

My Fasting Journey

My first experience with fasting was during my time in Jericho, living with a Palestinian family for Ramadan. I joined them in fasting all day and feasting at night, which planted the seeds for my own fasting journey. Now, every day feels like Ramadan, where I'm constantly refining and focusing on treating food as pure fuel.

My Daily Practice

For the past year, I've embraced **24-hour fasting**—waking up to only water and black coffee and eating a single nutrient-dense carnivore meal at night. This one meal, made up solely of red meat, sustains me. American diets filled with snacks, salads, and empty foods simply don't hold up. But nutrient-rich foods like meat do. They fuel your body deeply, building reserves for energy and focus that carry over to the next day.

Practicing Self-Control

Modern life tempts us with endless snacks and “yummy” food options. Constant snacking keeps us craving, much like the way we look for entertainment on our phones or TVs. Practicing **self-control** requires a Zen-like focus and a discipline that many lack. Break free from basic impulses and put the snacks away.

No Drugs, No Alcohol

Forget the notion of “everything in moderation.” Drugs and alcohol are poisons—why would you willingly poison yourself? Eliminating them completely from your life clears your mind and body for real focus and power.

The Food Pyramid Is a Scam

The food pyramid is built to keep us weak and dependent. It's filled with misleading advice, pushing red meat to the sidelines when it should be the focus.

Treat Every Day Like It's Ramadan

No breakfast, no lunch—just one big meal of red meat at night. Skip everything else. Chicken isn't meat, fish is mediocre, and pork is dirty. Fuel up with beef and lamb to thrive.

"Eat more red meat. Avoid sugary drinks, juice, and pointless snacks. Water and coffee are all you need."

Lamb Is the Best

My go-to meal is a **slow-cooked lamb leg from Costco**. It's affordable, easy to prepare, and packed with nutrients. I toss it in a slow cooker with rosemary, salt, water, or beef broth, and let it cook for eight hours. This setup complements fasting because it allows me to focus on my day, knowing a nutritious meal awaits me.

Counting Calories Is Foolish

When you eat within a set window, you naturally know when to stop. Counting calories is unnecessary; your body will let you know when you're full. Just eat as much meat as you need. **Forget cardio routines**—they're a waste unless it's intense, like sprinting or going uphill.

Lose Fat, Gain Muscle

By fasting and eating one meal of meat a day, you'll see dramatic changes in your body and energy levels. Pair this with daily walks and weightlifting, and you'll become a stronger, leaner version of yourself.

"Meat, salt, and water: this is the holy trinity."

Training and Physical Strength

Forget calorie-counting and weighing yourself; just train, walk, and lift. Build strength every day. Throw out the scales—they keep you chained to numbers. **Focus on real change by losing fat and gaining muscle.** Feel it in your body, notice it in your face.

Throw It All Away

Start fresh. **Clear out the junk** in your pantry—sugary drinks, snacks, sauces. Donate what you don't want to throw away and eliminate the temptation. Junk food keeps you hooked and reliant on constant eating. When there's no junk food in the

house, fasting becomes effortless.

Food Is Fuel

My goal is power. I no longer crave the pointless foods of modern life. **Meat is my only desire.** Once you start this journey, you won't look back. Meat provides the sustenance and strength you truly need, and after a nutrient-dense meal at night, fasting the next day becomes natural.

"Are you a hamster on a wheel, or a lion on the hunt?"

This is the question I ask myself daily. Choose strength, self-control, and simplicity. The rewards—mental clarity, physical power, and a sustainable way of living—are worth every moment.