

## One Meal a Day: Fueling Focus and Power

For over a year now, I've embraced **intermittent fasting** with a one-meal-a-day routine. The experience has been transformative, revealing how much humans overeat and how unnecessary frequent meals can be. I've found that eating during the day makes me sluggish and drains my energy. But by waiting until the end of the day, I'm filled with **power, motivation, and mental clarity** to pursue my goals.

### Food is Fuel

I view food as fuel, nothing more. Each month, I stock up on **red meat** from Costco. **Lamb leg** is my go-to for its flavor and affordability—it's about five dollars per pound and tastes incredible. Another favorite is **Wagyu ground beef**, which has a rich taste and leaves me fully satisfied. Red meat is, without question, the most satiating food out there. A single steak fills me with the energy to power through the next 24 hours without feeling sluggish or bloated.

What's fascinating about red meat is that you can consume as much as you need without feeling weighed down. It's simple: eat until you're truly satisfied and ready for the next fast.

### No More Snacks

*"It's the ultimate cure for any food addiction or mindless snacking."*

One of the best parts of a single-meal-a-day, red-meat-focused diet is that it completely eliminates the need for snacks. When your diet is streamlined to one meal, there are no little snacks or treats calling to you from the cupboard. This lifestyle cures mindless snacking and kills off food addiction. Think about it: would a hunter reach for a granola bar before a hunt? Definitely not. **Eat like our ancestors**, focusing on what truly sustains.

## Laser Focused

When I'm fasting, I feel **laser focused**. An empty stomach sharpens my mind, making me feel like I'm on the hunt, ready to tackle any challenge. I usually kickstart my day with a shot of **espresso**, and then it's just water and black coffee—no cream, no sugar. Coffee might be an appetite suppressant, but for me, it's a creativity booster. I'd say, drink coffee freely, but cut it off early. My last cup is usually by 9 AM to keep my focus and avoid any crashes.

## Change Your Life

Living on one meal a day removes all distractions, simplifying choices and cutting out useless foods. It's not only economical, but it also gives you **raw energy** to take on each day. By fasting and focusing on red meat, you'll feel stronger, more focused, and, honestly, *like a new person*. After just a few months, you won't recognize yourself.

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### Key Takeaways

- **One meal a day** keeps energy levels high and mind focused.
- **Red meat** is the most powerful fuel, giving you sustained energy without bloating.
- **Eliminate snacks** and mindless eating habits for better focus and discipline.
- **Coffee and water**—simple, effective, and perfect for a streamlined lifestyle.

Incorporating this routine doesn't just change how you eat; it changes how you live. Embrace it, and see how it transforms your energy, mindset, and life.