper Human Diet is centered around real, nutrient-dense foods that nourish your body, support fat loss, and reduce inflammation. By focusing on whole, unprocessed foods, you provide your body with the essential nutrients it needs to function optimally. Here's an overview of the core food categories that make up the foundation of the Proper Human Diet:

Meats & Seafood: High-quality animal meat provide the essential nutrients and healthy fats your body needs to thrive on the Proper Human Diet.

Fats & Oils: Natural, unprocessed fats are a key energy source and help with satiety, hormone regulation, and nutrient absorption.

Full-Fat Dairy (Optional): Full-fat, fermented dairy products and butter can be included if well-tolerated, providing additional fats and proteins, though some may find it inflammatory.

Low-Carb Vegetables: Non-starchy, nutrient-dense vegetables are an optional addition to the Proper Human Diet, offering variety and some micronutrients without spiking insulin levels.

Beverages: Water is essential, but bone broth, tea, and coffee are also PHD-friendly, with rare consumption of alcohol if wanted.

Bone Broth, Salt, and Spices: Bone broth supports gut health and electrolytes, while high-quality salts and simple spices enhance flavor and nutrition without harmful additives.

Overall, the Proper Human Diet focuses on whole, nutrient-dense foods that your body is designed to thrive on. Whether you're consuming fatty cuts of meat, rich organ meats, healthy animal fats, or occasional low-carb vegetables, the goal is to eliminate processed, inflammatory foods and prioritize real food that supports health, longevity, and fat loss. By understanding these key food categories, you'll be better equipped to make informed choices that align with your health goals and long-term well-being.



Meats & Seafood:

The Foundation Of The Proper Human Diet

High-quality animal proteins and fats are the cornerstone of the Proper Human Diet. They provide essential amino acids, healthy fats, vitamins, and minerals that are vital for muscle growth, energy, and overall health.

Recommended:

Beef: Fatty cuts like ribeye, brisket, short ribs, and ground beef. Grass-fed beef is slightly preferred for its higher omega-3 content, but conventional beef is also fine.

Pork: All cuts, including pork belly, bacon (without added sugars or fillers), pork chops, and sausage (check labels for fillers).

Lamb: Rich in nutrients and healthy fats, lamb is a great option.

Poultry: Chicken, duck, turkey—focus on the fattier parts like thighs, wings, and drumsticks. Whole birds are also great for getting a mix of fats and proteins.

Seafood: Opt for fatty fish like salmon, mackerel, sardines, and trout. Shellfish, such as shrimp, oysters, clams, and crab, are nutrient-dense and provide essential minerals like zinc and iodine.

Organ Meats: Liver, heart, kidneys, and other organ meats are some of the most nutrient-dense foods available. They're rich in vitamins A and B, and should be included regularly in your diet.

Eggs: A versatile, nutrient-packed food. Opt for pasture-raised eggs for higher omega-3s and a better nutrient profile.

Beware Of:

Breaded or Processed Meats: Avoid breaded meats, which are often coated in wheat or corn-based carbs. Processed meats like hot dogs, deli meats, and some sausages can contain hidden sugars or fillers—always check the labels for carb content and ingredients.

Glazes and Sauces: Many sauces and glazes contain sugars, corn syrup, and other high-carb ingredients. Skip these unless you make your own that are not cooked in seed oils.



Fats & Oils:

Fueling Your Body the Right Way

Healthy fats are essential in the Proper Human Diet, not just for energy but for satiety and hormone regulation. The Proper Human Diet encourages the consumption of natural, animal fats that support metabolic health and reduce inflammation.

Recommended:

Butter: Grass-fed butter (like Kerrygold) is rich in vitamins and fatty acids. Use it for cooking, on vegetables, or with meats.

Ghee: Clarified butter that is excellent for high-heat cooking and adds a rich, buttery flavor.

Animal Fats: Beef tallow, bacon grease, lard, and duck fat are excellent for frying, roasting, or adding flavor to any dish. These fats are nutrient-dense and promote metabolic health.

Coconut Oil & Avocado Oil: While not animal-based, unrefined coconut oil and avocado oil are stable, healthy fats. They are great for cooking or as a base for salad dressings. Use them in moderation and prioritize animal fats when possible.

Olive Oil: Extra virgin olive oil is perfect for drizzling over salads or vegetables. Use it raw or for low-heat cooking.

Beware Of:

Vegetable & Seed Oils: Oils like safflower, canola, soybean, corn, and sunflower oil are highly processed and inflammatory. Avoid them in cooking and packaged foods.

Margarine and Trans Fats: These are often loaded with harmful trans fats and artificial ingredients. Stick to natural animal fats and unprocessed plant oils.



Full-Fat Dairy:

Enjoy in Moderation (If Tolerated)

Full-fat dairy products can be part of the Proper Human Diet, but they should be consumed in moderation and only if your body tolerates them well. Some people may find that dairy stalls fat loss or causes inflammation, so it's important to monitor how it affects you.

Recommended:

Full-fat Cheese: Cheddar, gouda, brie, Parmesan, and feta are good options.

Heavy Cream & Sour Cream: Full-fat, unsweetened cream and sour cream can be used sparingly in recipes.

Greek Yogurt: Full-fat, unsweetened Greek yogurt is acceptable in small amounts.

Beware Of:

Milk: Even whole milk contains lactose (milk sugar), which can increase insulin levels. Avoid skim or low-fat varieties, which often have added sugars.

Low-fat or Flavored Dairy: These products often contain added sugars or fillers. Stick to full-fat, plain options.

Non-Dairy Milks: Almond, soy, and oat milks can contain hidden sugars and carbs. These should generally be avoided.



Low-Carb Vegetables:

Optional

While the Proper Human Diet emphasizes meat and fat as the primary sources of nutrition, some individuals choose to incorporate low-carb vegetables for added fiber and micronutrients. Vegetables in the Proper Human Diet are typically low-starch, high-nutrient options that don't spike blood sugar or insulin levels.

Recommended:

Leafy Greens: Spinach, kale, arugula, collard greens, and chard have vitamins and minerals while being low in carbs.

Cruciferous Vegetables: Broccoli, cauliflower, Brussels sprouts, and cabbage have fiber and nutrients.

Other Low-Carb Vegetables: Asparagus, zucchini, cucumbers, mushrooms, bell peppers, and radishes are choices to include in moderation.

Beware Of:

Starchy Vegetables: Avoid high-carb vegetables like potatoes, sweet potatoes, corn, and peas, as they can spike insulin and slow fat loss.

Overcooked Vegetables: Overcooking can reduce the nutrient density of vegetables and break down the fiber. Opt for steaming, sautéing, or roasting your vegetables until just tender.



Beverages:

Hydrate Wisely

On the Proper Human Diet, **water is your primary source of hydration**, but bone broth, black coffee, tea, and unsweetened sparkling water are also great options that align with the diet's principles. Bone broth provides essential electrolytes and nutrients, while coffee and tea can be enjoyed in moderation, preferably without sweeteners. **Avoid sugary drinks** like soda and fruit juice, as they spike insulin and disrupt fat-burning. **Alcohol should be consumed very sparingly**, with dry wines or spirits like whiskey and vodka being the best choices, always avoiding sugary mixers.

Recommended:

Water: The ultimate drink for hydration.

Bone Broth: Rich in electrolytes and nutrients.

Coffee & Tea: Enjoy black or with a splash of heavy cream. Avoid sweeteners.

Sparkling Water: Unsweetened, flavored or unflavored.

Beware Of:

Sugary Drinks: Soda, fruit juices, and sports drinks are loaded with sugars that spike insulin. Avoid them completely.

Alcohol: If consumed, keep it to a minimum. Dry wines or spirits like whiskey and vodka (without mixers) are better options.



Bone Broth, Salt, and Spices:

Enhancing Health and Flavor:

Bone broth, salt, and spices may seem like simple additions to your diet, but they play a vital role in supporting your health and enhancing the flavor of your meals on the Proper Human Diet. These essentials provide more than just taste—they offer critical nutrients that help balance electrolytes, support gut health, and elevate the quality of your food without added carbs or harmful ingredients.

Recommended:

Bone Broth: Homemade or high-quality store-bought bone broth with minimal ingredients (bones, water, salt) is ideal for boosting collagen, minerals, and electrolytes.

Salt: Opt for natural salts like sea salt, Himalayan pink salt, or Celtic sea salt, which offer trace minerals and support electrolyte balance.

Spices & Herbs: Stick to single-ingredient spices such as garlic, thyme, rosemary, and oregano, or fresh herbs for added flavor without unwanted additives. Choose spices that are free from sugars, fillers, or preservatives.

Beware Of:

Low-quality store-bought bone broths, refined table salts, and pre-mixed spice blends or seasoning packets, which often contain artificial ingredients, added sugars, fillers, and unhealthy additives like MSG or preservatives.



Macros & Nutrients

A Simplified Approach

Achieving optimal health on the Proper Human Diet doesn't require complex calculations or constant tracking. With a focus on keeping carbohydrates low and eating nutrient-dense, whole foods, the Proper Human Diet offers a straightforward approach to balancing your macros, helping you thrive without the stress of strict counting.



Mastering Macros:

A Simple Approach to Optimal Health

The Proper Human Diet emphasizes **simplicity in achieving optimal health**, especially when it comes to tracking your macronutrients—or “macros”—and getting the right nutrients. This section breaks down what macros are, why they matter, and how to easily manage them without complicated counting. **The focus here is on limiting carbohydrates while ensuring you’re eating enough protein and healthy fats** to support your health and well-being.

What Are Macros?

Macronutrients, or “macros,” are the nutrients that your body needs in large amounts to function. There are three main types of macronutrients:

Carbohydrates: These are sugars and starches that the body breaks down into glucose for energy and fiber, which is harder to break down. While carbs can provide quick energy, they aren't essential for the body, especially on the Proper Human Diet.

Proteins: Proteins are made of amino acids, the building blocks of your muscles, tissues, and organs. Eating enough protein helps repair and build your body's tissues and keeps you strong.

Fats: Fats are essential for energy, brain function, hormone production, and absorbing vitamins. They are a key component of the Proper Human Diet and your body's primary energy source when carbs are limited.

By focusing on these macros in the right way, you'll fuel your body effectively without needing to obsess over complex counting.

The Simplified Approach to Macros on the Proper Human Diet

When following the Proper Human Diet, there's no need to get bogged down in the details of counting each gram of protein, fat, and carbs. The goal is to eat nutrient-dense, whole foods that naturally provide the right balance for your body. Instead of focusing on hitting specific macro percentages, we focus on two simple things: keeping carbohydrates under 20 grams per day and eating until you're satisfied with enough protein and fat.



Carbohydrates: A Simpler Path to Better Health

Carbohydrates have become a major part of modern diets, but what many don't realize is that **they're not essential for human health**. While carbs provide quick energy by turning into glucose, the body can thrive without them—especially when fat becomes the primary fuel source. **By lowering your carbohydrate intake, you not only stabilize your blood sugar but also improve fat-burning and reduce inflammation.**

On the Proper Human Diet, **the goal is to keep carbs low and focus on nutrient-dense foods** like meats, healthy fats, and low-carb vegetables. In this section, we'll dive into what carbs are, why limiting them is crucial for your health, and how to make sure you're staying under the 20-gram daily limit for optimal results.

Through this simplified approach, you'll discover that **cutting down on carbs is easier than you think**—and that it leads to transformative benefits like better energy, easier fat loss, and reduced cravings.

What Are Carbs?

Carbohydrates, or “carbs,” are one of the three main macronutrients your body uses for energy. They are found in foods like grains, fruits, vegetables, sugars, and starches. When you eat carbohydrates, your body breaks them down into glucose (sugar), which it uses for quick energy. However, while carbs are a common source of energy in modern diets, **they aren’t essential for human health**—meaning the body can thrive with very little to no carbs at all.

When you reduce your carb intake, your body transitions from relying on glucose for fuel to burning fat for energy. This process helps **stabilize blood sugar levels, improve insulin sensitivity, and promote fat loss.**

Key Rule: Keep your total carb intake under 20 grams per day.

Why It Matters: Limiting carbs allows your body to enter ketosis, a metabolic state where fat becomes your primary fuel source instead of glucose. This leads to fat burning, reduced inflammation, and improved metabolic health.

How to Keep Carbs Low:

- **Focus on meat, healthy fats, and low-carb vegetables** like leafy greens, broccoli, and cauliflower.
- **Avoid grains, breads, pastas, and sugary foods**, which are high in carbohydrates and can spike insulin levels.
- **Be cautious with sauces, dressings, and “keto-friendly” products**, as they may contain hidden sugars and carbs that could take you over the daily limit.
- **Always count total carbs, not net carbs.** Many “net carb” calculations subtract fiber and sugar alcohols, but they can still impact your blood sugar and insulin response. To stay true to the Proper Human Diet, track total carbs to ensure you remain under your daily carb limit.

By keeping your carb intake simple and low, you set your body up for better health, stable energy, and sustained fat loss on the Proper Human Diet.



Protein:

Fueling Strength and Satisfaction

Protein is the building block of your body, essential for muscle growth, tissue repair, and overall health. On the Proper Human Diet, there's no need to meticulously count grams of protein—you simply need to focus on eating high-quality, animal-based proteins until you feel satisfied. By doing so, you'll fuel your body effectively, support lean muscle, and prevent muscle loss as you progress on your fat-loss journey.

What Is Protein?

Protein is one of the three essential macronutrients that your body needs in large amounts to function properly. Made up of amino acids, **protein is responsible for building and repairing muscles, tissues, and organs.** It's vital for maintaining your immune system, producing enzymes, and supporting overall bodily functions. Unlike carbohydrates, which are not essential, protein is something your body cannot live without. **When you consume high-quality protein from animal sources, you provide your body with the complete amino acids it needs to function at its best.**

On the Proper Human Diet, protein is more than just a nutrient—it's a source of satiety, helping you **feel full and preventing overeating.** By focusing on rich, animal-based protein sources, you'll naturally meet your body's needs without the hassle of calorie counting.

Protein: Eat Until Satisfied

Target: Aim to consume between 90 to 140 grams of protein per day, depending on your height, weight, and activity level. There's no need to be exact—just focus on eating enough to feel satiated.

Why It Matters: Protein helps keep you full, supports muscle growth, and prevents muscle loss, especially when you are losing fat.

What Does This Look Like?:

Prioritize fatty cuts of meat like ribeye steak, pork belly, ground beef, or lamb chops.

Eggs, organ meats, and seafood are excellent protein sources that also deliver important vitamins and minerals.



Fats: The Powerhouse Fuel for Your Body

On the Proper Human Diet, **fat is your body's primary and most efficient energy source**. Unlike carbohydrates, which can cause spikes in blood sugar and lead to energy crashes, fats provide a stable and lasting energy supply. Consuming natural, healthy fats not only fuels your body but also **supports essential functions** like hormone balance, brain health, and the absorption of vital vitamins.

What Are Fats?

Fats are a crucial macronutrient that your body relies on for energy, cellular health, and overall function. They are made up of fatty acids, which are essential for building cell membranes, producing hormones, and absorbing fat-soluble vitamins (A, D, E, and K). Unlike carbohydrates, **fats do not raise blood sugar or insulin levels**, making them a steady, reliable source of energy that keeps you full and satisfied for longer periods.

In the Proper Human Diet, healthy fats from animal sources and certain plant oils **help you enter and maintain a fat-burning state**, where your body uses fat as its primary fuel instead of glucose. This leads to more **consistent energy, reduced cravings**, and improved metabolic health. Embracing these natural fats also supports vital processes in your body, including maintaining healthy skin, boosting brain function, and ensuring balanced hormones.

Fat: Your Body's Primary Energy Source

Target: Aim for 70 to 150 grams of fat per day, though this can vary based on your needs. Your fat intake will naturally adjust based on how much protein you're eating since many protein sources—like fatty cuts of meat—come with their own fat.

Why It Matters: Consuming healthy fats helps your body stay in a fat-burning state, provides sustained energy, and ensures you don't feel hungry between meals.

Where to Get Healthy Fats:

Use butter, ghee, and animal fats like tallow or lard for cooking.

Olive oil and avocado oil are excellent for drizzling on salads or cooked vegetables.

Fatty cuts of meat naturally provide both protein and fat in balanced amounts.



Intermittent Fasting

Mastering Time-Restricted Eating

Intermittent fasting is a powerful, natural way to optimize fat loss and improve your overall health by simply adjusting when you eat. By giving your body extended breaks between meals, IF helps regulate insulin, promote fat-burning, and reduce inflammation, making it an ideal complement to the Proper Human Diet.

Intermittent Fasting: A Practical Approach to Wellness

Intermittent fasting (IF) is a simple yet powerful tool that complements the Proper Human Diet by allowing your body to enter deeper states of fat-burning, regulate insulin levels, and reduce inflammation. Instead of focusing on what you eat, intermittent fasting shifts the focus to when you eat, giving your body a break from constant digestion and allowing it to tap into fat stores for energy. The benefits of fasting go beyond weight loss, extending to improved metabolic health, mental clarity, and long-term disease prevention.

Benefits of Fasting

- 01 Fat Loss:** By extending the time between meals, your body uses up its immediate stores of glycogen and begins to burn stored fat for energy. This helps accelerate fat loss, especially when paired with a low-carb, nutrient-dense diet like the Proper Human Diet.
- 02 Insulin Regulation:** Insulin is the hormone responsible for managing blood sugar levels, and keeping it low is essential for fat-burning and preventing fat storage. Fasting allows insulin levels to drop, giving your body the opportunity to become more insulin-sensitive, which leads to better blood sugar control and reduced risk of metabolic diseases like type 2 diabetes.
- 03 Reducing Inflammation:** Fasting triggers processes in the body that reduce inflammation and promote cellular repair. This helps protect against chronic diseases, supports overall health, and enhances the body's ability to recover from injuries or stress.
- 04 Improved Mental Clarity and Focus:** Many people report clearer thinking and better focus during fasting periods, as the body uses ketones (a byproduct of fat-burning) for brain fuel instead of relying on fluctuating glucose levels.



How to Implement Intermittent Fasting

Intermittent fasting doesn't require drastic measures. You can start small and gradually increase your fasting window as your body adjusts. Here's a simple guide to help you get started:

Start with a 12-Hour Fast: Begin by fasting for 12 hours overnight. This is as simple as finishing your dinner at 7 PM and waiting until 7 AM to have your first meal. You're already fasting while you sleep, so extending this window slightly is a natural first step.

Gradually Extend to 16-Hour Fasts: Once you're comfortable with 12 hours, slowly extend your fasting period to 14 hours, and eventually to 16-18 hours. This approach, commonly known as 16:8 fasting, involves fasting for 16 hours and eating all your meals within an 8-hour window (e.g., eating between noon and 8 PM). This longer fasting period helps deepen the benefits of fat-burning and insulin regulation.

Listen to Your Body: Everyone's body responds differently to fasting. Start slowly and build up to longer fasting periods over time. Drink plenty of water, and if you're drinking coffee or tea during your fasting window, make sure to avoid sweeteners or anything that could break your fast.

Stay Consistent: Like any lifestyle change, consistency is key. The benefits of intermittent fasting compound over time, so stick to your fasting schedule as best as you can and gradually adapt it to your lifestyle and energy needs.



Your Action Plan

Practical Steps for Success

Transitioning to the Proper Human Diet may seem overwhelming, but breaking it down into simple, actionable steps will make it much more manageable. By taking these steps one at a time, you'll set yourself up for success and start seeing positive changes in your health.

Step 1: Clean Out the Pantry



The foods you keep in your home can either support your health or work against it. To fully embrace the Proper Human Diet, it's essential to eliminate foods that cause inflammation, spike insulin, and sabotage your progress. By cleaning out your pantry, fridge, and freezer, you'll make it easier to stick to the Proper Human Diet and resist temptation.

Use the checklist below to remove the harmful foods from your kitchen. Remember, it's not just about junk food—many items marketed as “healthy” or “low-fat” can be just as damaging.

Checklist

Foods to **Remove** from Your Pantry

Processed Carbohydrates

- Bread, bagels, and rolls (white, whole grain, or otherwise)
- Breakfast cereals and granola
- Pasta, noodles, and rice (including brown rice)
- Crackers, chips, and pretzels
- Packaged snacks labeled “low-fat” or “heart-healthy”
- Tortillas and wraps (even whole wheat or gluten-free varieties)
- Starchy Vegetables: Potatoes, sweet potatoes, and other starchy vegetables

Sugary and Starchy Fruits:

- Apples, Bananas, Cherries, Grapes, Mango, Oranges, Pomegranate

Sugars and Sweeteners

- Sugar (white, brown, raw, etc.)
- Honey, maple syrup, and agave
- Artificial sweeteners (sucralose, aspartame, etc.)
- High-fructose corn syrup (in many processed foods)
- Packaged “sugar-free” snacks or drinks (often containing hidden carbs)

Processed Meats

- Pre-packaged deli meats with added sugars or fillers
- Hot dogs and sausages with added starches or fillers
- Canned meats with sauces or sugary glazes
- Meat substitutes or “plant-based meats”

Checklist (continued)

Foods to **Remove** from Your Pantry

Inflammatory Oils and Fats

- Vegetable oils (soybean, canola, corn, safflower, sunflower, etc.)
- Margarine and “fake butter” spreads (e.g., plant-based butters)
- Peanut and seed oils (e.g., grapeseed, rice bran, flaxseed)
- Low-fat or non-fat salad dressings

Dairy Products

- Skim or low-fat milk
- Low-fat cheese or cream cheese
- Flavored yogurts or dairy products with added sugars
- Non-dairy milks (soy, almond, oat, rice milk)

Packaged and Processed Foods

- Frozen dinners, pre-packaged meals, and microwaveable snacks
- Canned soups, stews, or meals with added sugars or starches
- Protein bars, meal replacement shakes, and “diet” products
- Packaged “keto” or “low-carb” products with long ingredient lists

Sugary Drinks and Beverages

- Fruit juices (even 100% juice)
- Sports drinks and energy drinks
- Sodas (both regular and diet)
- Sweetened teas and coffees

By removing these items, you’re setting yourself up for success on the Proper Human Diet. Once your pantry is clear of inflammatory and processed foods, the next step is stocking it with nutrient-dense, real foods that will fuel your body and improve your health.

Remember, **it’s all about making choices that align with your long-term health goals.** Don’t be afraid to let go of the foods that no longer serve you. It’s time to reclaim your health, one pantry shelf at a time!

Step 2: Stocking the Kitchen

Now that you've cleared out the processed and inflammatory foods, **it's time to fill your kitchen with the nutrient-dense, whole foods** that will fuel your health on the Proper Human Diet. **These are the foods that humans have thrived on for thousands of years**—rich in essential nutrients, fats, and proteins that support optimal health.

Here's a checklist of the nutrient-dense foods you should prioritize, along with tips on sourcing high-quality options to ensure you're getting the best nutrition possible.

Checklist

Nutrient-Dense Foods to Stock in Your Kitchen

Meats & Animal Products (Focus on Quality, Fatty Cuts)

- Beef (all cuts):** Opt for fatty cuts like ribeye, brisket, and short ribs are ideal.
- Pork (all cuts):** Look for pasture-raised or heritage pork, especially fatty cuts like bacon, pork belly, and shoulder.
- Lamb:** Lamb is a great source of healthy fats and nutrients.
- Poultry (chicken, duck, turkey):** Whole birds or fatty parts like thighs, legs and wings are best. Organic and pasture-raised options are preferred.
- Organ meats (liver, heart, kidneys, etc.):** Organ meats are nutritional powerhouses. Grass-fed beef liver and chicken liver are rich in vitamins and minerals.
- Eggs:** Choose pasture-raised eggs for a higher nutrient profile, especially omega-3s and vitamins.
- Seafood:** Wild-caught fish (such as salmon, mackerel, sardines) and shellfish (shrimp, oysters, clams) provide essential omega-3s and iodine.

Tip: Buy meats and organ meats in bulk from local farmers, butcher shops, or online sources like U.S. Wellness Meats. Many farmers offer subscription boxes for grass-fed and pasture-raised meat.

Checklist (continued)

Nutrient-Dense Foods to Stock in Your Kitchen

Fats & Oils (Choose Quality, Unprocessed Fats)

- Butter:** Opt for grass-fed butter for the best nutrient content.
- Ghee:** Clarified butter with high smoke point, great for cooking.
- Lard, Tallow, Duck Fat:** These animal fats are great for cooking and provide steady, clean energy.
- Coconut Oil:** Unrefined coconut oil is great for cooking and adds a subtle flavor.
- Olive Oil:** Choose extra virgin olive oil, cold-pressed, for dressings and low-heat cooking.

PHD Pro Tip: Avoid vegetable oils like canola, soybean, and sunflower oil. Stick to natural, minimally processed animal and plant fats for cooking and flavoring your meals.

Low-Carb Vegetables (Nutrient-Dense, Non-Starchy Options)

- Leafy Greens:** Spinach, kale, arugula, collards, chard, and bok choy.
- Cruciferous Vegetables:** Broccoli, cauliflower, Brussels sprouts, cabbage.
- Other Veggies:** Asparagus, zucchini, cucumber, mushrooms, peppers, and radishes.

PHD Pro Tip: Fresh, organic vegetables are ideal, but frozen options are fine when fresh isn't available. Avoid canned vegetables, which can contain added sugars or preservatives.

Dairy (Full-Fat Only, If Tolerated)

- Cheese:** Full-fat, aged cheeses like cheddar, gouda, Parmesan, and brie.
- Cream:** Heavy cream or whipping cream without additives.
- Yogurt:** Full-fat, unsweetened Greek yogurt.

PHD Pro Tip: If dairy causes issues (like inflammation or digestive problems), consider eliminating it for 30 days and reintroducing it gradually to see how your body responds.

Checklist (continued)

Nutrient-Dense Foods to Stock in Your Kitchen

Bone Broth, Salt, and Spices:

- Bone Broth:** Rich in minerals and collagen, homemade is best, but you can find quality pre-made versions.
- Salt:** Real salt or sea salt with trace minerals (avoid iodized, refined table salt).
- Spices & Herbs:** Keep it simple with basic seasonings like garlic, rosemary, thyme, oregano, and pepper. Be sure they're free from additives like sugar or maltodextrin.

PHD Pro Tip

Sourcing High-Quality Animal Products

- Local Farmers & Farmer's Markets:** Many local farmers offer grass-fed, pasture-raised, or organic meats, poultry, and eggs. Supporting local farms ensures you get high-quality products while supporting regenerative agriculture.
- Online Meat Delivery:** Services like U.S. Wellness Meats, ButcherBox, or Crowd Cow offer high-quality meat subscription services with grass-fed and pasture-raised options.
- Butcher Shops:** Visit a local butcher for custom cuts and fresh, high-quality meats. They may also offer organ meats, bones for broth, and other nutrient-dense options that are hard to find in grocery stores.
- Grocery Stores:** Look for grass-fed, organic, and pasture-raised labels when purchasing meats and eggs. If your budget allows, prioritize organic for poultry, pork, and eggs.

Choose Quality Meat, But Don't Stress

Always buy the best quality meat you can, with grass-finished being a bit healthier. But if your budget only allows for supermarket meat, that's still 100 times better than processed carbs. Prioritize meat over processed foods for better health, no matter the source!



Step 3: Meal Planning and Shopping Tips

One of the keys to success on the Proper Human Diet is having a solid plan for your meals and shopping. By preparing in advance and keeping your kitchen stocked with the right ingredients, you'll set yourself up for a smooth transition to nutrient-dense eating. The best part? Proper Human Diet meals are simple, satisfying, and full of flavor. Here's a detailed guide to planning your meals and some shopping tips to help you stay on track.

Meal Planning Guide: Building Nutrient-Dense Meals

When creating your Proper Human Diet meals, focus on three main components: meats, fats, and low-carb vegetables. By combining these in different ways, you can create delicious meals that are both nutrient-rich and aligned with your health goals.

01 Start with Your Protein (Meats & Animal Products)

Protein is the foundation of every Proper Human Diet meal. Focus on high-quality meats, organ meats, and seafood to ensure you're getting enough essential amino acids and healthy fats.

02 Add Healthy Fats

Healthy fats should be a prominent part of every meal. They provide energy, help you feel full, and support overall health. Always cook with animal fats or other high-quality fats.

03 Include Low-Carb Vegetables (If Desired)

Although vegetables aren't essential for everyone on the Proper Human Diet, they can provide added nutrients and variety. Stick to low-carb, non-starchy vegetables for the best results, and prepare them in nutrient-preserving ways like steaming, sautéing, or roasting.

04 Keep It Simple

Proper Human Diet meals don't need to be complicated. A protein, a healthy fat, and some optional low-carb vegetables make up the foundation of a perfect meal. Stick to simple preparations, and let the natural flavors of high-quality ingredients shine.

One Week Sample Meal Plan



Here's a sample 7-day meal plan to help you visualize what your week could look like on the Proper Human Diet.

***Note:** This sample meal plan includes three meals a day, but keep in mind that many people thrive with just two meals a day, or even one. Listen to your body and adjust your meal frequency to what works best for you while staying aligned with the Proper Human Diet.*

Day 1

Breakfast: Scrambled eggs with bacon cooked in butter.

Lunch: Grilled chicken thighs with roasted broccoli.

Dinner: Ribeye steak with sautéed spinach in ghee.

Day 2

Breakfast: Fried eggs with avocado and a side of sausage.

Lunch: Pork belly with a side of roasted Brussels sprouts.

Dinner: Salmon cooked in coconut oil with a side of steamed asparagus.

Day 3

Breakfast: Omelet with cheese and sautéed mushrooms in butter.

Lunch: Ground beef cooked in tallow with cauliflower mash.

Dinner: Grilled lamb chops with a side of sautéed kale.

Day 4

Breakfast: Hard-boiled eggs and a few slices of cheese.

Lunch: Turkey drumsticks with roasted zucchini in olive oil.

Dinner: Baked salmon with a side of spinach cooked in bacon grease.

Day 5

Breakfast: Scrambled eggs with butter and sausage links.

Lunch: Chicken thighs cooked in duck fat with roasted peppers.

Dinner: Ground beef stir-fry with cauliflower and ghee.

Day 6

Breakfast: Poached eggs with a side of bacon.

Lunch: Grilled pork chops with steamed broccoli.

Dinner: Braised short ribs with sautéed mushrooms.

Day 7

Breakfast: Cheese omelet with avocado.

Lunch: Ground beef patties with roasted Brussels sprouts.

Dinner: Grilled shrimp with a side of spinach cooked in olive oil.

Shopping Tips for Success



Here's how to stay organized and make sure your shopping trips are efficient:

Plan Ahead: Create a meal plan for the week so you know exactly what you need. Use the sample meal plan as inspiration or adapt it to your preferences.

Make a List: Stick to your list to avoid impulse purchases. Be sure to include your key proteins, fats, and low-carb vegetables.

Buy in Bulk: Purchase meats and organ meats in bulk to save money and ensure you always have a variety of high-quality proteins on hand. Many butchers and farms offer bulk deals or meat subscription boxes.

Shop the Perimeter: In most grocery stores, the perimeter holds the fresh, whole foods like meat, eggs, vegetables, and dairy. Avoid the center aisles filled with processed foods.

Stock the Freezer: If you buy meats in bulk, use your freezer to store extra cuts for easy access. This will make meal prep much easier and help you avoid last-minute trips to the store.

By following this meal planning guide and sticking to your shopping list, you'll find that eating on the Proper Human Diet is simple, satisfying, and sustainable. With a kitchen full of nutrient-dense ingredients, you're ready to fuel your body, support your health, and enjoy delicious meals every day.



Tracking Your Progress

Stay Accountable and Motivated

Tracking your journey on the Proper Human Diet can help many with staying accountable and seeing your progress over time. It's not just about the number on the scale—it's about recognizing all the small victories, whether it's more energy, better sleep, or improved mental clarity. By keeping track of key metrics like carb intake, fasting hours, and even non-scale victories, you'll stay motivated and focused on long-term success.

Tracking Your Progress

The Proper Human Diet is not a one-size-fits-all approach, and **tracking your progress allows you to tailor it to your personal needs and goals**. By using a simple journal or progress tracker, you can keep an eye on how well you're adhering to the diet, how your body is responding, and celebrate milestones along the way.

How to Use the Progress Journal Prompts

Tracking your journey on the Proper Human Diet is more than just logging what you eat—it's about paying attention to how your body responds, celebrating small wins, and staying consistent. The prompts below are designed to help you reflect on your daily habits, track your progress, and stay motivated. Here's how to use each one to make the most of your journey:

Carb Intake: Tracking What You Eat

Keeping carbs low is essential to the Proper Human Diet, and tracking your carb intake helps you stay under the 20 grams per day target. This doesn't mean you need to obsessively log every bite—just keep an estimate of how many grams of carbs you consume in a day. You can use this prompt to note any unexpected carbs (from sauces or dressings, for example) that could add up.

How to Use This Prompt:

At the end of each day, reflect on what you ate and estimate your total carb intake. If you noticed hidden carbs in a meal, write it down so you can avoid them next time. Tracking your carb intake will help you become more aware of your food choices and keep you on target.

Fasting Hours: Monitoring Your Eating Windows

Intermittent fasting is a powerful tool for fat loss and improving overall health, and it's important to track how long you fast each day. Whether you're just starting with a 12-hour fast or extending your window to 16-18 hours, logging your fasting hours helps you gauge how your body is adjusting.

How to Use This Prompt:

Each day, write down when you start and end your fast. Note any changes in your energy levels, hunger, or mood during the fasting period. By doing this regularly, you'll see how your body responds to different fasting windows and find what works best for you.

Tracking Your Progress

Weight Loss & Body Measurements: More Than Just the Scale

Tracking your progress goes beyond just the scale. While tracking your weight is important, it's not the only measure of success. Body measurements, how your clothes fit, and how you feel physically are key indicators of progress. Make sure to use a measuring tape to log changes in key areas such as your waist, hips, chest, and arms on a monthly basis. This provides a more complete picture of your transformation, even if the scale isn't moving. Take note of these changes to celebrate non-scale victories that reflect your hard work and commitment.

How to Use This Prompt:

Record your weight weekly or biweekly to avoid obsessing over small fluctuations. If you prefer, take body measurements of your waist, hips, and thighs, or simply note how your clothes fit. This is especially useful if you're noticing changes in body composition, even if the scale doesn't show major differences.

Non-Scale Victories: Celebrating Small Wins

Weight loss is only one part of the Proper Human Diet. Your body will experience a variety of other positive changes, from improved energy to clearer skin. Tracking these non-scale victories helps keep you motivated, even if your weight loss has stalled.

How to Use This Prompt:

Each day or week, note any positive changes you've noticed in your body or mind. Did you have more energy today? Was your skin clearer? Celebrate these wins and remember that they're just as important as the number on the scale.

Overall Well-Being: Reflecting on How You Feel

Your overall well-being is a crucial part of this journey. The Proper Human Diet often leads to improved mental clarity, better sleep, and reduced stress. Use this prompt to reflect on how you're feeling, both physically and mentally.

How to Use This Prompt:

Take a moment to assess how you feel at the end of each day. Are you less stressed? Do you feel more focused or calm? Tracking your mental and emotional well-being alongside physical changes gives you a full picture of your progress.

Putting It All Together

By using these prompts daily or weekly, you create a clear picture of how the Proper Human Diet is benefiting you. Consider **dedicating a small notebook or journal to these reflections**, or you can use a digital template or progress chart if that's easier for you. **The key is consistency**—logging your progress helps you see how far you've come, stay on track, and adjust your approach as needed. This is your personal journey, and tracking it ensures you celebrate every win along the way.

Self-Assessment Checkpoints: Reflecting on Your Journey

Taking time to **assess your progress** is an essential part of staying motivated and committed to the Proper Human Diet. By regularly checking in with yourself at 30, 60, and 90-day intervals, you can **celebrate your wins, identify areas for improvement, and make any necessary adjustments** to ensure you're moving toward your goals. These self-assessment checkpoints are more than just a look at the scale—they provide an opportunity to **reflect on your overall well-being, energy levels, and mindset** throughout your health journey.

30 Day Checkpoint: Recognizing Early Wins and Adjusting Habits

After your first 30 days on the Proper Human Diet, you've likely made some noticeable changes to your eating patterns and overall lifestyle. This is a critical moment to assess how your body is responding, both physically and mentally. At this stage, focus on the foundational progress you've made and reflect on any challenges you encountered.

Questions to Reflect On:

- Have I consistently kept my carb intake below 20 grams per day?
- How have my energy levels and mental clarity changed since starting?
- Have I noticed any shifts in my weight, measurements, or how my clothes fit?
- Am I feeling more satisfied with my meals, and have I experienced fewer cravings?
- Is intermittent fasting becoming easier, and have I found a fasting window that works for me?

Action Steps:

If you're seeing positive results, stay the course! If you've encountered challenges, don't get discouraged—reflect on what may need adjusting, whether it's food choices, fasting windows, or hydration. Use this checkpoint to fine-tune your habits for the next phase.

60 Day Checkpoint:

Building Momentum

By the 60-day mark, you should be building strong momentum, and the changes you've made are likely starting to feel more routine. This is an important period to track deeper improvements, such as reduced inflammation, increased strength, or improved mental well-being. The focus at 60 days should be on the lasting changes you're noticing as your body continues to adapt to the Proper Human Diet.

Questions to Reflect On:

- How have my hunger and satiety signals changed? Do I feel more in tune with my body's needs?
- Has my body composition improved? (e.g., fat loss, muscle gain, etc.)
- Am I noticing non-scale victories, such as better sleep, clearer skin, or improved mood?
- Have I been consistent with fasting, and how is it impacting my energy levels and focus?
- Am I experiencing fewer cravings for sugary or processed foods?

Action Steps:

At this stage, you may want to push yourself further by fine-tuning your fasting window or incorporating new, nutrient-dense foods into your diet. It's also a good time to assess your physical activity and make sure you're staying active in a way that complements your dietary changes.

90 Day Checkpoint:

Building Momentum

The 90-day mark is a major milestone on your Proper Human Diet journey. By this point, you've likely experienced significant changes in your body, mind, and habits. Take a moment to reflect on the full scope of your progress and consider how you can carry these healthy changes forward as part of your long-term lifestyle.

Questions to Reflect On:

- How has my overall health improved, including physical changes like fat loss and muscle tone?
- What non-scale victories have been most rewarding during this process?
- Have my eating habits become more natural and sustainable, without cravings or feelings of deprivation?
- Am I meeting my personal goals, and how do I feel about continuing the Proper Human Diet beyond 90 days?

Action Steps:

Celebrate your success! Whether you've hit your weight loss goals or seen improvements in other areas, now is the time to acknowledge how far you've come. Use this checkpoint to reinforce the habits that have worked for you and set new goals for the next 90 days. Consider expanding your focus to include fitness, stress management, or new challenges that will continue to improve your overall health and well-being.



Common Questions

Navigate the Proper Human Diet
with Confidence

Starting the Proper Human Diet is a transformative journey, but it's natural to have questions along the way. Whether you're curious about managing carb cravings, navigating social situations, or dealing with weight loss plateaus, this section provides answers to some of the most frequently asked questions by beginners. With these practical solutions, you'll feel more prepared and confident as you continue on your path toward better health.

Frequently Asked Questions (FAQs)



How do I manage carb cravings when I first start the Proper Human Diet?

Carb cravings are common during the first few weeks, as your body adapts to burning fat instead of glucose for energy. To manage cravings, make sure you're eating enough healthy fats and proteins, which will help keep you full and reduce the desire for carbs. Drinking plenty of water and staying hydrated also helps. If cravings hit hard, opt for a PHD-friendly snack like a boiled egg or a piece of cheese.

What should I do if I hit a weight loss plateau?

Plateaus are a normal part of any weight loss journey. If you've hit a stall, reassess your carb intake to ensure you're staying below 20 grams per day, and consider shortening your eating window by extending your fasting period. Increasing physical activity and paying attention to portion sizes can also help you break through the plateau.

How do I handle social situations, like eating out or attending gatherings, while on the Proper Human Diet?

Eating out or attending social events can be challenging, but it's entirely doable. Focus on choosing dishes that are rich in protein and fats—think grilled meats, salads with olive oil, or seafood. Don't hesitate to ask for modifications, such as removing bread or sugary sauces. If you're attending a gathering, consider eating beforehand or bringing a PHD-friendly dish to share.

Is snacking allowed on the Proper Human Diet?

While the Proper Human Diet encourages eating until you're satisfied at mealtimes, occasional snacking is ok as long as it aligns with PHD principles. Opt for nutrient-dense snacks like boiled eggs, cheese, or a handful of nuts. Avoid processed snacks that can derail your progress, and be mindful of how snacking affects your hunger and fullness signals.

How long will it take for me to see results?

Results vary from person to person, but many people begin to notice changes within the first few weeks. This can include fat loss, increased energy, better sleep, and reduced cravings. For significant, long-term results like weight loss or improved health markers, it's important to stay consistent with the diet for at least 90 days.

Frequently Asked Questions (FAQs)



Can I drink alcohol on the Proper Human Diet?

Alcohol can be consumed in moderation, but it's best to limit it as much as possible. Stick to dry wines or spirits like whiskey, vodka, or gin, and avoid sugary mixers. Keep in mind that alcohol can slow down fat loss and disrupt ketosis, so it's best to enjoy it sparingly.

What if I'm not feeling full after meals?

If you're not feeling full, it's possible that you're not eating enough meat. Fat is the key to satiety on the Proper Human Diet, so focus on incorporating more healthy fats like butter, and fatty cuts of meat. Make sure you're also eating enough protein to meet your body's needs.

How can I overcome fatigue in the first few weeks of the Proper Human Diet?

Fatigue is a common symptom in the early stages of transitioning to a low-carb diet, often referred to as the "keto flu." This occurs as your body adapts to burning fat for fuel. To minimize fatigue, make sure you're consuming enough electrolytes, especially sodium, potassium, and magnesium. Drinking bone broth, adding extra salt to your meals, and staying well-hydrated can help.

Do I need to track calories on the Proper Human Diet?

No, the Proper Human Diet focuses on quality, nutrient-dense foods rather than calorie counting. By eating until satisfied and keeping carbs low, most people naturally consume fewer calories without the need to track. The emphasis is on keeping carbohydrate intake below 20 grams per day and allowing fat and protein to regulate hunger and satiety.

What are non-scale victories, and why are they important?

Non-scale victories refer to improvements in health and well-being that aren't reflected by the number on the scale. These include things like clearer skin, better sleep, improved digestion, reduced inflammation, and increased energy. Celebrating these wins is important because they show that the Proper Human Diet is benefiting your overall health, even if the scale isn't moving as quickly as you'd like.

Frequently Asked Questions (FAQs)



Can I eat dairy on the Proper Human Diet?

Yes, full-fat dairy products are allowed on the Proper Human Diet, as long as you tolerate them well. Foods like butter, heavy cream, cheese, and full-fat yogurt can be included. However, some people may find that dairy stalls weight loss or causes inflammation, so it's important to monitor how your body reacts and adjust accordingly.

How do I deal with constipation or digestive issues on the Proper Human Diet?

Digestive issues like constipation can occur when starting a low-carb diet, as your body adjusts to new eating patterns. To prevent this, make sure you're staying hydrated, consuming enough salt, and eating foods rich in natural fats. Bone broth and magnesium supplements can also help ease digestion. If the issue persists, try adding small amounts of low-carb, high-fiber vegetables like leafy greens to your meals.

What happens if I accidentally eat too many carbs?

Don't stress if you accidentally go over the 20-gram carb limit—it happens! Simply get back on track with your next meal and continue to focus on low-carb, nutrient-dense foods. One high-carb meal won't undo your progress, but consistency is key, so try to minimize these instances.

Can I exercise while following the Proper Human Diet?

Yes! The Proper Human Diet works well with a variety of exercise routines, from strength training to cardio. You may need to give your body a few weeks to adjust to burning fat for fuel, but once you're fat-adapted, many people report improved endurance and strength. Make sure to listen to your body and adjust your workout intensity if needed, especially during the initial transition phase.

Is the Proper Human Diet suitable for everyone?

The Proper Human Diet is designed to promote health and longevity by focusing on nutrient-dense, low-carb foods, and it can be beneficial for most people. However, if you have rare genetic disorders that impair your ability to metabolize proteins and fats, it's important to consult with a healthcare professional before making any significant dietary changes. This ensures the diet aligns with your personal health needs and goals.



Bonus Resources

Tools for Your Success

In this section, you'll find a variety of helpful resources designed to support your journey on the Proper Human Diet. Whether it's a meal plan to guide your daily choices, charts to track your progress, or templates to help you stay organized, these tools are here to simplify your experience and ensure you stay on track toward your health goals. Use these resources as your go-to companions for navigating the diet with ease and confidence.

Proper Human Diet Shopping List:

Navigating the grocery store on the Proper Human Diet is easier than you might think when you know exactly what to look for. **This shopping list provides an exhaustive collection of PHD-approved items that you can easily find at your local grocery store.** From nutrient-dense meats to healthy fats, this list ensures you're stocked up on everything you need to support your health goals. Stick to these staples, and you'll stay on track with the Proper Human Diet, all while enjoying satisfying, wholesome foods.

Category: Meats & Seafood

- Alligator
- Antelope
- Bacon (Sugar-Free or No Added Sugar)
- Beef (All cuts)
- Beef Jerky (No Added Sugar)
- Bison (All cuts)
- Bison Jerky
- Wild Boar
- Camel
- Chicken (All cuts)
- Clams
- Cod liver
- Crab
- Crawfish
- Duck (All cuts)
- Eggs (Chicken, Duck, Goose, etc.)
- Elk
- Emu
- Foie Gras
- Goat
- Goose (All cuts)
- Guinea Hen
- Hot Dogs (No Sugar or Fillers)
- Kangaroo
- Lamb (All cuts)
- Lobster
- Mussels
- Ostrich
- Oysters
- Pâté
- Pheasant
- Pork (All cuts)
- Pork Rinds (No Added Sugar or Fillers)
- Potted Meat (No Added Sugar or Fillers)
- Quail
- Rabbit
- Rattlesnake
- Reindeer
- Salmon
- Sardines (in Water or Olive Oil, No Added Sugar)
- Sausage (No Sugar or Fillers)
- Scallops
- Shrimp
- Spam (Low Carb, No Added Sugar)
- Squirrel
- Trout
- Tuna (Canned or Fresh, No Added Sugar)
- Turkey (All cuts)
- Veal
- Venison
- Water Buffalo
- Yak

Proper Human Diet Shopping List:

Category: Fats & Oils

- Avocado Oil
- Bacon Grease
- Beef Tallow
- Bison Tallow
- Butter (Preferably Grass-Fed)
- Cocoa Butter
- Coconut Oil (Virgin or Extra Virgin)
- Duck Fat
- Ghee (Clarified Butter)
- Goat Fat
- Goose Fat
- Lard (Unprocessed, No Additives)
- Olive Oil (Extra Virgin)
- Palm Oil (Sustainably Sourced)
- Sheep Tallow
- Suet (Raw Beef Fat)

Linoleic Acid Content in Cooking Oils: Best and Worst Options for the Proper Human Diet

Cooking Oils	% Linoleic Acid (LA) Average Value
Safflower	70%
Grape Seed	70%
Sunflower	68%
Corn	54%
Cottonseed	52%
Soybean	51%
Rice Bran	33%
Peanut	32%
Canola	19%
Olive Oil	10% (3-27%)
Avocado Oil	10%
Lard	10%
Palm Oil	10%
Tallow (CAFO)	3%
Butter (CAFO)	2%
Coconut Oil	2%
Tallow (Grass Fed)	1%
Butter (Grass Fed)	1%

This chart shows the percentage of Linoleic Acid (LA) in various cooking oils, which is an omega-6 fatty acid. While omega-6 fatty acids are essential in small amounts, consuming too much can lead to inflammation and other health issues. For those following the Proper Human Diet, it's important to minimize oils high in linoleic acid, as they are heavily processed and can promote inflammation, contributing to various chronic diseases.

The chart shows the linoleic acid content in various cooking oils, with **green** indicating the healthiest, lowest-linoleic options and **red** indicating the least healthy, highest-linoleic oils to avoid.

Proper Human Diet Shopping List:

Category: Dairy

- Blue Cheese
- Brie
- Butter (Preferably Grass-Fed)
- Cheddar Cheese
- Clotted Cream
- Colby Cheese
- Cottage Cheese (Full-Fat)
- Cream Cheese (Full-Fat)
- Double Cream
- Farmers
- Feta Cheese (Full-Fat)
- Goat Cheese
- Gouda
- Greek Yogurt (Full-Fat, Unsweetened)
- Gruyere
- Havarti
- Heavy Cream (Full-Fat)
- Jack Cheese
- Mozzarella Cheese (Full-Fat)
- Parmesan Cheese
- Plain Kefir
- Plain Yogurt (Full-Fat, Unsweetened)
- Provolone Cheese
- Ricotta Cheese (Full-Fat)
- Sour Cream (Full-Fat)
- Swiss/Baby Swiss Cheese
- Tomme
- Whipping Cream (Full-Fat)

Category: Vegetables

- Alfalfa Sprouts
- Artichoke
- Asparagus
- Beet Greens
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Celery
- Chard
- Chayote
- Collard Greens
- Cucumber
- Endive
- Escarole
- Fennel
- Green Beans
- Kale
- Kohlrabi
- Lettuce (Romaine, Butter, Iceberg, etc.)
- Mushrooms
- Mustard Greens
- Okra
- Peppers (Bell, Jalapeño, etc.)
- Radish
- Spinach
- Squash (Yellow Squash)
- Turnip Greens
- Watercress
- Winter Squash
- Zucchini

Category: Fruits (Low-Sugar)

- Avocado
- Blackberries
- Blueberries (Small Amounts)
- Currants
- Huckleberries
- Lemon (for flavoring)
- Limes (for flavoring)
- Olives
- Raspberries
- Strawberries
- Tomatoes

Proper Human Diet Shopping List:

Category: Nuts & Seeds

- Almonds
- Brazil Nuts
- Cashews (Small Amounts)
- Coconut (Unsweetened, Shredded or Flakes)
- Hazelnuts
- Hemp seeds
- Macadamia Nuts
- Pecans
- Pili Nuts
- Pistachios (Small Amounts)
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Walnuts

Category: Herbs, Spices & Salt

- Allspice
- Anise
- Basil
- Bay
- Cardamom
- Cayenne Pepper
- Celtic Sea Salt (under Salt)
- Celantro (Cilantro)
- Chili Powder
- Chives
- Cinnamon (Ceylon preferred)
- Cloves
- Cumin
- Dill
- Garlic
- Ginger
- Mace
- Marjoram
- Nutmeg
- Oregano
- Parsley
- Pepper (Black or White)
- Rosemary
- Sage
- Salt (Sea Salt, Himalayan Pink Salt, Celtic Sea Salt)
- Savory
- Tarragon
- Thyme
- Turmeric

Category: Condiments

- Aioli (Homemade or No Added Sugar)
- Béarnaise (No Added Sugar)
- Coconut Aminos (Soy Sauce Substitute)
- Fish Sauce (Red Boat is best)
- Ketchup (No Sugar)
- Lemon Juice (Fresh, Small Amounts)
- Lime Juice (Fresh, Small Amounts)
- Mayonnaise (Made with PHD-approved oils)
- Mustard (No Sugar)
- Pickles (No Sugar)
- Pico de Gallo (No Sugar)
- Salsa (No Sugar, Fresh)
- Sour Cream (Full-Fat, No Additives)
- Vinegar (Apple Cider, Balsamic, Red Wine, White Wine - No Added Sugar)

Proper Human Diet Shopping List:

Category: Sweeteners

- Allulose
- Erythritol
- Monk Fruit Extract (Pure, No Additives)
- Stevia (Liquid or Powder, Pure)
- Swerve (A blend of Erythritol and other natural sweeteners)
- Xylitol (Be cautious with this around pets, as it's toxic to dogs)

Category: Beverages

- Water (Still or Sparkling)
- Bone Broth (Homemade or High-Quality Store-Bought)
- Coffee (Black or with Heavy Cream, No Sugar)
- Tea (Unsweetened, Black, Green, Herbal)
- Club Soda
- Seltzer Water (Flavored or Unflavored, Unsweetened)
- Herbal Tea (Unsweetened)
- Electrolyte Drinks (No Added Sugar, such as Unflavored LMNT or Ultima Replenisher; avoid flavored LMNT due to hidden sweeteners)

30-Day Proper Human Diet Meal Plan

Simple and Satisfying Meals to Jumpstart Your Health Journey

This 30-day meal plan is designed to help you kickstart your Proper Human Diet journey with a variety of nutrient-dense, low-carb meals. Each day includes **balanced options** that focus on healthy fats, quality proteins, and low-carb vegetables, making it easy to follow while staying on track with your health goals. Remember, **this is a generic meal plan meant to provide guidance and inspiration**. Please listen to your body and adjust the meals according to your personal preferences, activity level, and health needs.

Note: *Serving sizes in this meal plan are just suggestions. The Proper Human Diet encourages you to eat meat, eggs, and seafood until you feel comfortably stuffed. Listen to your hunger cues and enjoy nutrient-dense foods without worrying about strict portions!*

Week 1: Getting Started

Day 1

Breakfast: 3 scrambled eggs cooked in butter, topped with cheese and a side of bacon.

Lunch: Grilled chicken thighs with avocado and a green salad dressed in olive oil and vinegar.

Dinner: Pan-seared salmon with sautéed spinach in butter.

Day 2

Breakfast: Hard-boiled eggs with sliced avocado and black coffee.

Lunch: Beef burger patties (no bun) with cheddar cheese, lettuce, and pickles.

Dinner: Pork chops cooked in olive oil with roasted Brussels sprouts and bacon.

Day 3

Breakfast: Omelet with mushrooms, spinach, and cheese.

Lunch: Tuna salad made with mayonnaise, celery, and boiled eggs over a bed of lettuce.

Dinner: Ribeye steak with roasted asparagus, drizzled in ghee.

Day 4

Breakfast: 2 fried eggs cooked in bacon grease, with a side of sausage links.

Lunch: Chicken drumsticks with sautéed zucchini and a side of avocado.

Dinner: Grilled lamb chops with steamed broccoli, topped with butter.

30-Day Proper Human Diet Meal Plan



Day 5

Breakfast: 3 scrambled eggs with cheese and sausage.

Lunch: Turkey roll-ups with cheese and guacamole.

Dinner: Baked cod with garlic butter and cauliflower mash.

Day 6

Breakfast: Scrambled eggs with sautéed mushrooms and onions, served with sausage.

Lunch: Leftover grilled lamb chops with a side of green beans.

Dinner: Ground beef stir-fry with cabbage and coconut aminos.

Day 7

Breakfast: Boiled eggs with avocado slices and black coffee.

Lunch: Cobb salad with bacon, eggs, grilled chicken, and blue cheese dressing.

Dinner: Baked chicken thighs with roasted cauliflower and a side of guacamole.

Week 2: Building Momentum

Day 8

Breakfast: 3-egg omelet with cheese and bacon.

Lunch: Grilled shrimp with avocado and cucumber salad.

Dinner: Roast beef with sautéed kale in butter.

Day 9

Breakfast: 2 fried eggs with sausage patties.

Lunch: Chicken salad with mayo, celery, and a side of pickles.

Dinner: Baked salmon with roasted Brussels sprouts and olive oil.

Day 10

Breakfast: 3 scrambled eggs cooked in butter, topped with cheese and a side of bacon.

Lunch: Beef and cheddar lettuce wraps with pickles.

Dinner: Grilled pork tenderloin with steamed broccoli and melted butter.

30-Day Proper Human Diet Meal Plan

Day 11

Breakfast: Scrambled eggs with spinach, cooked in ghee.

Lunch: Turkey burgers (no bun) with a green salad and avocado slices.

Dinner: Garlic butter shrimp with sautéed zucchini.

Day 12

Breakfast: Omelet with cheese and leftover roast beef.

Lunch: Cobb salad with ranch dressing.

Dinner: Grilled chicken with roasted cauliflower and olive oil.

Day 13

Breakfast: 2 hard-boiled eggs with bacon and coffee.

Lunch: Leftover garlic shrimp with sautéed kale.

Dinner: Grilled lamb chops with a side of asparagus.

Day 14

Breakfast: 3 scrambled eggs with cheese and sausage.

Lunch: Chicken drumsticks with a side of avocado and green beans.

Dinner: Steak fajita bowl with sautéed peppers and onions (no tortillas), served with guacamole.

Week 3: Staying Consistent

Day 15

Breakfast: 3 scrambled eggs cooked in butter, topped with cheese and a side of bacon.

Lunch: Grilled shrimp with avocado and spinach salad.

Dinner: Baked chicken thighs with roasted cauliflower and garlic butter.

Day 16

Breakfast: Scrambled eggs with bacon and spinach.

Lunch: Ground beef lettuce wraps with cheese and salsa.

Dinner: Baked salmon with roasted Brussels sprouts.

Day 17

Breakfast: Omelet with mushrooms, cheese, and sausage.

Lunch: Tuna salad with mayonnaise and lettuce wraps.

Dinner: Pork chops with roasted asparagus.

30-Day Proper Human Diet Meal Plan



Day 18

Breakfast: 2 hard-boiled eggs with avocado.

Lunch: Leftover pork chops with green beans.

Dinner: Grilled chicken breast with a side of roasted Brussels sprouts.

Day 19

Breakfast: 3-egg omelet with spinach and cheese.

Lunch: Turkey roll-ups with cream cheese and a green salad.

Dinner: Beef stir-fry with cabbage and olive oil.

Day 20

Breakfast: Scrambled eggs with spinach, cooked in ghee.

Lunch: Grilled shrimp with guacamole and cucumber salad.

Dinner: Steak with roasted cauliflower and garlic butter.

Day 21

Breakfast: 2 fried eggs with sausage links.

Lunch: Chicken drumsticks with avocado and a green salad.

Dinner: Baked cod with sautéed zucchini and olive oil.

Week 4: Finishing Strong

Day 22

Breakfast: Scrambled eggs with cheese and bacon.

Lunch: Ground beef stir-fry with cabbage.

Dinner: Pork tenderloin with roasted Brussels sprouts.

Day 23

Breakfast: 2 hard-boiled eggs with bacon and avocado.

Lunch: Tuna salad with lettuce wraps.

Dinner: Ribeye steak with sautéed spinach in butter.

Day 24

Breakfast: Omelet with mushrooms, cheese, and sausage.

Lunch: Grilled chicken breast with a green salad and olive oil.

Dinner: Garlic butter shrimp with zucchini noodles.

30-Day Proper Human Diet Meal Plan



Day 25

Breakfast: 2 hard-boiled eggs with bacon and coffee.

Lunch: Turkey lettuce wraps with cheddar cheese and pickles.

Dinner: Pork chops with roasted broccoli.

Day 26

Breakfast: 2 fried eggs with sausage links.

Lunch: Grilled chicken drumsticks with avocado.

Dinner: Baked cod with sautéed zucchini and garlic butter.

Day 27

Breakfast: Scrambled eggs with cheese and bacon.

Lunch: Beef burger patties with cheese and avocado.

Dinner: Steak with roasted cauliflower and butter.

Day 28

Breakfast: 3-egg omelet with mushrooms and sausage.

Lunch: Chicken salad with a side of pickles.

Dinner: Baked salmon with steamed broccoli.

Day 29

Breakfast: Scrambled eggs with spinach, cooked in ghee.

Lunch: Grilled shrimp with cucumber and avocado salad.

Dinner: Ribeye steak with sautéed spinach.

Day 30

Breakfast: Scrambled eggs with bacon and avocado.

Lunch: Turkey lettuce wraps with cheddar cheese and guacamole.

Dinner: Grilled lamb chops with roasted Brussels sprouts and butter.

This 30-day meal plan provides a balance of healthy fats, protein, and low-carb vegetables to keep you full, energized, and on track with your Proper Human Diet goals. Feel free to swap meals or adjust based on availability and personal preference!

**Dr. Ken
Berry**



Join the
PHD Community

Elevate Your Health Journey Become a Member Today

The Proper Human Diet Community is **the go-to resource** for navigating and thriving on your health journey. Whether you're just starting out or looking to deepen your understanding of the Proper Human Diet, **this community offers you the support, guidance, and knowledge you need to succeed.** By joining, you gain access to expert advice, meal planning resources, exclusive content, Live Q&As and a community of like-minded individuals who are all focused on improving their health through nutrient-dense, low-carb living. It's the perfect place to **ask questions, share your progress, and get personalized feedback** from people who understand the challenges and rewards of the PHD lifestyle.

Learn More

drberry.com/community



Follow Dr. Berry: Stay Connected for Expert Health Tips and Live Discussions

Join Dr. Ken Berry across all social media platforms to stay informed, inspired, and motivated on your health journey. **From live Q&A sessions and deep dives into health topics to daily tips on the Proper Human Diet**, you'll have direct access to valuable resources to help you thrive. Follow now and be part of a community that's dedicated to achieving optimal health through simple, science-backed principles!



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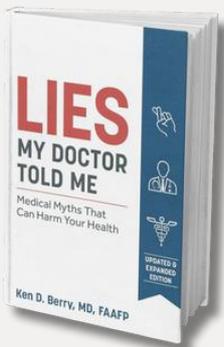


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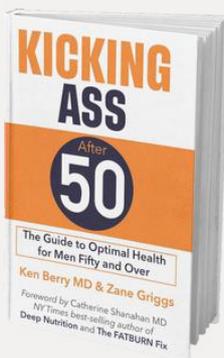
Empower Your Health Journey Expert Guidance



Lies My Doctor Told Me

Discover the truth behind common medical myths and take control of your health with Dr. Ken Berry's eye-opening book, Lies My Doctor Told Me.

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Exclusive Discounts and Helpful Resources

Here are some exclusive discounts and valuable links to further support your Proper Human Diet journey. Take advantage of these resources to help you stay on track and continue making progress toward better health.



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Fighting Diabetes Together Dr. Berry & The American Diabetes Society

As a passionate advocate for health and wellness, I am proud to support the mission of the American Diabetes Society. This incredible organization is dedicated to raising awareness, promoting research, and providing resources to prevent and reverse diabetes, a disease that affects millions of people worldwide.

The American Diabetes Society is committed to helping individuals regain control of their health through proper nutrition, education, and community support. I strongly encourage you to visit the American Diabetes Society website, learn about their efforts, and consider supporting this life-changing mission.

Together, we can make a lasting impact in the fight against diabetes.

[Learn More](#)



Conclusion

Staying the Course



Stay The Course

As you finish this guide, remember that reclaiming your health is not only possible but well within your reach. The Proper Human Diet is more than just a way of eating—it's a path to feeling your best, living vibrantly, and staying strong for years to come. Whether you're just starting your journey or you've already seen progress, stay the course. Your health is worth the effort.

I'm here to support you every step of the way, and I truly believe that the knowledge you've gained from this guide will empower you to make lasting changes. Keep learning, stay curious, and don't be afraid to take control of your health. You've got this. Let's continue this journey together—one meal, one day, and one step at a time. To your health and success!

Ken Berry, MD

Dr. Ken Berry

Medical Disclaimer

The information provided in this guidebook is for educational and informational purposes only and is not intended as medical advice. It should not be used to diagnose, treat, cure, or prevent any health condition or disease. Always consult with a qualified healthcare professional before making any changes to your diet, exercise routine, or health regimen, especially if you have any pre-existing conditions or concerns. The Proper Human Diet and other recommendations discussed in this guide may not be suitable for everyone, and individual results may vary. Dr. Ken Berry and the authors of this guide are not responsible for any adverse effects or consequences resulting from the use of the information provided. Always listen to your body and work with your healthcare provider to make the best decisions for your health.

This Guidebook Has Been
Proper Human Diet Approved

