

Steak Prep: Fueling One Meal a Day with the Perfect Cuts

For my daily One Meal a Day (OMAD) routine, **two NY strips and one ribeye from Costco** provide all the fuel I need. These cuts are thick, so I like to **butterfly them**—cutting each steak down the middle allows for quicker, more even cooking while preserving all the flavor and tenderness.

Simple Seasoning for Maximum Flavor

I keep it simple with **just three ingredients**: salt, pepper, and olive oil. This minimalist approach lets the natural flavor of the meat shine, enhancing the taste without overpowering it.

My Seasoning Staples

- **La Baleine Fine Sea Salt**: Adds a clean, balanced saltiness.
- **Kirkland Signature Coarse Black Pepper**: A robust pepper that complements the richness of the meat.
- **Kirkland Signature Organic Cold Pressed Extra Virgin Olive Oil**: A quick drizzle before cooking to prevent sticking and enhance flavor.

One Meal a Day (OMAD): The Power of Meat

"Meat has been fueling me for a daily 24-hour fast for over a year now."

For over a year, a single, satisfying meal of red meat has kept me going strong. After a meal like this, I feel **insanely powerful and strong the next day**. The key is eating until full; by reaching satiation with nutrient-dense food like steak, I'm fully energized and ready for another 24 hours.

Key Takeaways

- **Butterfly thick cuts** like NY strip and ribeye for quicker cooking.
- **Season simply** with quality salt, pepper, and olive oil.

- **Fuel your OMAD with red meat:** Eating until satiation provides lasting energy and strength.

This steak prep routine isn't just about flavor; it's about maximizing nutrition and fueling strength. Simple, powerful, and satisfying—steak is all you need.