

# The Ultimate Street Photography Meal

What's poppin, people? It's Dante. Today I wanted to share my daily meal, the one that has powered me for the last three years. It's simple, it's primal, and it's the fuel that keeps me sharp, strong, and alive out on the street with my camera.

---

## The Recipe

### Ingredients

- 3 pounds of ground beef (pre-formed into quarter-pound patties)
- Slices of butter (one per patty)
- Maldon sea salt flakes
- Optional: eggs (for sunny side up)

### Instructions

1. Preheat oven to **450°F**.
  2. Place burger patties on a wire rack set over a baking sheet.
  3. Top each patty with a **slice of butter**.
  4. Bake for **15 minutes**.
  5. While burgers cook, fry a few sunny-side-up eggs if desired.
  6. Season with **Maldon sea salt flakes**.
  7. Stack eggs on burgers, feast, and enjoy.
- 

## The Feast

I don't eat breakfast. I don't eat lunch. I fast throughout the entire day, saving my energy and focus for what matters most: life and photography. Then, at the end of the day, I feast.

- Each burger patty =  $\frac{1}{4}$  **pound**
  - Total = **3 pounds of red meat in one sitting**
  - **One meal a day.** Every day.
- 

## The Benefits

Three years on this regimen and here's what it's given me:

- **Strength** – I've become extremely jacked.
  - **Health** – My body feels clean, powerful, and efficient.
  - **Mental Clarity** – No brain fog, no crashes, no cravings.
  - **Energy** – I wake up with abundance, never lethargic.
- 

## The Hack

Here's the real hack: **buy in bulk.**

- Contact your local butcher or farmer.
  - Request 3-pound packs, pre-sliced into quarter-pound patties.
  - Stock up with a **deep freezer.**
  - Stay prepared all winter—always have meat on hand.
-

## Paradise

This is paradise for me:

- Three pounds of red meat.
- Butter melting into each patty.
- A couple of sunny-side-up eggs on top.
- Nothing else.

One meal a day, three years running. **Simplicity. Clarity. Power.**

It's not just food. It's fuel for photography. It's the ultimate street photography meal.