

Carnivore Diet

Post by "Charles" of November 3, 2019 at 9:15 PM

I've done keto before. Carnivore diet is unrealistic, there are certain vitamins and minerals you need that can't be found in only meat. But with a keto diet, you have a ton of energy with a good diet with tons of variety. However, once your body goes into ketosis, you oretty much will always get tired from eating carbs, regardless if you stick to the diet.