

## Bring Your Own Beef (BYOB)

### Why Turkey is Overrated

Turkey has become the traditional centerpiece of Thanksgiving dinners, but let's be honest—it's just not the best choice. Turkey is a lean meat, low in fat and calories. While some people equate this with being healthy, the truth is, it's not the most nutrient-dense option.

*"Do you want to be a little turkey? Gobble gobble gobble. Or do you want the power of a bison or an ox?"*

If you want strength, vitality, and energy, skip the turkey and bring your own beef to the table.

### The Power of Fatty Red Meat

Let's talk about why beef—specifically fatty, red beef—is superior:

- **Nutrient-Density:** Beef is packed with vitamins and minerals your body needs.
- **Satiety:** Fatty beef keeps you full for hours.
- **Hormonal Health:** Cholesterol in beef helps synthesize vitamin D and hormones like testosterone.
- **Strength and Vitality:** Beef fuels physical performance and mental clarity.

*"The fattier the meat, the more satiated your body."*

Society has demonized red meat and fat for years, but it's time to flip the food pyramid upside down. Fat isn't the enemy—processed carbs and sugar are.

## Say No to Carbs and Sweets

Thanksgiving is notorious for sugary desserts and carb-loaded sides. But consider this: carbohydrates spike insulin, making you hungrier and leading to energy crashes. Restaurants use this trick with bread baskets—they're designed to make you consume more.

*"Carbohydrates are the devil."*

Avoid bread, sugary drinks, and desserts. Instead, focus on nutrient-dense foods like beef. Water or herbal teas make much better beverage choices than wine or soda.

## Farm-to-Table Beef

One of the best decisions I've made is sourcing my beef directly from an Amish farmer near Lancaster, Pennsylvania. Buying half a cow and storing it in a deep freezer ensures I'm getting high-quality, nutrient-dense meat. Plus, it supports sustainable, local farming.

*"I trust the Amish. They've been farming the same way for centuries."*

This farm-to-table approach not only benefits your health but also connects you to the source of your food.

## Fasting and Mental Clarity

Fasting is a game-changer. Skipping breakfast and lunch allows your body to focus on repair instead of digestion. At the end of the day, you can enjoy a few pounds of beef and feel completely satisfied.

- **Mental Clarity:** Without constant digestion, your mind stays sharp.
- **Physical Benefits:** Fasting helps shed fat, build muscle, and improve energy levels.

*"You never feel hungry when you eat beef. You wake up on repeat, feeling great."*

## **Breaking Myths About Meat and Sunlight**

Many people believe myths about red meat and sunlight being harmful. The reality is quite the opposite:

- **Red Meat:** Provides essential nutrients and supports overall health.
- **Sunlight:** Sets your circadian rhythm and promotes vitamin D production.

*"People think the sun is bad for you or that meat is bad for you, but we need to break this slave mentality."*

## **A New Thanksgiving Tradition**

This year, let's redefine Thanksgiving dinner. Instead of turkey, bring a feast of beef ribs, brisket, and steaks. Share the benefits of eating nutrient-dense, fatty red meat with your family and friends.

*"BYOB Baby- Bring your own beef. That's how we're rolling this Thanksgiving dinner."*

By setting an example, you can inspire others to rethink their food choices and embrace a healthier, more powerful way of eating.

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Thanksgiving is a time to celebrate and share good news. Let's use it as an opportunity to teach others about the benefits of fatty, red meat and break free from outdated traditions.