
LATE FOR DEATH
THE
FULCRUM
RECIPES
BY
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LATE FOR DEATH / READ THIS FIRST

Not Medical Advice

This book shares my personal experience and my own research. It is for informational purposes only.

It is not medical advice, and it doesn't replace your doctor.

Talk to a qualified healthcare professional before you change your diet, your supplements (including creatine and collagen), or your exercise... especially if you are pregnant, have a medical condition, or take medication.

If you have food allergies (including alpha-gal), check every ingredient before you make a recipe.

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LATE FOR DEATH / TOO BUSY LIVIN'

THE FULCRUM RECIPE BOOK

Finding the Pivot Point

There's a reason I call this whole thing *The Fulcrum*.

A fulcrum is the pivot point of a lever. Put that pivot point in the right place, apply force, and suddenly something that seemed impossibly heavy becomes much easier to move.

That's how I look at life. And that's how I approach cooking.

For more than fifteen years, I've practiced OMAD—one meal a day—and nearly every single night I've cooked my own dinner. In all that time, I've eaten at restaurants or had somebody else cook for me fewer times than I have fingers and toes.

I'm also a certified chef, and I genuinely love being in the kitchen.

Sometimes I'll spend an hour experimenting with something I've never made before. Other times, I'll invent a recipe on the spot, get completely lost in what I'm doing, and forget that I was supposed to hurry up so I could get back to writing this book.

Apparently, I enjoy cooking more than meeting my own deadlines.

But here's what I've learned.

> **Good cooking isn't about making everything complicated. It's about knowing where to apply the effort.**

That's the fulcrum.

You can spend hours making something elaborate that tastes terrible, or you can take a few simple ingredients, understand how they work together, and create something incredible.

I've spent years experimenting with food. Three years raw vegan, seven years vegetarian, years of foraging, and countless experiments with different diets and cooking methods.

Eventually, I developed my own understanding of what I wanted from food.

I call it **the Full Spectrum**:

ATTAINABILITY → PREPARATION → FLAVOR → SATIETY → NOURISHMENT → SUSTAINABILITY → DIGESTIBILITY

I want food I can get, prepare, enjoy, feel satisfied by, and comfortably digest. And I want to be able to keep eating that way without turning my kitchen into a second full-time job.

This recipe book is where that philosophy gets its hungry little (or big)... medium sized, hands dirty.

You'll find meat dishes, meal-prep ideas, breads made with unconventional ingredients, pancakes, biscuits, pizza, fruit creations, and a few things that might make you wonder what the hell I was thinking when I first tried them.

Some recipes are incredibly simple. Others came from years of experimentation or a sudden idea that I couldn't resist testing.

That's what makes cooking enjoyable to me.

I don't believe eating well should mean eating boring food. And I certainly don't believe you need an entire supermarket aisle of manufactured ingredients to make something delicious.

> **Find the right ingredients. Understand the preparation. Experiment. Enjoy yourself.**

When you find that balance between effort and reward, you've found the pivot point.

And that's what *The Fulcrum Recipe Book* is all about.

Now, let's get cooking.

Ryan Johnson

LATE FOR DEATH — TOO BUSY LIVIN'

P.S.

You may see at the bottom of the pages “Back To The Fulcrum App” ... This is The Fulcrum app to my diet, workout, and recipes. If you want access to the latest recipes the link and book is always updated in the app. I would send you an email every time I update the book but that would be ridiculously rude to your inbox. If you want to know about the newest recipes they will also be in the newsletters too.

Contents

Fourteen recipes covering meat meals, breads, tortillas, pancakes, biscuits, fruit, and chocolate. Each recipe includes ingredients, equipment, numbered instructions, and storage guidance. Where an amount is flexible, the recipe says so.

These are the recipes I actually cook. Ovens, air fryers, and pans all run a little different... so use the times as a guide and let the thermometer have the final word.

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Also included: Kitchen Guide, Batch Cooking and Storage, Sources, and the Recipe Video Guide. Click a recipe title to jump to it in Word. Underlined video links open the original demonstrations.

Kitchen Guide

Read the whole recipe first, prepare the equipment, and measure before heating. Use the temperature and texture checks together; baking time changes with the pan, appliance, and size of the food.

Measurements and ingredients

- All cup and spoon measurements use US measures: 1 cup = 240 mL, 1 tablespoon = 15 mL, and 1 teaspoon = 5 mL. Use large eggs unless specified otherwise.
- Ounces beside meat, cheese, chocolate, and pork rinds are weights. Pork rind volume changes greatly with grinding; follow the stated texture and use the weight where provided.
- Choose plain pork rinds and unflavored protein powders. Whey isolate, collagen peptides, gelatin, and egg white powder behave differently; they are not equal substitutes.
- The main oven instructions use a conventional oven. Preheat fully. A countertop air fryer can brown the outside sooner, so do not transfer the times directly.
- This collection includes fruit, honey, dates, and chocolate options alongside meat and egg recipes. Those entries are animal based variations rather than strict carnivore dishes.

Use a thermometer

- Whole beef steaks: 145°F (63°C), followed by at least 3 minutes of resting.
- Ground beef and pork: 160°F (71°C).
- Poultry, including chicken liver and ground turkey or chicken: 165°F (74°C).
- Egg dishes: 160°F (71°C), with no uncooked liquid egg remaining. Whole eggs should have firm whites and yolks.
- Casseroles and reheated leftovers: 165°F (74°C).
- Insert the probe into the thickest center, avoiding the pan. Check more than one large portion. Color and browning alone do not establish safe doneness.

Keep the ingredients cold

Keep raw meat apart from fruit and ready to eat foods. Refrigerate perishables within 2 hours, or 1 hour above 90°F (32°C). Keep the refrigerator at 40°F (4°C) or colder and the freezer at 0°F (−18°C) or colder. Cool large batches in small portions and shallow containers.

Food handling and minimum temperatures: FDA. Storage periods: FoodSafety.gov. Links appear in Sources.



RECIPE 01

Beef and Organ Meal Prep Muffins

A freezer batch built around ground beef and a primal organ blend. These are large meal portions, closer to small meatloaves than ordinary muffins.

Watch the meat muffins video on YouTube

Makes 12 large portions | Prep 25 minutes | Begin checking at 40 minutes

Equipment Large mixing bowls, kitchen scale, wide oven safe molds, rimmed baking sheets, thermometer

Ingredients

- 8 lb ground beef
- 4 lb beef primal organ blend
- 12 large eggs, beaten
- 1 cup finely crushed plain pork rinds
- 1/4 cup unflavored collagen peptides
- 1 tablespoon fine salt, optional; reduce for salted meat blends
- Butter or beef tallow for greasing metal molds; not needed for silicone

Method

1. Heat the oven to 375°F (190°C). Support silicone molds on rimmed metal sheets. Use wide molds large enough for each portion to sit no deeper than 2 inches, with room below the rim. Use extra molds if needed.
2. Work in four batches: each uses 2 lb beef, 1 lb primal blend, 3 eggs, 1/4 cup pork rind crumbs, 1 tablespoon collagen, and one quarter of the salt. Mix just until evenly combined.
3. Divide each batch into three equal portions. The full recipe uses 12 lb of meat, so each large portion contains 1 lb raw meat before additions. Grease metal molds; silicone molds do not need greasing. Press the mixture in evenly.
4. Bake with space around the pans; keep waiting raw batches refrigerated. Begin checking at 40 minutes and continue as needed. Every portion must reach 160°F (71°C) in its thickest center; use 165°F (74°C) if the blend contains poultry. Mold depth and oven loading determine the actual cooking time.
5. Rest for 5 minutes, then remove from the molds. For freezing, cut large portions into smaller pieces and refrigerate promptly in shallow containers. Package cold, label, and freeze. Reheat the center to 165°F (74°C).

Cook's note Center egg option: Before baking, form a wide well and crack one additional egg into each portion. Allow room in the mold and cook until both the egg and meat are fully set and at least 160°F. This uses 12 extra eggs.

Storage Refrigerate 3 to 4 days or freeze promptly for the remaining days. See the batch cooking guide.



RECIPE 02

Carnivore Beef Patty Steak

A thick ground beef patty with browned butter spooned over the top.

Serves 1 to 2 | Prep 5 minutes | Cook about 12 to 18 minutes

Equipment Heavy skillet, spatula, thermometer

Ingredients

- 1 lb ground beef
- 2 tablespoons butter
- Kosher salt, to taste

Method

1. Shape the beef into one oblong or round patty about 3/4 inch thick. Season both sides with salt. Handle the meat lightly so the patty stays tender.
2. Melt the butter in a skillet over medium heat. Swirl until the milk solids turn golden and smell nutty. Pour the browned butter into a small heatproof bowl, leaving a light coating in the skillet.

3. Place the patty in the skillet. Cook about 5 to 7 minutes without pressing it down, then flip. Lower the heat if the surface darkens too quickly.
4. Continue cooking about 5 to 8 minutes, checking from the side with a thermometer. The center must reach 160°F (71°C). Thickness and pan heat determine the actual time.
5. Return the reserved butter to the skillet briefly to warm it. Transfer the patty to a plate and spoon the butter over it. Rest for 3 minutes and serve.

Cook's note For faster cooking, make two thinner patties and begin checking sooner. Ground beef needs the ground meat temperature even when shaped and served like a steak.

Storage Refrigerate leftovers within 2 hours, use within 3 to 4 days, and reheat to 165°F.



RECIPE 03

Le Guérandais Salt Coated Steak

My favorite steak: a whole beef steak coated with Le Guérandais Coarse Sea Salt, Gros Sel de Guérande.

Makes 1 steak | Cooking time depends on the cut and thickness

Equipment Heavy skillet, tongs, meat thermometer

Ingredients

- 1 whole beef steak, your preferred cut
- Le Guérandais Coarse Sea Salt, Gros Sel de Guérande, enough to coat the steak

Method

1. Pat the steak dry. Coat both sides and the edges with the Le Guérandais coarse salt, pressing gently so it adheres.
2. For a simple skillet method, heat a heavy skillet over medium high heat. Add the steak and cook until the first side develops a browned crust, then turn with tongs.

3. Continue cooking, turning as needed. Reduce the heat if the outside darkens before the center is ready. Check the thickest center with a thermometer; whole beef steak should reach at least 145°F (63°C) before leaving the heat.

4. Transfer to a plate and rest for at least 3 minutes before slicing and serving.

Cook's note Use this exact coarse salt. The cut, thickness, and amount of salt are up to you... so cook by the thermometer, not the clock.

Storage Refrigerate cooked leftovers promptly and use within 3 to 4 days. Reheat leftovers to 165°F (74°C).



RECIPE 04

Cloud Egg Bread

An airy egg loaf for toast, sandwiches, or serving beside a meat meal. Separating the eggs gives the whites a better chance to hold their volume.

Watch cloud bread video one on Instagram

Watch cloud bread video two on Instagram

Makes 1 small loaf, about 8 slices | Prep 15 minutes | Bake about 30 to 45 minutes

Equipment 8 by 4 inch loaf pan, parchment, clean mixing bowl, electric mixer, thermometer

Ingredients

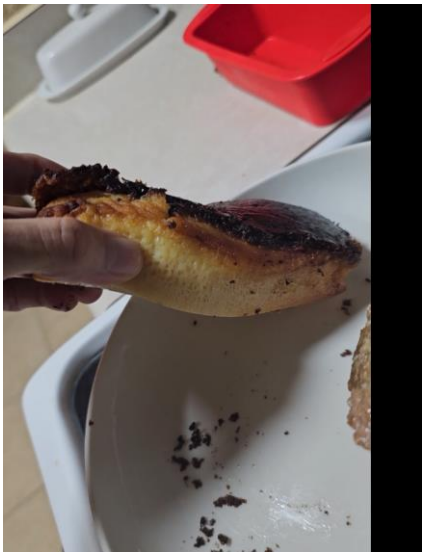
- 4 large eggs, separated
- 1/4 cup plain egg white powder
- Optional pinch of fine salt

Method

1. Heat a conventional oven to 325°F (165°C). Line the loaf pan with parchment. Keep the bowl and beaters free of grease, and avoid getting yolk in the whites.
2. Beat the whites until they hold firm, upright peaks. Whisk the yolks separately until smooth.
3. Turn the mixer to its lowest setting. Add the egg white powder gradually, mixing only until incorporated. Fold a large spoonful of the whites into the yolks, then gently fold that mixture back into the remaining whites. Add salt if using.
4. Transfer to the pan without pressing out the air. Bake 30 to 45 minutes, checking at 30. The loaf should be golden and set, with no liquid center, and reach at least 160°F (71°C). Continue baking if the interior is wet even after that minimum is reached.
5. Turn off the oven and leave the cooked loaf inside for 10 minutes with the door slightly open. Lift onto a rack. Cool completely before slicing; some settling is normal.

Cook's note Use egg white powder, not whey or whole egg powder. When I tried it in the air fryer at 320°F, it was still wet at 25 minutes, so the oven is the way to go here. Ovens vary, so start checking at the early end of the time.

Storage Refrigerate in a covered container for up to 4 days. Freeze separated slices for up to 1 month for best texture.





RECIPE 05

Whey Protein Bread

An egg and protein bread round with an optional honey version. The air fryer is the preferred method; conventional oven instructions are included.

Makes 1 small bread round | Prep 5 minutes | Air fry about 20 minutes

Equipment Wide oven safe dish that fits the appliance, whisk, thermometer

Ingredients

- 2 large eggs
- 2 tablespoons unflavored whey protein isolate
- 2 tablespoons unflavored collagen peptides
- 1 1/2 tablespoons butter, melted and cooled, plus extra for greasing
- 500 mg creatine
- 250 mg glucosamine
- 1/4 teaspoon baking powder
- Small pinch of fine salt
- Optional 2 heaping tablespoons honey

Method

1. Grease a wide oven safe dish, choosing one large enough that the batter fills it no more than halfway. Whisk the eggs with the cooled melted butter and optional honey.
2. Combine the whey, collagen, measured creatine and glucosamine, baking powder, and salt. Whisk into the egg mixture until smooth, then pour into the dish.

3. Air fryer method, preferred: Preheat to 350°F (175°C). Cook for approximately 20 minutes, checking a little earlier because appliances vary. Continue until the center is set, without liquid batter, and reaches at least 160°F (71°C).
4. Conventional oven alternative: Preheat to 325°F (165°C). Bake on the middle rack, beginning checks at 20 minutes. Allow about 20 to 30 minutes, or longer as needed, until the center is set and reaches at least 160°F (71°C).
5. Rest for 5 minutes before removing from the dish. Cool before slicing. The honey version may brown faster; check the center rather than judging by the surface alone.

Cook's note Supplement amounts are weights: 500 mg = 0.5 g and 250 mg = 0.25 g. Scoop sizes and powder densities vary; a scoop or half scoop is not a reliable substitute for these weights. Use accurately weighed amounts.

Storage Best fresh. Refrigerate promptly for up to 3 days; reheat gently to avoid a rubbery texture.



RECIPE 06

Pork Rind Honey Buns

A simple pork rind and egg mixture, rested until it holds together like soft biscuit dough.

Makes 1 small batch | Cook over medium low heat until set throughout

Equipment Mixing bowl, lightly greased skillet, spatula, thermometer

Ingredients

- 3/4 cup crushed plain pork rinds
- 2 large eggs
- Honey for serving, optional
- A little butter or beef tallow for the skillet

Method

1. Mix the crushed pork rinds and eggs. Let stand until the crumbs absorb the moisture and the mixture becomes soft, biscuit like dough.
2. Warm a lightly greased skillet over medium low heat. Spoon in bun shaped portions, leaving space to turn them.

3. Cook until the bottoms hold together and are golden, then flip carefully. Keep cooking gently, turning as needed, until the centers are set and reach 160°F (71°C). Lower the heat if the outside browns too quickly.

4. Rest briefly before serving. Add honey at the table if desired.

Cook's note Let the texture guide the rest time. Crumb size changes how quickly pork rinds absorb the egg. The base has no added baking powder or dairy; honey is an optional serving addition.

Storage Refrigerate up to 4 days or freeze individually for up to 1 month for best texture.



RECIPE 07

Banana Bread

Banana bread made with dates, eggs, pork rind powder, and butter. Leave pieces of banana in the mixture for the lumpy texture shown in the video.

Watch the banana bread video on YouTube

Makes 2 loaves | Bake about 1 hour | Cool completely before slicing

Equipment Two parchment lined loaf pans, food processor, stand mixer, mixing bowl, fork, toothpick

Ingredients

- About 16 oz (454 g) soaked dates, pits removed
- 6 large eggs, separated into 6 yolks and 6 whites
- 10 oz (283 g) pork rind powder
- 2 sticks butter, melted; standard US equivalent is 1 cup (227 g)
- Baja Gold mineral sea salt, to taste
- 8 ripe bananas, peeled: 4 to blend and 4 to break into chunks

Method

1. Heat the oven to 350°F (175°C). Line two loaf pans with parchment. Prepare the soaked, pitted dates.
2. Put the dates and 6 egg yolks in the food processor. Add the melted butter, cooled enough not to cook the yolks, and the Baja Gold sea salt. Process into a paste. Blend 4 of the ripe bananas and combine with this mixture.
3. Beat the 6 egg whites in the stand mixer until foamy and frothy. Gently stir in the date and blended banana mixture. Break the remaining 4 ripe bananas into chunks and fold them throughout the batter.
4. Break up any clumps in the pork rind powder with a fork. Stir it into the mixture. Leave the banana chunks intact for texture; do not blend the finished batter smooth.
5. Divide between the prepared pans. Bake for about 1 hour, until a toothpick inserted into the center comes out clean. Extend the bake if needed; pan dimensions and batter depth affect the time. As an added food safety check, the egg based center should reach at least 160°F (71°C).
6. Cool completely before slicing. In the video I let them cool for about 4 hours. Because this is a dense, egg-based bread, refrigerate within 2 hours and finish cooling in the refrigerator rather than leaving the loaves out the whole time.

Cook's note Use 8 ripe bananas: 4 blended and 4 broken into chunks throughout the bread. Those chunks are the whole point... don't blend them all.

Storage Refrigerate for 3 to 4 days after prompt chilling. Freeze slices for longer storage.



RECIPE 08

Pork Rind Pancakes

The same pork rind and egg base as the honey buns, kept loose enough to pour into small pancakes.

Watch the pancake video on YouTube

Makes 1 small batch | Cook over medium low heat until set throughout

Equipment Mixing bowl, nonstick or well seasoned skillet, spatula

Ingredients

- 3/4 cup crushed plain pork rinds
- 2 large eggs
- A little additional beaten egg, only if needed to keep the batter pourable
- A little butter or beef tallow for the skillet
- Optional honey or fruit for serving

Method

1. Beat the eggs and stir in the crushed pork rinds. Keep this batter loose and pourable rather than resting it to biscuit dough thickness. If it thickens too much, stir in a little additional beaten egg.

2. Warm a lightly greased skillet over medium low heat. Pour small rounds of batter, leaving room to flip.
3. Cook until the bottoms are golden and the edges hold together. Flip gently and finish cooking until the centers are set and reach 160°F (71°C). Adjust the heat to avoid overbrowning.
4. Repeat with the remaining batter, adding a little cooking fat as needed. Serve warm, with honey or fruit if desired.

Cook's note Consistency is the difference: pourable for pancakes, soft dough for buns, and a tall, shape holding mixture for biscuits. Small pancakes are easier to turn without tearing.

Storage Refrigerate up to 3 days or freeze with parchment between pancakes. Reheat until hot throughout.



RECIPE 09

Thick Pork Rind Biscuits

Tall skillet biscuits made with less egg. Turn them gently and avoid flattening them as they cook.

Makes 1 small batch | Cook gently until the centers are set

Equipment Mixing bowl, lightly greased skillet, spatula, thermometer

Ingredients

- 3/4 cup crushed plain pork rinds
- 1 large egg
- Optional 1 tablespoon butter, melted and cooled
- A little butter or beef tallow for the skillet

Method

1. Mix the pork rinds, egg, and optional melted butter. Let stand until the mixture becomes very thick and holds its shape.
2. Warm a lightly greased skillet over medium low heat. Spoon in tall, rounded mounds with space between them.

3. Let the bottoms brown and become firm enough to turn. Flip carefully, then press down lightly, just enough for the second side to contact the skillet.
4. Continue turning gently until cooked through, with the center of each biscuit reaching 160°F (71°C). Lower the heat if the outside browns before the middle cooks.
5. Avoid repeatedly pressing the biscuits flat. Preserve the height between the top and bottom, then rest briefly before serving.

Cook's note The optional tablespoon of butter goes into the biscuit mixture. Any fat used to grease the skillet is additional. Thick biscuits need gentler heat and more time than thin pancakes.

Storage Refrigerate promptly for up to 3 days. Reheat leftovers to 165°F (74°C).



RECIPE 10 | amazing recipe – TOP NOTCH

Pork Rind Tortillas

Thin, round tortillas pressed flat on the griddle. Pork rinds, eggs, a little creatine and collagen... that's it. High-protein, and no flour anywhere near them.

Makes a small batch of tortillas | Rest 2 to 3 minutes | Cook on a hot griddle

Equipment Mixing bowl, fork, griddle, burger smasher, spatula, plate

Ingredients

- About 1 1/4 cups unseasoned pork rind powder (I use Pork King Good pork rind crumbs)
- 1 scoop Naked Creatine. It's tasteless, and it changes the texture
- About 1 tablespoon hydrolyzed bovine collagen
- 2 eggs
- Optional: cinnamon, for a sweet version

Method

1. Mix the dry ingredients in a bowl: pork rind powder, creatine, and collagen. Add cinnamon now if you're making them sweet.

2. Crack in the 2 eggs and mix well with a fork.
3. Let it rest 2 to 3 minutes so the pork rinds soak up the egg. It thickens up noticeably.
4. Heat your griddle.
5. Drop a thick, tablespoon-sized blob of dough onto the griddle.
6. Press it flat with a burger smasher into a thin, round tortilla.
7. Cook until the bottom is golden, flip with a spatula, and cook the other side.
8. Repeat with the rest of the dough and stack them on a plate.

Cook's note No baking powder, no baking soda, no cheese. The collagen controls the texture: more makes them spongier, none makes them hard. Stick with 2 eggs... 3 gives you pancakes.

Storage Best fresh off the griddle. Refrigerate leftovers promptly, use within 3 to 4 days, and warm them back up on the griddle.



RECIPE 11

Meat Crust Pizza

A thin ground chicken and beef crust topped with mozzarella and cooked meat. Prebaking the crust lets you drain the released fat before adding cheese.

Watch the pizza video on Instagram

Makes 1 pizza, 4 slices | Prep 10 minutes | Bake about 20 to 25 minutes

Equipment Rimmed metal baking sheet, parchment rated for 400°F, thermometer

Ingredients

- 1/2 lb ground chicken
- 1/2 lb ground beef
- 1 large egg
- 1/4 cup finely grated Parmesan
- 1/4 teaspoon fine salt
- Optional pinch of oregano, mixed into the ground meats
- 1 cup shredded mozzarella, about 4 oz
- 2 oz cooked bacon pieces or ready to eat pepperoni

Method

1. Heat the oven to 400°F (205°C). Line a rimmed baking sheet with parchment. Do not use a perforated pizza pan; meat releases hot fat.
2. Mix the ground chicken, ground beef, egg, Parmesan, salt, and optional oregano just until combined. Press into an even 10 to 11 inch circle, about 1/4 to 1/3 inch thick.
3. Bake for 12 to 15 minutes, then check the meat from the side with a thermometer. Continue baking as needed until the crust reaches 165°F (74°C) throughout because it contains ground chicken. Carefully drain the liquid and blot excess fat.
4. Scatter the mozzarella and cooked meat over the crust. Return to the oven for 5 to 8 minutes, until the cheese melts and the toppings are hot. If using refrigerated leftovers as topping, heat them to 165°F (74°C).
5. Rest for 5 minutes so the crust firms up. Cut into four slices and serve.

Cook's note The crust uses equal parts ground chicken and ground beef, with an optional pinch of oregano. All toppings should be cooked or ready to eat before assembly. The mixed meat crust must reach the poultry temperature of 165°F (74°C).

Storage Refrigerate 3 to 4 days or freeze separated slices for up to 1 month for best texture. Reheat to 165°F.



RECIPE 12

Chocolate Balls

Dates rolled in raw cocoa nibs with a tiny bit of salt.

Watch the chocolate balls video on Instagram

Make as many as desired | No cooking

Equipment Small plate or shallow bowl

Ingredients

- Dates, as many as desired
- Raw cocoa nibs, enough to roll the dates in
- A tiny bit of salt, for rolling

Method

1. Remove any pits from the dates.
2. Spread the raw cocoa nibs on a small plate or in a shallow bowl and add a tiny bit of salt.
3. Roll the dates in the nibs and salt, pressing gently so the nibs stick to the surface.

4. Serve when coated.

Cook's note Use just a tiny bit of salt so it lightly seasons the outside. Choose the amount of dates and nibs for the batch you want to make.

Storage Store covered and follow the date package's storage instructions.



RECIPE 13

Fruit Bowl for Five Shock Drills or More

A generous mixed fruit bowl to serve alongside a meat meal. The recipe makes a bowl to share or portion; the recipe yield is not a prescribed training intake.

Watch the fruit bowl video on Instagram

Makes 1 large bowl, about 5 cups | Prep 10 minutes | No cooking

Equipment Clean knife, cutting board, large bowl

Ingredients

- 1 medium banana, sliced
- 1 medium apple, cored and diced
- 1 medium orange, peeled and segmented
- 1 cup strawberries, hulled and halved
- 1 cup blueberries

Method

1. Wash your hands and rinse the apple, orange, and berries under running water before cutting. Use a board and knife that have not been used for raw meat, or wash them thoroughly first.
2. Dry the berries gently. Prepare all the fruit and place it in a large bowl, reserving the banana until just before serving.

3. Add the banana and toss lightly. Divide into the amounts wanted for the meal. Keep the rest refrigerated.

4. Serve alongside the chosen meat dish. Add fruit for a larger bowl using the same preparation method, rather than assuming every drill requires one entire bowl.

Cook's note The name comes from my training: the more shock drills I do, the more fruit I eat. Fruit sizes vary, so this bowl isn't five exact servings… build it to match your workout.

Storage Best immediately. Refrigerate cut fruit within 2 hours. For meal prep, keep the banana and cut apple separate until serving and aim to use the prepared bowl within 1 to 2 days for best quality.



RECIPE 14

Carnivore Stuffing

Ground meat, bacon, pork rinds, butter, and cheese baked until golden. Optional liver adds another meat component.

Makes about 8 side servings | Prep and skillet cooking 25 minutes | Bake 20 to 30 minutes

Equipment Large skillet, 9 by 13 inch baking dish, mixing bowl, thermometer

Ingredients

- 1 lb ground pork or filler free sausage meat
- 1 lb ground beef
- 6 strips bacon, diced
- Optional 1 cup chicken liver
- 1/2 cup butter, melted, plus a little for the dish
- 4 oz plain pork rinds, crushed
- 4 oz shredded Parmesan or aged cheddar
- Salt and optional pepper, to taste
- Optional 1/2 teaspoon each dried sage and thyme

Method

1. Heat the oven to 375°F (190°C). Butter the baking dish. Cook the bacon in a large skillet until crisp, then remove it, keeping a little fat in the pan.

2. If using chicken liver, cook it in the bacon fat until its center reaches 165°F (74°C). Transfer to a clean board and chop finely.
3. Cook the ground pork and beef in batches, breaking them up, until they reach 160°F (71°C). Drain surplus fat. Add salt cautiously if using seasoned sausage or salty cheese.
4. Combine the cooked meat, bacon, liver if using, pork rinds, cheese, melted butter, and any optional seasonings. Spread evenly in the baking dish.
5. Bake 20 to 30 minutes, until golden on top and 165°F (74°C) in the center. Rest for 5 minutes before spooning into portions.

Cook's note Ground turkey or chicken may replace the beef; cook poultry to 165°F before combining. Herbs and pepper are optional variations.

Storage Refrigerate 3 to 4 days. Freeze in small portions and reheat to 165°F.

Batch Cooking and Storage

A large batch works best when the cooking, cooling, and freezer space are planned together. Twelve pounds of meat plus eggs and binders is more than one ordinary tray of muffins.

Before cooking

- Clear refrigerator space and prepare shallow containers. Label freezer bags or containers with the recipe name, date, and portion count.
- For the beef muffins, mix only what fits comfortably in your bowls. Keep waiting raw meat and formed portions refrigerated while another oven load cooks.
- Use large, wide molds for the 12 meal portions. If your molds are standard muffin size, use many more cavities and begin checking substantially earlier. Do not force the full batch into undersized molds.

Cool and freeze

1. After a brief rest, remove cooked meat from its molds. Cut large portions into smaller pieces using clean equipment.

2. Arrange in shallow containers without piling hot portions together. Put them in the refrigerator promptly; do not wait for a large batch to cool completely on the counter.

3. Once cold, package in meal sized portions, remove excess air from freezer bags, seal, and freeze. Keep only the next 3 to 4 days of cooked meat in the refrigerator.

4. For quality, aim to use these prepared meat portions within 2 to 3 months. Continuous freezing at 0°F keeps food safe longer, but texture and flavor decline.

Thaw and reheat

Thaw in the refrigerator in a container that catches drips. Slice or divide thick portions before reheating. In a microwave, use a microwave safe dish, cover loosely, rotate or stir, and allow standing time before measuring. Reheat leftovers to 165°F (74°C) in several places; a hot outside can hide a cold center.

For oven reheating, place thawed meat portions in a covered oven safe dish with a small splash of water or broth. Heat at 325°F (165°C) until the center reaches 165°F. The time depends on portion size; check with a thermometer rather than relying on a fixed timer.

Storage and reheating guidance is based on FDA, FoodSafety.gov, and USDA FSIS. See Sources.

Sources

Food handling guidance was checked against the sources below on October 27, 2026. A few recipes were also inspired by the methods credited here.

My steak salt Le Guérandais Coarse Sea Salt on Amazon

The exact salt I use for the salt coated steak: Le Guérandais Coarse Sea Salt, Gros Sel de Guérande.

Food handling and temperatures FDA Safe Food Handling

Basis for safe cooking, prompt chilling, separation of raw foods, and microwave handling.

Storage periods FoodSafety.gov Cold Food Storage Chart

Basis for refrigerated cooked meat and pizza storage, and the distinction between frozen safety and quality.

Reheating and thawing USDA FSIS How do you thaw leftovers safely

Refrigerator thawing and the 165°F endpoint when microwaving leftovers.

Cloud bread technique Maria Emmerich The Best Protein Sparing Bread Recipe

Whipped whites, gentle incorporation of powder, 325°F baking, and cooling before slicing. My version uses a different whole egg formula.

Whey bread background Elcy Wang Making It Real Protein Powder Mug Cake

Background for the egg, butter, and protein bread idea. The amounts and air fryer method in this book are my own.

Banana bread Late For Death Healthy Banana Bread You've Been Missing

My original banana bread video: 8 ripe bananas, 4 blended and 4 broken into chunks.

Pizza technique Real Simple Good Meatza

Thin meat crust, rimmed pan, prebaking at 400°F, and draining before topping. This cookbook uses a different crust formula.

Recipe Video Guide

Watch me make these dishes in my Late For Death videos. Use them for help with mixing, shaping, texture, and serving. Each matching recipe also has its own clickable video link.

Beef and Organ Meal Prep Muffins

Watch the meat muffin meal-prep demonstration.

Watch the meat muffins video on YouTube

Banana Bread

See the preparation and the chunky banana texture.

Watch the banana bread video on YouTube

Pancakes

Watch the pancake preparation.

Watch the pancake video on YouTube

Pizza

Follow the pizza demonstration.

Watch the pizza video on Instagram

Chocolate Balls

Watch the date and cocoa nib preparation.

Watch the chocolate balls video on Instagram

Fruit Bowl for Five Shock Drills or More

See the fruit bowl for five shock drills or more.

Watch the fruit bowl video on Instagram

Cloud Bread

Two cloud bread demonstrations.

Watch cloud bread video one on Instagram

Watch cloud bread video two on Instagram

About the Author



I'm Ryan Johnson... but most people know me as LATE FOR DEATH.

My name is LATE FOR DEATH because I'm too busy living.

Late for Death. Too Busy Living.

I'm an Army infantry vet, a culinary school graduate, and a musician. I make my own music from scratch, all the way to the end of the mix.

I've eaten one meal a day for more than fifteen years, and I cook almost every one of those meals myself.

Before I landed where I am now, I tried a little of everything... three years raw vegan, seven years vegetarian, years of foraging, and more diet experiments than I can count.

Now I put everything I've learned into three things: what you eat, how you train, and how you think. Diet, fitness, and mental health. All of it is about feeling ALIVE.

The Fulcrum app is where my diet, workout, and recipes live.

Just me sharing what works for me.

Thanks for being here.

—Ryan

LATE FOR DEATH — TOO BUSY LIVIN'

Keep Going

You made it to the end... now the fun part starts.

Here's where to go next:

The Fulcrum App
My diet, workout, and recipes in one place. The newest recipes always show up here first.
fulcrum.today

The Free Recipe Book + Newsletter
Grab the recipe book free, and check the newsletter box if you want to hear about new recipes.
latefordeath.com/recipes

LATE FOR DEATH
Everything else I'm up to.
latefordeath.com

Thanks for being here.

Be LATE FOR DEATH.

—Ryan