



WELCOME TO CARNIVORE ADVANTAGE

# CARNIVORE COACHING

Discover how our coaching classes can transform your relationship with food, helping you shed unwanted pounds while building lean muscle mass.

[BOOK ONLINE](#)



We provide effective weight loss solutions through protein based nutrition practices and strength training excersizes.



UNLEASH YOUR POTENTIAL

## Transform Your Body, Transform Your Life.

At Carnivore Advantage, we believe in the transformative power of a high-protein nutritional diet. Our tailored coaching classes empower you to achieve your weight loss goals and unlock your full potential. With evidence-based strategies, personalized support, and a focus on sustainable results, we're here to guide you every step of the way. Say goodbye to yo-yo dieting and hello to a healthier, happier you with Carnivore Advantage.

[BOOK A SESSION](#)

## Try the Protein-Forward Challenge.

Looking for a fun challenge to get you started? Why not try the Protein-Forward Challenge. This self driven 4-week challenge is a nutritional reset that reinforces the principles of leveraging dietary protein to improve your muscle health and longevity. Not only will you look better, but more importantly you'll feel better. Try it today!

[DOWNLOAD FREE PDF](#)



21 FREE RECIPES INCLUDED!

### THE CARNIVORE ADVANTAGE

## Designed to Empower & Help Guide Others.

Ready to take control of your weight and transform your life? Our coaching classes are designed to equip you with the knowledge, skills, and support you need to succeed on your weight loss journey.

Led by expert coaches with over 20 years of experience, our classes cover everything from nutrition education to mindset mastery and habit formation. Whether you're a beginner or a seasoned pro, our classes are tailored to meet you where you are and help you reach your goals.



## Our Training Programs



Carnivore Masters Class \$100

Master your carnivore journey routine to achieve lasting results. This class includes a one-on-one consult with Bo once monthly to help identify gaps and opportunities. In addition to a solid plan with timelines, goals, and milestones. We also offer a suite of quality links, podcasts, and printouts that will help you get their quickly and smoothly.

[SUBSCRIBE](#)



Elite Coaching Pack \$200

Turbocharge your progress with dynamic group coaching sessions led by Coach Bo twice a week. With personalized attention and collective support, we're committed to ensuring every participant receives the tailored guidance needed to thrive on their weight loss journey. Let's embark on this transformative experience together, forging a path to success hand in hand.

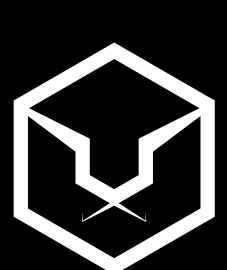
[SUBSCRIBE](#)

DON'T MISS OUT!

## Schedule Your One-On-One Consultation with Coach Bo

With nearly two decades immersed in the world of carnivore, Bo brings unparalleled expertise to the table. Specializing in strength training and protein-based nutrition, he's not just a coach; he's a seasoned guide on the path to optimal health.

[SCHEDULE NOW](#)





DYNAMIC EDUCATIONAL NETWORK

# WELCOME TO THE D.E.N.

At Carnivore Advantage, we're committed to providing you with the tools and information you need to succeed on your weight loss journey. Explore our collection of resources below to support your goals and empower you to make informed choices about your health and nutrition.

## BUILDING BLOCKS OF THE BODY

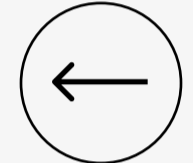
### So, Why Protein?

Protein is vital for numerous cellular functions beyond just building muscles. It plays a crucial role in the structure, metabolism, and regulation of tissues and organs throughout the body. Enzymes, which control metabolism, are made of proteins found in every cell.

Additionally, protein is essential for neurotransmitters affecting mood and sleep, as well as for building bones, ligaments, tendons, and various organs. Understanding that proteins are composed of amino acids is key to optimizing our diet, as different protein sources offer varying balances of these essential building blocks.



## Professionals We Trust



Dr. Gabrielle Lyon

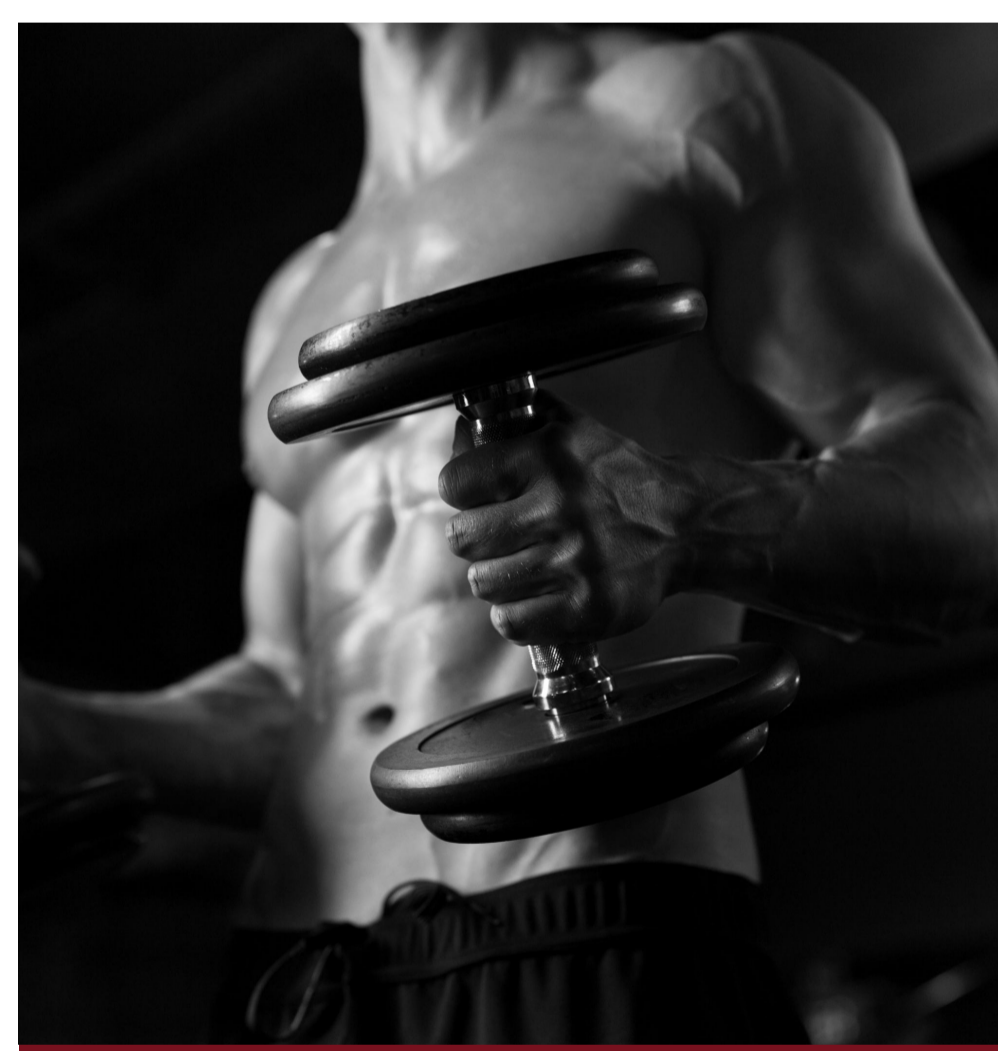
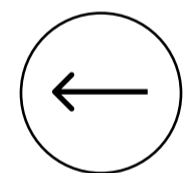
Dr. Gabrielle Lyon is an accomplished board-certified family physician and a distinguished New York Times Bestselling author, lauded for her latest work, FOREVER STRONG: A New, Science-Based Strategy for Aging Well. Her book's exceptional success has also earned her the esteemed titles of Wall Street Journal and USA Today Bestselling author.

At the forefront of modern medicine, Dr. Lyon is leading a revolutionary movement, focusing on the body's largest organ—skeletal muscle. Her mission is to promote longevity and combat the pervasive threats of obesity, heart disease, and diabetes by optimizing muscle health.

Dr. Lyon's rich background encompasses a dual research and clinical fellowship in geriatrics and nutritional sciences at Washington University,

LEARN MORE

## Helpful Resources



Resource #1



Resource #2



Resource #3



Resource #4

## LEADING WITH PRIDE

### Meet Bo, Your Carnivore Coach.

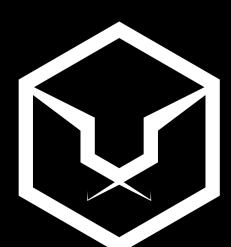
Bo's journey began when he discovered the transformative power of the carnivore lifestyle. Through his own experiences and extensive research, he's honed his understanding of how this way of eating can lead to weight loss, increased energy levels, and even alleviate autoimmune issues.

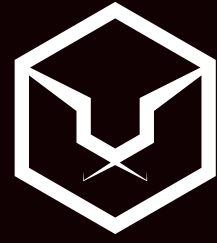
Now at 65, Bo embodies the vitality and vigor that comes from living the carnivore lifestyle. His Carnivore Advantage Program is designed to empower others to harness the benefits of this approach, guiding them towards their health and fitness goals with precision and care. With Bo by your side, you're not just embarking on some fad diet; you're embarking on a journey to reclaim your health and vitality.

BOOK A SESSION



Bo Noles | Co-Founder / Coach





# JOIN A CLASS

We love our carnivore pack. Join a class today!

## CONTACT

bo@carnivoreadvantage.com  
Michigan, USA

## HOURS OF RESPONSE

9 AM - 5 AM

## Ask Coach Bo

Name\*

Email\*

Message

SEND

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