

How to Lose Fat

What's poppin' people, it's Dante, and today, I'm here to drop a "secret item" to help you on your quest to lose fat—think of it like that hidden item you discover in *Legend of Zelda*. Spoiler alert: it's not some fancy workout plan or latest trendy superfood. It's *beef steak*.

That's right. Karne. Beef. The strength of the oxen. I don't want the weakness of a little chicken; I want the power that only red meat can provide.

Fasting and Walking: The Power Combo

Here's the big takeaway: **fasting, walking, and eating one real meal a day is all you need**. It's that simple. Every day, I'm walking around in barefoot shoes, building muscle in my legs, fortifying my foundation. Strong legs for street photography—that's where my power comes from.

Why Running Isn't for Everyone

Look, some people love running. Maybe they're inspired by guys like David Goggins, who runs ultra-marathons and lives by the mantra "Who's gonna carry the boats?" Goggins is a beast. But let's be real, I'm not running 200 miles a day like he is. And I've never met a long-distance runner without knee or joint issues.

Running hundreds of miles just to "burn calories" isn't my thing. I see it more as a fast track to joint problems and unhealthy habits. The truth is, if you want to **lose fat, it's less about burning calories and more about what you eat**—or better yet, what you don't eat.

The Ironic Truth: Eating More Fat to Lose Fat

What's the ironic truth? Eating *more* fat—healthy fats, that is—can actually help you lose fat. Forget the notion of “calories in, calories out.” The real key is to fuel yourself with foods that sustain you, not foods that leave you craving more.

"The foods you eat should power you, not leave you scrambling for snacks."

Why One Meal a Day Works

For the past year, I've been fasting all day and eating just one solid meal at night. This meal is all red meat. By fasting, I don't waste energy digesting multiple meals or spiking my blood sugar all day long. My body has adapted to thrive on high-quality, nutrient-dense food that keeps me powered until the next day.

Here's why it works:

- **Fasting keeps you lean:** Your body isn't in constant digestion mode, so you feel lighter and more energized.
- **Eating once a day simplifies life:** No need to overthink “what's for lunch.” Just focus on one solid, powerful meal.
- **Red meat is king:** Nutrient-dense and satisfying, a steak dinner fills you up and gives you everything your body needs.

The Barefoot Advantage

The shoes you wear might not seem connected to fat loss, but they are. **Barefoot shoes** help build stronger legs and create better posture. This connects to a lifestyle of functional strength—one that's focused on simple, sustainable movement, not overcomplicated workouts or calorie-burning exercises.

Eat More Fat, Get Leaner

It's time to leave behind the old myths about fat making you fat. When you eat nutrient-dense foods, especially quality fats, your body feels full and satisfied. This is *real* fuel.

"Lose fat by embracing fat. Forget the low-calorie, low-fat diet nonsense."

So, that's it. Skip the snacks, eat a massive steak, walk around in minimalist shoes, and watch the fat melt away. Forget "calories in, calories out"—the new way is lean, powerful, and simple. Trust me, it's the ultimate power-up.

Until next time, stay strong and carry on!