

The Reader's Field Kit

Four tools built to go with *The Autoimmune Carnivore Protocol* — a wall checklist, extra blank copies of the tools you'll use more than once, a curated resource list, and a preview of the chapter that didn't make the final cut.

1-PAGE CHECKLIST

3 BLANK TEMPLATES

20 RESOURCES

500-WORD PREVIEW

Print any page you need — no assembly required. More free resources and the full companion workbook: owenarcher.com

01 Quick-Start Checklist

1 PAGE • PRINT & PIN

Every action step in the book, on one page.

PHASE 0 Before You Start Introduction, Ch. 4

- ☐ Complete your **Flare Failure Autopsy** — your last three attempts and the exact week each one broke down
- ☐ Start your **7-Day Baseline Tracker** — pain, fatigue, digestion, mood, and medications, before changing anything
- ☐ Score your Symptom Snapshot (energy / bloating / joint pain / fog, 0–10) — this is your "before"

PHASE 1 The 72-Hour Reset Ch. 2

- ☐ Follow the 3-day reset meal plan exactly as written — no substitutions yet
- ☐ Re-score your Symptom Snapshot on day 4
- ☐ Notice the difference. This is your proof, not your finish line.

PHASE 2 Strict Elimination — Days 1–30 Ch. 5–6

- ☐ Eat only what's on the elimination list. No exceptions, no "just this once."
- ☐ Expect a rough patch around **day 7–10** — that's adaptation, not failure
- ☐ Flare or stall? Run the **Troubleshooting Decision Tree** before you quit
- ☐ Log daily. No gaps.

PHASE 3 Reintroduction — One Food at a Time Ch. 7–8

- ☐ Introduce exactly **one** new food at a time — never in combination
- ☐ Use **one dose** the first time, not a full serving
- ☐ Wait the **full 72 hours** before you call a food safe

- ☐ Log every trial in your Reintroduction Tracker — reactions are often delayed 24–72 hrs
- ☐ React? Stop. Remove the food. Return to baseline before testing the next one.

This is the phase every other diet left you to figure out alone. If you only follow one section on this page, follow this one exactly.

PHASE 4 **Build Your Personal Food Map** Ch. 9

- ☐ Sort every tested food into **Safe / Caution / Avoid** using tracker data — not memory
- ☐ Update the map every time you test something new

PHASE 5 **Live It** Ch. 10–12

- ☐ Plan meals weekly; batch-cook once on a good-energy day
- ☐ Keep three flare-proof staple recipes on rotation for low-energy days
- ☐ Pre-decide your restaurant order and your holiday-table script before you need them

PHASE 6 **Long-Term** Ch. 13–15

- ☐ Stall after months? Audit sleep, stress, hormone cycle, and histamine load — not just food
- ☐ Bring a data trend chart, not just "I feel better," to every doctor visit
- ☐ Re-run your Quarterly Maintenance Check-In every 3 months, permanently

DAILY NON-NEGOTIABLES

- ☐ Log symptoms
- ☐ Stick to your current phase's food list
- ☐ Hydrate + electrolytes
- ☐ No new foods outside a scheduled trial

RED FLAGS – STOP AND REASSESS

- ⚠ Two or more flares in one week
- ⚠ A symptom you've never tracked before
- ⚠ Skipping tracker entries three or more days running

A quick index, so you're not flipping through sixteen chapters to find the one worksheet you need.

Flare Failure Autopsy	Introduction
3-Day Reset meal plan	Chapter 2
Trigger Category Map	Chapter 3
7-Day Baseline Symptom Tracker	Chapter 4
30-Day Elimination Calendar	Chapter 5
Troubleshooting Decision Tree	Chapter 6
The Reintroduction Rules	Chapter 7
Reintroduction Tracker — extra blank copy on p. 4	Chapter 8
Personal Food Map — extra blank copy on p. 5	Chapter 9
Weekly Planning Rhythm / Two-Hour Batch Cook	Chapter 10
Script Cards for eating out and travel	Chapter 12
The Stall Audit	Chapter 13
Doctor Visit Prep Sheet	Chapter 14
Quarterly Maintenance Check-In — extra blank copy on p. 6	Chapter 15
The 90-Day Roadmap	Chapter 16

Three tools in the book get used more than once. Print extras of these pages instead of photocopying the chapter.

CHAPTER 8

Reintroduction Tracker

FOOD TESTED	DOSE	0–24H	24–48H	48–72H	VERDICT

The Three Rules of a Valid Trial

One food. One dose. One full 72-hour window before the next test.

CHAPTER 9

Personal Food Map

SAFE	CAUTION	AVOID
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CHAPTER 15 • TWENTY MINUTES, EVERY THREE MONTHS

Quarterly Maintenance Check-In

Quarter of: _____ Date: _____

What have I added since my last check-in?

Did I test each one properly?

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Where does my symptom log stand right now?

.....

Have any of my old flare markers crept back, even mildly?

.....

Do my labs still match my symptoms?

.....

What's my one change for the next quarter?

.....

Curated for exactly what this reader is doing right now — tracking, sourcing, reading further, and getting a doctor to take her data seriously.

TRACKING & MEASURING

Bearable CH. 4, 13

Fully customizable symptom tracker for pain, fatigue, mood, medications, and cycle.

MySymptoms / Cara Care CH. 7–8

Food-and-reaction logging built around delayed responses. Exports a clean chart for a doctor's visit.

A dedicated paper notebook CH. 5–8

Dosing decisions during elimination and reintroduction happen faster on paper than in an app's menu.

A digital kitchen scale CH. 7

"One dose" only means something if the dose is measured, not eyeballed.

BOOKS FOR GOING DEEPER

The Carnivore Code — Dr. Paul Saladino CH. 3

The physiological case for an animal-based elimination baseline.

The Wahls Protocol — Dr. Terry Wahls CH. 3, 13

A neurologist's own clinical account of using food to intervene in autoimmune disease.

The Paleo Approach — Sarah Ballantyne CH. 3

The foundational AIP elimination text.

The Diabetes Code — Dr. Jason Fung CH. 13

For readers whose stall traces back to insulin and metabolic issues.

Lion Diet interviews — Mikhaila Peterson CH. 15

A public real-world account of long-term carnivore for severe autoimmune disease.

LABS & MEDICAL

Your patient portal (MyChart or equivalent) CH. 14

Pull your own historical labs into one trend line before your next doctor visit.

Direct-to-consumer hs-CRP & ESR testing CH. 14

The two inflammation markers the Doctor Visit Prep Sheet asks you to track.

Vitamin D + ferritin panel CH. 13

The two deficiencies most likely to mimic or worsen autoimmune fatigue.

A functional-medicine or telehealth practitioner directory CH. 14

Not every GP will order the panels this book recommends.

COMMUNITY & REFERENCE

r/carnivorediet CH. 6

Searchable troubleshooting from people who've hit the exact stall or flare pattern you're in.

r/AutoimmuneProtocol CH. 3

Where AIP veterans compare notes on the same elimination logic this book applies more completely.

A carnivore-focused FAQ/wiki site CH. 9, 11

A non-forum reference for "is X compatible" questions that come up mid-reintroduction.

KITCHEN & SOURCING

A local butcher who carries organ meats CH. 11

Organ meats are rarely pre-packaged at a regular grocery store.

ButcherBox or a comparable grass-fed delivery service CH. 10

Solves the "flare-proof freezer" logistics problem.

A slow cooker or pressure cooker CH. 11

Most elimination-phase recipes lean on long, low cooking — and on bone broth.

An unrefined salt (e.g. Redmond Real Salt) CH. 5

The cheapest fix for the day 7–10 rough patch.

Cut from final draft

LOST CHAPTER PREVIEW

The Histamine Ceiling

What to do when you've followed the protocol perfectly, your Personal Food Map is accurate, and you're still flaring anyway.

This chapter didn't make the final cut of *The Autoimmune Carnivore Protocol*. It went deeper than a book built around reintroduction could carry without losing the reader it was written for — but we kept the draft, because a specific subset of readers will hit this exact wall, usually around month four or five, and nothing in the main book fully explains it.

Here's the scenario. Your Personal Food Map is done. You know your safe foods cold. You haven't added anything new in weeks. And you're still flaring — on foods that already passed a clean 72-hour trial, on random Tuesdays with no obvious trigger, sometimes worse on a "good" day than a "bad" one. If you're troubleshooting this the way Chapter 6 taught you — checking seasonings, supplements, stress — you'll come up empty, because the variable isn't which foods you're eating. It's how many of them you're eating in the same sitting.

Meat, especially aged, cooked-and-reheated, or slow-cooked meat, carries histamine load that climbs the longer it sits — and so do several foods your map may have marked safe in isolation. Reintroduction tests one food at a time by design, which means it can miss an effect that only shows up when your total daily load crosses a threshold your body can no longer clear fast enough. We call that threshold the histamine ceiling, and it moves — with sleep, with stress, with your cycle if you have one, with how recently you've flared at all. A food doesn't have to be "unsafe." It just has to be the fourth thing on the plate that pushed you over a ceiling that was already low that day.

The fix isn't more elimination. It's sequencing — spacing histamine-heavier foods across the day instead of stacking them at one meal, favoring fresh-cooked over reheated on your lower-capacity days, and tracking total daily load the way you once tracked individual trials. None of that lives in your Reintroduction Tracker, because it was never built to catch a threshold effect. It needs its own log, its own ceiling-estimate method, and its own troubleshooting tree — which is exactly what didn't fit in a book already built around one variable at a time.

This is the wall a meaningful share of long-term carnivore autoimmune readers hit — not a failure of the protocol, but the edge of what a first book on reintroduction can responsibly cover. It's also exactly where the next one picks up: *The Autoimmune Carnivore Protocol: Beyond Elimination*.

Want the rest of this chapter?

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Get first access when the next book opens for early readers

The Reader's Field Kit — a free printable companion to *The Autoimmune Carnivore Protocol*. More at owenarcher.com.