

How to Stay Lean: A Simple Guide to Health and Strength

Staying lean, healthy, and strong doesn't have to be complicated. **Fasting is the quickest way** to achieve a lean, powerful physique and an energized mind. When I'm fasted, my focus is razor-sharp, and the connection between my mind and body feels unbreakable. Here's my approach to staying lean and reaching peak health.

OMAD (One Meal a Day)

The OMAD approach—**One Meal a Day**—allows you to keep things simple and consistent, maximizing energy while minimizing distractions. Here's what my daily routine looks like:

- **No breakfast or lunch:** Fasting until evening keeps my energy high and my mind clear.
- **Black coffee and water:** These keep me hydrated and focused throughout the day without disrupting my fast.
- **Walking and sunlight:** Daily movement and sun exposure boost mood, metabolism, and overall health.
- **Weightlifting:** Strength training supports muscle growth and helps keep my body lean.
- **One meal a day:** A single, satisfying meal at the end of the day is all you need with OMAD.
- **100% carnivore diet:** I focus on nutrient-dense foods like red meat, lamb, and eggs, eating to full satiation without calorie counting.

"Just eat as much red meat, lamb, and eggs until you are full to satiation."

Listen to Your Body

Everyone's different, so it's important to pay attention to your body and adapt as needed. What works for me might not work exactly the same for you, but I can't help but share how much this approach has **improved my health, focus, and**

strength. By keeping it simple and consistent, I've found a protocol that gives me energy and keeps me lean year-round.

Try It for Yourself

I highly suggest trying this protocol for a week—give it a try and see how it feels. It's an approach that could very well suit you and make a lasting impact on your health.

Key Takeaways

- **Fast until evening** for sustained energy and mental clarity.
- **Stick to black coffee and water** during the day to stay focused.
- **Move daily** through walking, weightlifting, and sun exposure.
- **One satisfying carnivore meal per day:** Eat until you're full with nutrient-dense foods.
- **Listen to your body** and adjust as needed for optimal results.

Simple, effective, and energizing, OMAD and a carnivore diet might just change your life.