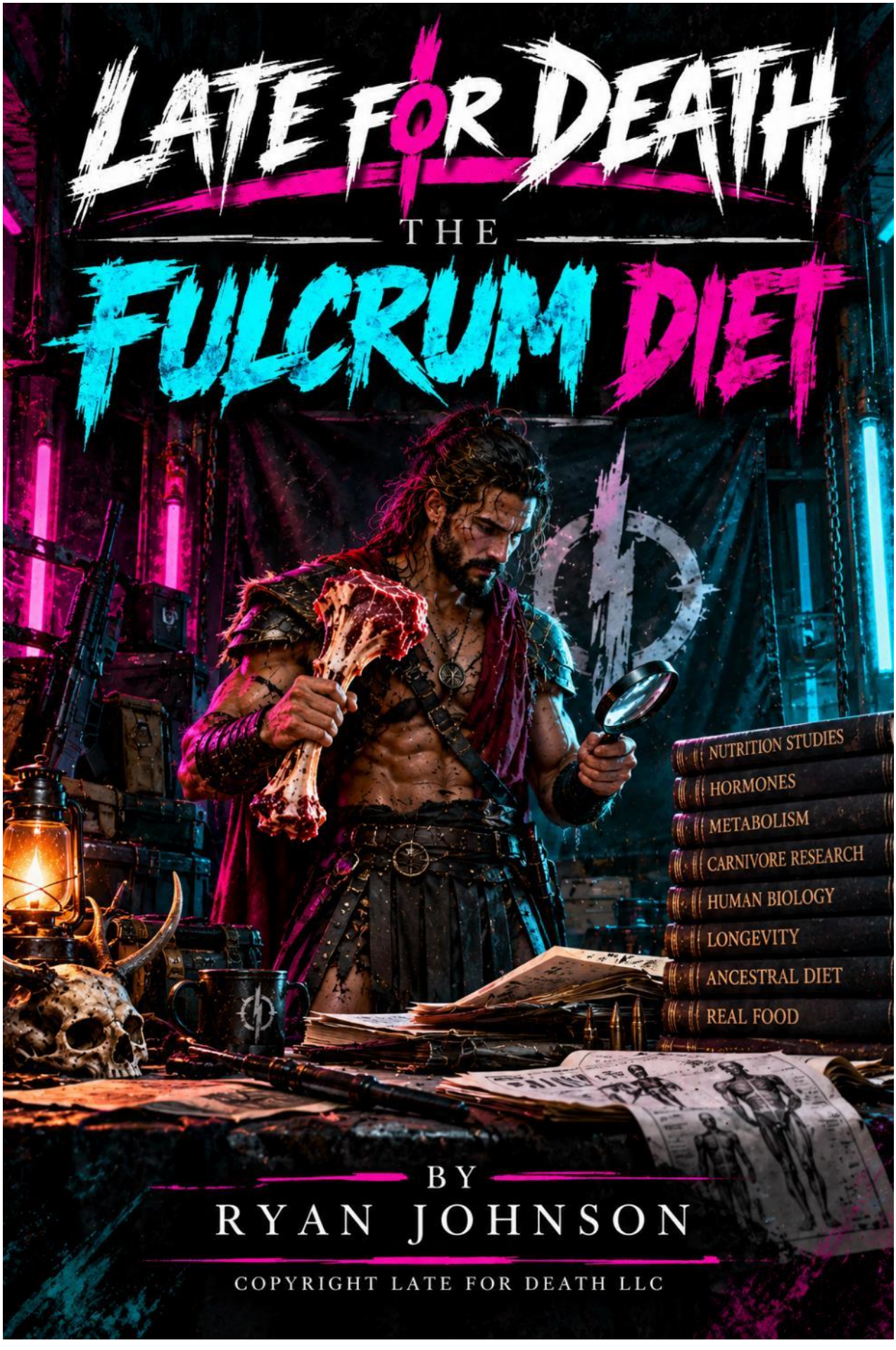

LATE FOR DEATH
THE
FULCRUM DIET
NUTRITION STUDIES
HORMONES
METABOLISM
CARNIVORE RESEARCH
HUMAN BIOLOGY
LONGEVITY
ANCESTRAL DIET
REAL FOOD
BY
RYAN JOHNSON
COPYRIGHT LATE FOR DEATH LLC

LATE FOR DEATH / READ THIS FIRST

NOT MEDICAL ADVICE

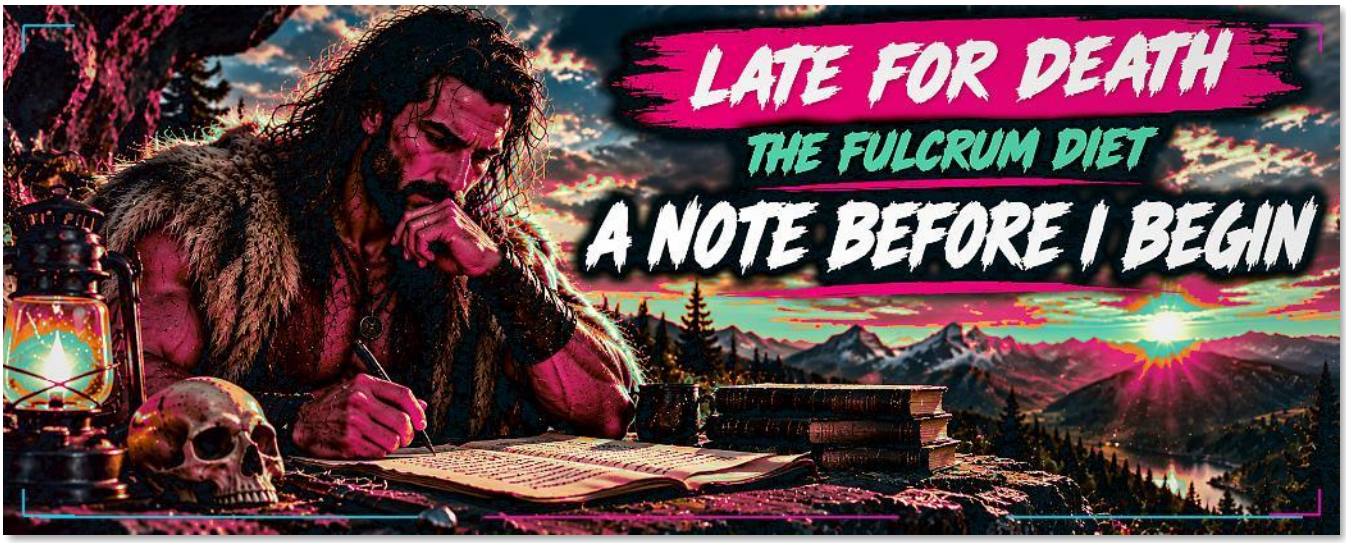
This book shares my personal experience and my own research. It is for informational purposes only.

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.

© 2026 Ryan Johnson. All rights reserved.



LATE FOR DEATH / THE FULCRUM DIET

A NOTE BEFORE I BEGIN

I am not writing this to tell you what you must do with your body.

I am telling you how I came to understand food, what I experienced, and why I eat the way I do.

I have spent years testing these ideas in my own life. I know what made sense to me before those experiments, and I know what makes sense to me now.

This is my account and my understanding...

I am not promising what will happen to someone else's body.

I am explaining why the way most people think about food no longer makes sense to me.



LATE FOR DEATH / THE FULCRUM DIET

INTRODUCTION: THE FULCRUM

There is a point of leverage that changes everything. **The Fulcrum.**

In this book, that fulcrum point is food.

Real food.

And I believe **almost everything we have been taught about it-is a lie.**

We have become so accustomed to packaged products that we hardly stop to **ask the first question:**

is this... actually food?

Something being edible does not mean it SHOULD be eaten.

Just because it's soft enough to swallow, in a box with "nutrition" *facts*, or available on a shelf does not make it the correct fuel for the human body.

THE QUESTION ISN'T HOW MUCH YOU ATE. IT'S WHAT YOU DECIDED TO CALL FOOD.

Now ask a harder question.

If the way the majority is eating is actually working then **why is the majority of the population sick** (obesity, diabetes, chronic illnesses, and mental disorders)?

Most people are not living on **meat alone** or even meat with just a little fruit (*I am saying meat with just a little fruit… that means nothing else, not nuts, seeds, vegetables, grains*).

When I say meat or meat with fruit I'm not giving any consideration OF ANYTHING ELSE—**FULL STOP**.

They are eating practically everything else under the sun.

The people who remove everything except meat, or **meat and fruit**, are a much smaller group.

From what I observe… this group is not the one filling the hospitals.

The amount of illness world wide causes me to ponder deeply on what type of eaters are getting sick.

My starting standard is simple:

Food should be recognizable in its original form—something a person could take and eat without elaborate preparation.

The farther we get from that, the more I MUST question what we are ACTUALLY calling food.

A little about who's talking.

I'm Ryan. Army infantry vet. Culinary school graduate. Musician. My name is LATE FOR DEATH because I'm too busy living.

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

Once you know what real food is, you don't need discipline.

That's the motto I want you to feel through every chapter.

And because I would rather be honest than just express my feelings...

I went back and checked my claims against the research before this book went out.

START HERE / A READER'S GUIDE

THE CONTENTS

A field guide to food, experience, and the questions I refuse to stop asking.

A Note Before I Begin *(Why I'm sharing this, and what I'm not promising)*

Introduction: The Fulcrum *(Real food, the point of leverage, and who's talking)*

CHAPTER 1 What Actually Counts As Food *(Why meat is the foundation... set it and forget it)*

CHAPTER 2 Meat, Digestion, And The Colon *(Following meat through digestion, and the "rots in the colon" myth)*

CHAPTER 3 Three Years Of Wild Foraging *(Three years of raw wild plants, and what it cost me)*

CHAPTER 4 Fruit, Form, And The Extra Layer *(Getting lean on meat, and where a little fruit fits)*

Photo Essay: My Food Experiments *(One meal, two results... my own kitchen experiments)*

CHAPTER 5 Why Fast Food Does Not Exist To Me *(When it stops registering as food, willpower isn't needed)*

CHAPTER 6 History, Evolution, And Common Sense *(Picture a table thousands of years ago... meat was the prize)*

CHAPTER 7 The Kingdoms And The Order Of Eating *(Animals, plants, minerals... and why a plant fights with chemistry)*

CHAPTER 8 Living In Pain And Still Moving *(Daily pain, infantry lessons, and a body ready for anything)*

CHAPTER 9 Calories Are A Waste Of Time *(Our ancestors never counted, and OMAD alone wasn't enough)*

CHAPTER 10 What This Means To Me *(Thirty days, preferably sixty... how I'd start over)*

Appendix: Carnivore Diet Evidence Report *(What the evidence shows, and what's still untested)*

Afterword *(Edible is not the same as food... thanks for being here)*

The Fulcrum Recipes *(Fourteen recipes from my own kitchen, muffins to meat-crust pizza)*

About the Author *(Who's talking, and why I'm too busy living)*

Keep Going *(The app, the free books, and the newsletter)*



CHAPTER 1

WHAT ACTUALLY COUNTS AS FOOD

Meat is not optional if you want outstanding health—in my understanding. If a person eats meat as the foundation of their diet and nothing else, I believe they can do much more than survive.

They can **thrive**.

That is the standard I care about: **not simply being alive, but building a powerful, responsive, carrying vessel (a good body)**.

I have no interest in spending the rest of my life balancing every amino acid, every fat, every sugar, and every nutrient just to try and make a vegetarian diet "work" for me. *(I was a vegetarian for 7 years)*

Unless someone plans on living on air, the way a supposed breatharian does, the choice is obvious to me.

Meat is the foundation. Set it and forget it—Then...Watch you rocket.

I did not arrive at that conclusion without trying the alternatives. I spent three years **raw vegan** and seven years vegetarian.

I studied major plant-based systems alongside low-carbohydrate approaches.

I remember the work that went into making a vegetarian diet function for me: the attention, the effort, the constant concern about how to coerce great digestion.

I remember becoming gaunt and overly thin (125 at 5’7”).

I do not call that thriving. (Even though I was kind of pale with a green tint, I was running 2 miles at 11:56, could do one-arm fingertip pushups and one-legged Cossack squats... something always felt missing and off)

Meat is extraordinarily nutrient-dense and bioavailable.

It delivers complete protein, heme iron, vitamin B12, retinol, zinc, and other nutrients in forms that are difficult or impossible to get from plants.

Studies place full digestibility of meat protein at roughly **90 to 95 percent** before ever reaching the colon. To me, that is a powerful example of the quality of this food.

I went and checked that number. In human studies measured at the end of the small intestine, about **94 percent** of rare beef protein was absorbed, and about 90 percent of well-cooked beef (Oberli, 2015).

To be fair, cooked pea protein lands close, around 89 percent. The real difference with whole plants is the fiber and the hulls... not the protein itself.

I don't need a nutrition label to recognize a piece of meat.

There is a bigger picture behind all of this.

The microcosm inside our bodies mirrors the macrocosm outside them.

Life feeds on life.

Organisms kill and are killed… Always has been, always will be.

Within the five elements, everything is part of a self-contained system with equivalent exchange.

Consciousness is present in all of it.

Maggots cannot eat unless something dies; we cannot survive without living off other living things.

We are not merely people standing apart from nature. We are organisms fighting to survive, just like every other living thing.

For us, killing an animal for survival has always been part of the cultures that are alive today.

We can kill our animals humanely or buy the cuts wrapped neatly at a store.

Buying the meat does not erase what happened before it reached the shelf.

When someone frames eating meat as only abuse, I think they are allowing a feeling to override the pattern of life itself.

That feeling does not change the fact that life feeds on life.

I would rather acknowledge what the animal gave and argue for humane treatment than pretend the act of eating has nothing to do with survival or that it isn't natural.

Eating is not separate from nature.

THE HUMAN KINGDOM IS WITHIN NATURE ITSELF.



CHAPTER 2

MEAT, DIGESTION, AND THE COLON

Here is one of those **rumors** that keeps getting **repeated**, including by doctors:

> *"meat sits in the colon and rots."*

As Dr. Ken Berry puts it, it becomes an echo of the lie.

One person repeats it, the next accepts it, and before long people treat it as though nobody should question it.

But follow meat through the digestive system.

MOST MEAT PROTEIN NEVER REACHES THE COLON AS INTACT FOOD.

THE COLON IS NOT STORING YOUR PAST STEAKS.

When clinicians describe recognizable food in ostomy output, the familiar examples are corn, seeds, nuts, and pieces of vegetables.

Plant cellulose and other fibers resist our digestive enzymes.

They can remain recognizable after gone through the entire intestinal system.

Pieces of meat are rarely found in the ostomy bags (unless it's tough or poorly chewed).

Any residual protein reaching the colon is handled by bacteria on a molecular scale. That is a very different picture from a slab of meat sitting there and decaying.

SIDEBAR: WHAT THE BODY ACTUALLY REJECTS

Want to know which foods the body pushes back on? Look at allergies.

True meat allergy is one of the RAREST food allergies there is. Even the CDC's high-end estimate puts it at about 1 in 700 Americans, and you get it from a tick bite, not from a steak. Peanut alone hits about 1 in 55 adults. Wheat is 0.8%. Soy is 0.6%.

Now, to be honest: the number one adult food allergy is shellfish (an animal food technically but they are actually sea bugs as I see them—bottom feeders... they are the oceans clean up crew, like maggots).

Add up the big allergens in kids and plant foods and animal foods come out about even. So no side gets to claim it's the allergy-free diet. Meat itself, though? 1 in 700 people (and that 1 is only caused by a tick bite—a disease called alpha-gal).

Then there's the ostomy bag. The nurses' own handouts say you'll see corn kernels and pieces of vegetables in there, and that's normal. Steak isn't on the list, because about 90 to 94 percent of beef protein is absorbed in the small intestine.

(Fair warning: tough, gristly, or poorly chewed meat is still on the blockage lists. Chew your food.)

Whole-gut transit time is commonly described as around 24 to 72 hours.

Plant fibers ferment in the colon and meat is absorbed higher up before reaching the colon.

I cannot reconcile those basic functions with the claim that meat simply rots inside us.

IF MEAT WERE THE DIGESTIVE DESTROYER PEOPLE ARE MAKING IT OUT TO BE, WHY IS EVERYONE ELSE WHO DON'T EAT ONLY MEAT NOR ONLY MEAT AND FRUIT GETTING SICK?

QUICKLY... HOW MANY PEOPLE DO YOU KNOW THAT ONLY EAT MEAT/ONLY EAT FRUIT—WITH ZERO COMPROMISES?

HOW MANY PEOPLE DO YOU KNOW WHO EAT ONLY MEAT? (LITERALLY... NOTHING ELSE.)

For me, it's obvious that there is a major distinction in the reactions and physical results of the dietary differences between those that only eat JUST meat (or JUST meat and fruit) and those that eat whatever they think is healthy/whatever they consider food.



CHAPTER 3

THREE YEARS OF WILD FORAGING

When I say I know plant food, I mean I went out and found it. Studied it. **FORAGED FOR IT!**

I ***foraged*** for years in Texas - **including my own backyard** - in New Mexico, and in Germany near Idar-Oberstein. I gathered dandelion, plantain, nettles, burdock, purslane, wild apples etc...

I eventually years later grew dandelions hydroponically.

For three years, I ate large amounts of raw wild plant food.







This was not a weekend hobby followed by a trip to the grocery store for something easier.

I was committed.

I believed in the raw vegan and vegetarian lifestyle 100%.

I DIDN'T READ ABOUT WILD FOOD. I LITERALLY WENT OUT AND HARVESTED IT. I DIDN'T CARE IF IT WAS IN MY NEIGHBORS YARD OR ON THE SIDE OF THE ROAD.

What I remember most clearly is how much work it took to manage my digestion.

Bowel movements were unpredictable and impossible to plan around.

I became gaunt, too thin for my liking.

Keeping the diet balanced demanded my attention, and the enjoyment drained out of it *(When I heard that carnivore was so healing with thousands of real life more-good-than-bad testimonials and answered the questions that had unknowing plagued my understanding of food and its relation to the human throughout the millenniums)*.

I was spending so much effort on food that I was now only solving problems instead of thriving.

That experience changed the way I hear the claim that everybody needs vegetables and plant fiber to function.

I ate enormous quantities and small quantities of vegetables.

If they were the foundation I needed, why did none of the diets create the full spectrum?

I followed diets strictly…

Such as:

1. The Sunfood Diet Success System
2. 80/10/10
3. Raw Food Revolution Diet
4. And many more

EACH ONE WAS FOLLOWED TO THE T'.

THIS IS THE FULL SPECTRUM I WAS LOOKING FOR:

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

EVEN THE AUTHORS OF MOST OF THESE DIETS HAVE GONE THROUGH HORRIBLE EXPERIENCES THAT DON'T GIVE CREDENCE TO THE DIET—AT ALL!

One of the diet masters uses a camera filter when he goes on video and he's overweight…

He wasn't always like that.

The other one that "was" fully raw vegan had to have all his teeth removed to put in implants!

Where do we get off telling people how to eat when you don't have a 6 pack or if all your teeth were in decay (after starting a raw vegan diet) to the point you replaced them all with implants?!

My conclusion is not that a vegetable cannot be eaten.

Of course it can.

Being edible and being necessary are not the same thing.

And edible usually comes with a to-do list.

Boiling leafy greens removes about 30 to 87 percent of their soluble oxalate. Steaming only gets 5 to 53 percent. (The oxalate ends up in the cooking water.)

Our ancestors knew plants took work too. At Shanidar Cave in Iraq, charred food from a Neanderthal layer 70,000 or more years old holds wild lentils, peas and grass pea that researchers believe were soaked and pounded before they were cooked.

1 glass of wine a day for the antioxidants versus why drink wine in the first place? Are we wine deficient?

And I did not stop with just fruit or just vegetables.

At one point, I put fruit, vegetables, meat and dairy together in the same diet.

I still ate **OMAD** - **one meal a day** - and I watched myself gain weight. **That was a turning point.**

I wanted to put this away from the chapter because it is important.

THE MAJORITY OF RAW VEGAN AND VEGETARIAN DIET AUTHORS HAVE DONE LITTLE TO ZERO RESEARCH --AT ALL-- INTO THE CARNIVORE/CARNIVORE FRUITARIAN DIET.

THEY LITERALLY BELIEVE THAT MEAT IS BAD BECAUSE ITS AN ANIMAL AND THAT MEAT ROTS IN THE COLON. THEY WILL NOT DROP THE BELIEF THAT MEAT ROTS IN THE COLON.



CHAPTER 4

FRUIT, FORM, AND THE EXTRA LAYER

When I strip everything else away and eat meat, I see a particular result in my own body: I get lean.

> *(I'm not saying that when I as fully carnivore that I ate meat and bread, I'm not saying that I ate meat and some cheese, I'm not saying that I ate meat and drank some milk... I'm literally saying whenever I ate meat-I ATE NOTHING ELSE.)*

Meat by itself, in my understanding and consistent experience (including the research of thousands of testimonials), does not make a person fat when the rest of the other food choices are removed.

The reason I'm clarifying that I ate meat and nothing else... (to the nth degree) is because I have talked to so many people who claim to "only eat meat" and then they eat a piece of bread or have a salad right there in front of you when you eat a meal together, and they still will say that they are carnivore. They will literally say that they never eat anything else but meat and then an hour later they are buying McDonalds—eating the bun and all. It's a cognitive dissonance to the truth they think they are telling themselves. It is the inability to see that they are not adhering to the diet requirements but convincing themselves that it's okay to cheat... nearly every day—because in their mind it's not cheating, it's a reward for "following the diet" but they reward themselves every day.

They fall off the wagon—rinse and repeat... They can't KEEP on the "diet" because they are trying to use will power but have no clue as to why they should eat a specific way—they don't research deeply enough into the subject and therefore don't know why they should or shouldn't do something.

Anyways...

Existing body fat starts to disappear, and the body begins to become leaner.

Exercise or resistance is still essential if you want to build muscle.

I do not see people who eat this way living with a calculator in their hands counting calories.

They eat until satisfied and move on.

Now... about that cheese I mentioned.

I eat it sparingly, if at all. In my understanding, cheese isn't really human food. It's calf food that we learned to press into a block.

The research shows: About 65 percent of people lose much of their ability to digest milk sugar after infancy (NIH MedlinePlus). As adults, we're the only animal that regularly drinks another species' milk… and we only started doing it about 9,000 years ago (Evershed et al., Nature, 2022).

(To be fair, aged hard cheese has almost no lactose left in it. My problem with cheese is something else.)

Cheddar runs about 400 calories per 100 grams, around 3½ ounces, and roughly three-quarters of those calories come from fat (USDA). A few casual slices add up FAST.

And it doesn't fill you up enough to make up for itself. In a 2021 Journal of Nutrition study, people who ate cheese or yogurt before a meal made up for only about 62 percent of those calories at the meal. The rest went on top.

Even carnivore doctors who allow dairy treat it as a side note.

Dr. Anthony Chaffee says dairy *"should just be a condiment used sparingly."*

Dr. Ken Berry has said that people eating a lot of cheese on keto or carnivore *"may not be getting the weight loss."*

I'm not saying cheese is poison. A big Harvard study of more than 120,000 adults didn't link cheese to weight gain (Mozaffarian et al., NEJM, 2011).

It's just easy to keep eating, it's practically addicting, and it easily can become a "bad" staple—it crowds out the meat if believed it can't affect you. It should only be a sparingly used condiment… not a meal. (If dealing with colon digestive issues OF ANY KIND… cut out the cheese for 2 weeks to reset the colon.)

Then there is fruit.

Sometimes I want a little more fullness over the muscle.

I especially think about people, including women, who prefer a thin layer of softness rather than an extreme vascular look.

One or two pieces of fruit can serve that purpose within the way I eat.

Fruit can add that extra “layer”.

Fruit is different from building a plate around vegetables or grains.

The plant surrounds its seeds with something designed to be attractive to animals.

In my understanding (and the research shows this when speaking of antitoxins and lectins), **fruit tends to be lower in defensive compounds** for that reason.

It is a simple addition to a meat-based foundation but it’s not a replacement.

I’m not concerned that someone is going to fall off the wagon in the direction of only eating fruit and giving up on meat.

But I have tried the extremes.

In my experience, living on fruit alone can leave a person very thin and may come with hair loss.

Living on vegetables ALONE gave me my worst digestive experience.

Of the single-food patterns people have sustained (meat, grains, vegetables, or fruit), **I see meat alone as the one with the fewest complications… if any at all.**

For me, meat with a modest amount of fruit offers the balance I enjoy:

> Energy, satiation, flavor, and none of the constant dietary management I remember from my plant-heavy years.

There's one more thing I've noticed, and I'll call it what it is: my observation.

A lot of people on strict carnivore have a flatter, less appealing skin tone than the people I see eating meat plus a little fruit.

Nobody has studied those two groups head to head. But the reason behind what I see is well studied.

Part of a healthy, golden skin tone comes from carotenoids, pigments that come mainly from fruits and vegetables. In a randomized trial, young women eating high-carotenoid produce got measurably yellower skin within four weeks (Pezdirc et al., 2016). In another study, about three more servings of fruit and vegetables a day was enough for people to see healthier-looking skin within six weeks (Whitehead et al., PLoS ONE, 2012).

Beef has essentially none of those pigments. Ground beef: zero beta-carotene (USDA). Egg yolks and butter add a little… not much.

Fruit also brings vitamin C, which your body needs to build collagen, and meat is a poor source of it (Pullar et al., Nutrients, 2017).

To be fair to meat: it seems to calm a lot of angry skin. In a Harvard-led survey of 2,029 long-term carnivore eaters, most of the people who started with a skin condition said it cleared up or got better, and no single new or worse skin problem was reported by more than about 2 percent of them (Lennerz et al., 2021). That's self-reported, so take it for what it is.

So here's how I perceive this: meat may calm the skin (possibly clean up acne as it did for me)… fruit gives it color.

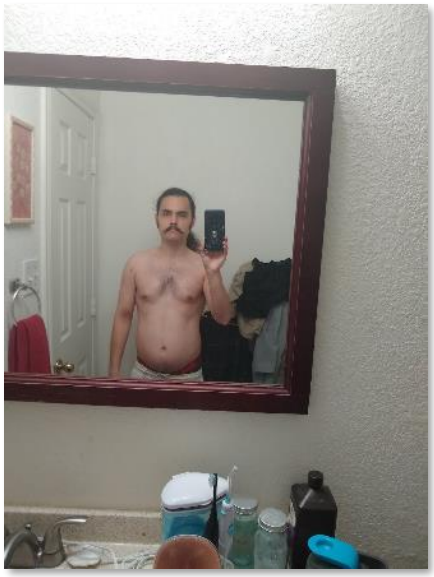


LATE FOR DEATH / THE FULCRUM DIET

PHOTO ESSAY: MY FOOD EXPERIMENTS

ONE MEAL. TWO RESULTS.





IN THE ARMY 2009 — I ate once daily: raw food first, cooked vegetables, protein, then carbohydrates. 110 degree weather and carrying up to 90 pounds for hours on in + working out every day.

LATER 2021 — Still OMAD, eating organic fruit, salad, cooked vegetables, meat, and raw milk. I was gaining weight.

SAME EATING WINDOW. DIFFERENT FOOD. DIFFERENT RESULTS.

FROM MY OWN KITCHEN / THE OMAD MEAL I WAS EATING WITH EXTREME DAILY HIIT/CFT/CROSSFIT AND EXPERIENCING WEIGHT GAIN



Fruit, salad, cooked vegetables, meat, and raw milk and raw homemade yogurt. Everything was organic. I prepared the meal myself, still ate OMAD, and was still gaining weight. I did circuit/cross-fit/HIIT/CFT 5 days a week.

MY NEXT EXPERIMENT / CARNIVORE – WORKING OUT 3 TIMES A WEEK



THE MEAL 2021 — Representative of how I was eating during this period. Pancakes are literally just eggs and ground beef blended (taste amazing... Seriously)



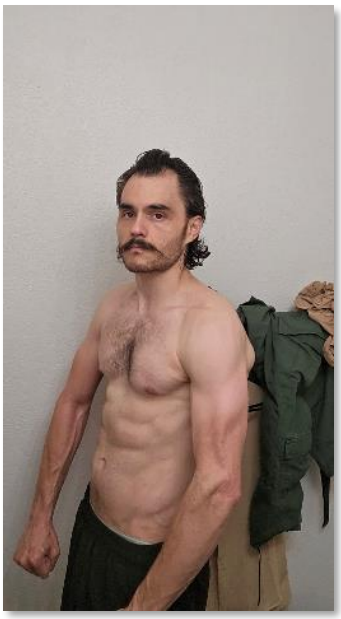
2021 THE RESULT I SAW — Exceptionally lean and defined. Meat only.

I CHANGED WHAT I ATE. I HAVE NEVER EVER IN MY LIFE *COUNTED* A SINGLE CALORIE.

MY CURRENT EXPERIMENT / MEAT AND FRUIT – CONTROLLED FATIGUE TRAINING 6 DAYS A WEEK.







2026 THE MEAL — I now eat about 2 apple, 2 bananas sometimes some frozen mango with honey... Then I eat meat until I'm full. Once a day.

2026 THE RESULT I SAW — Exceptionally lean and defined but with a nice layer of fat over the muscles.

I CHANGED WHAT I ATE. I HAVE NEVER EVER IN MY LIFE COUNTED A SINGLE CALORIE.



CHAPTER 5

WHY FAST FOOD DOES NOT EXIST TO ME

People talk about fast food as though it is simply another meal option.

That is not how my mind categorizes it.

A packaged product can fill your stomach.

That absolutely means nothing to me.

If IT takes industrial processing to become the thing we crave, I wonder why we should even consider any of IT as mouthwatering.

(Craving and hunger are NOT at all the same thing)

The change I want people to understand happens before willpower.

When something stops registering as food, you stop trying to convince yourself to not eat it.

It is no longer a choice that requires a superior will power.

It belongs to another category entirely.

Most of the country eats these products day after day and wonders why the body is failing.

The body knows the difference.

The confusion is only the thought process.

Once that distinction became clear to me: **fast food stopped being an option**.

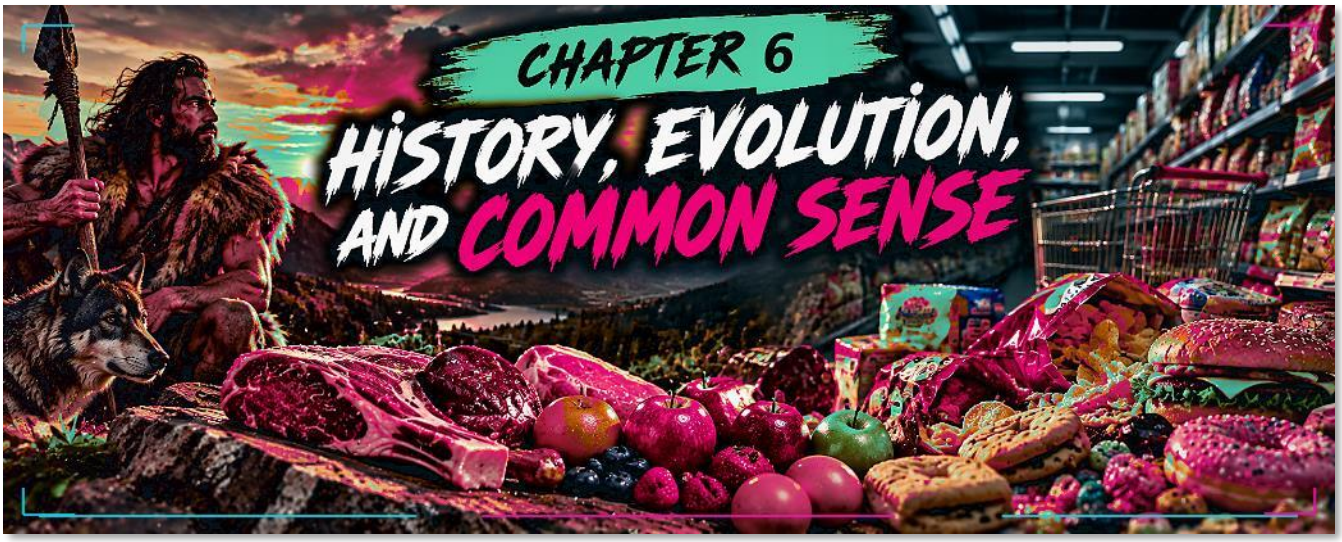
It DID NOT take a daily motivational speech.

It took a different understanding of what I was looking at.

I wouldn't eat concrete simply because I can mix the powder in a milkshake.

THERE WAS NEVER A DRIVE HOME WHERE I BATTLED MYSELF AS TO WHAT TO DO WHEN I CAME INTO THE PROXIMITY OF A POPEYES, MCDONALDS, OR A 7-11.

*This is not food... There is absolutely no bargaining –EVER-- because there is no consideration that these things are even edible—**regardless of visual appeal, smell or hunger.***



CHAPTER 6

HISTORY, EVOLUTION, AND COMMON SENSE

Picture a table from thousands of years ago.

Now remove the supermarket, the refrigerated trucks, the industrial farms, and the ships crossing oceans all the way from India and Mexico.

There is no EFFORTLESS bowl of kale, tomatoes, avocado, olive oil, bread, and butter waiting for everybody on earth.

A modern salad represents farming, fuel, money, preservation, transport, and a vast network of logistics... *Or, spending all freaking day on a farm. (The olive oil—fa-get-a-bout-it)*

We take that abundance for granted because IT is sitting under fluorescent lights whenever we want it.

Now picture the people who had to go out and get dinner. Hunting required effort, danger, skill, and sometimes a fight for the day's food.

When hunters brought an animal home, that was not a casual side dish.

That was the reward for the work.

STOP RIGHT HERE and PONDER: For thousands of years, when people were merely just trying to survive, meat was the main prize available after a long days work of hunting, unless we have been lied to about our history. There wasn't easy salt, easy bread, easy-anything except working with what was going to be fastest and most rewarding.

Meat was the path of least resistance with the highest reward.

IF MEAT WAS DANGEROUS... THERE WOULD BE NO EYES TO READ THIS SENTENCE

In a world where food was a challenge, I cannot imagine the "obvious" alternative being:

abandon the meat and wander into the brush looking for raw dandelion leaves.

DO YOU THINK THE MASCULINE PROTECTOR WOULD OF DARED BRING HOME SOME LEAVES FOR THE FEMININE NURTURER? SHOULD SHE COOK THEM OR EAT THEM RAW?

This is kind of obvious...

A bitter leaf off the ground does not strike me as the first food a human would celebrate.

A ripe apple? Immediately appealing, but no cause for a party.

Meat? Worth the work of getting it.

Now, I'll be straight with you, because the research was straight with me.

Plants came first. Our earliest ancestors ate mostly plants: fruit, leaves, roots. Meat came later. The clearest butchery we have is hippo, cut up with stone tools about 2.9 million years ago in Kenya, and there are possible cut marks going back 3.39 million years. We didn't evolve as pure carnivores. We evolved as omnivores who got VERY good at getting meat.

And look at what the plants took. At a lakeshore in Israel, 780,000 years ago, people left behind dozens of kinds of edible plants. About 170,000 years ago in southern Africa, they were roasting starchy roots in the ashes. Flatbread from wild wheat and tubers shows up about 14,400 years ago, before farming and long before pottery. Fire, pounding, soaking, grinding… a lot of work.

Meat needed a fire too. But it didn't need to be talked into being food.

Celery… Where's the peanut butter/cream cheese?

*Kale… There is no way that this raw and alone is making anyone smile—**EXCEPT A TURTLE***

Cabbage… Better be cooked with lots of butter, unless your making raw boats

Broccoli… Raw without ranch? You insane?

The logistics, more than two million (or 6000) years ago, did not provide daily salads, milled grain, or bread to the entire world—Half the world, a quarter of it…

Red meat was a dependable source of nourishment, and even today almost no one is allergic to it (about 1 in 700 Americans, at most).

People hunted, ate, and did it again.

That 1 in 700 comes from the CDC. Its estimate for alpha-gal syndrome, the meat allergy you can get from a tick bite, is up to about 450,000 people in the US (CDC MMWR, 2023). Roughly 1 in 700 at most.

Now compare that with the foods people ARE allergic to. In a 2019 JAMA Network Open study of more than 40,000 US adults, the most common food allergies were shellfish (2.9 percent), milk (1.9 percent), and peanut (1.8 percent). In a 2018 Pediatrics study covering more than 38,000 kids, it was peanut (2.2 percent), milk (1.9 percent), shellfish (1.3 percent), and tree nuts (1.2 percent).

Shellfish tops the adult list. That doesn't surprise me.

Clams, oysters, mussels, and scallops are filter feeders. They pump the water they live in through their gills to eat, and according to the FDA, that's how they can build up bacteria, toxins, and other

contaminants from that water. Researchers list heavy metals and viruses too, and the usual cleanup step (holding them in purified seawater) doesn't reliably get those out (Martinez-Albores et al., Foods, 2020).

Some of those toxins come from algae. Paralytic shellfish poisoning happens when shellfish eat toxin-producing algae, and the CDC says cooking, freezing, or canning won't destroy those toxins.

Lobsters and crabs work the bottom and will eat dead fish along with almost anything else down there (NOAA), even if NOAA says lobsters mostly catch fresh food.

Whatever is in the water, shellfish can concentrate it. I'd rather get my food from an animal that wasn't built to be a filter.

In cold climates, plant foods could be unavailable for long stretches.

Our ancestors relied heavily on animal foods. The Inuit are an obvious example of people who survived on predominantly animal foods in a difficult environment.

And it wasn't just the Inuit. Across 229 recent hunter-gatherer societies, dependence on plant foods drops sharply above 40° latitude, and fishing goes up (Cordain, 2000). The colder it got, the more the menu came from animals.

That history is part of why I reject the idea that meat is inherently incompatible with human survival.

If it were fundamentally unusable or carcinogenic in the way some people imply, **I do not see how a species that relied so heavily on it could have made it this far.**

There are long-term accounts of people eating meat alone—more, in my view, than any other single-food diets such as fruitarians. Ancient scriptures describe animals as gifts for food. They describe eating creatures that walk the ground.

I see an order in nature:

• the human kingdom,

• the animal kingdom,

• the plant kingdom,

• and the mineral kingdom.

Each lives from what is below it.

And look at the present. The majority of Americans are not eating **meat alone** or meat with a little fruit.

They eat processed foods, grains, seed oils, sugars, and endless combinations of them.

The burden of illness sits overwhelmingly within that much larger mixed-diet population.

The strict meat-only group is tiny.

I rarely, if ever, hear of someone who has eaten nothing but meat for a sustained period developing cancer. **To me, that contrast demands attention.**

If meat were the great enemy, I would expect the people eating only meat to be disappearing.

They are not...

The people eating everything else are the ones I see struggling.

Here's how you know.

If you live in the suburbs go out and point to the house that has the family, or family member, who ONLY EATS MEAT... and then point to the house that eats other things and meat/no meat.



CHAPTER 7

THE KINGDOMS AND THE ORDER OF EATING

Look at the chain of life. Animals eat plants. Humans eat animals. We generally do not make apex predators the center of our diet. To me, **there is an order in that arrangement, and it is not arbitrary.**

I place humans at the top of the animal kingdom in practice.

• Beneath us is the animal kingdom,

• then the plant kingdom,

• then the mineral kingdom.

Each draws from the level below it.

Vegetables that must be dug up, processed, or prepared extensively do not strike me as equivalent to the animal foods that have sustained human life. Yes, they are edible.

But I reject the idea that their edibility makes them the foundation of a thriving body.

Here's something people don't think about. A plant can't run. So it fights with chemistry.

By weight, about 99.99 percent of the “pesticides” in the American diet aren’t sprayed on. The plants make them themselves: roughly 1.5 grams a day of natural defense chemicals versus about 0.09 milligrams of synthetic residue (that’s Bruce Ames, 1990). Four or five raw kidney beans can make you violently sick. Cassava has to be processed or it can release cyanide.

Is that a reason to panic over a potato? No. The dose and the preparation make the poison, and most of these compounds only matter in big amounts, raw, or for vulnerable people.

But it tells me something about the order of things. The plant kingdom defends itself. The animal kingdom already did the work of turning plants into food.

I want to eat in a way that recognizes where humans have sat in the food chain.

We have tried reversing that order and expected the human body to flourish.

I look at the current state of public health and see the results of that experiment.

Go to the mall, or any open area full of people, and **you will only see that maybe 1 to 2 people out of 50 who could possibly have a visible 6 pack** *(don’t go to the gym or the beach*... People have been in the gym and the kitchen with their *calculators and will power* to get look good for the summer months.)



CHAPTER 8

LIVING IN PAIN AND STILL MOVING

I do not write about the body from a place of perfect comfort.

I live with pain every day that I attribute to military vaccinations: the anthrax vaccine administered twice and a smallpox culture I believe was given far beyond protocol.

The reaction and pain I suffered from one of these injections had me literally crawling almost a football field to a porta john in the sands of the middle east in 113 degree weather.

That same pain kept coming and going over the years until it stayed with me.

But so did the expectation that I would keep moving.

The pain is real. So is the energy. You would never think I was in pain because I'm unreasonable and full of energy.

That is something infantry life teaches you.

The standard does not disappear because the day is hard.

You move. You do the work. You find out what you are capable of withstanding.

I learned that early. In basic training, as an infantry soldier, I'd be smiling from ear to ear while getting smoked (yelled at to perform exercises to compete exhaustion... up to a couple of hours sometimes).

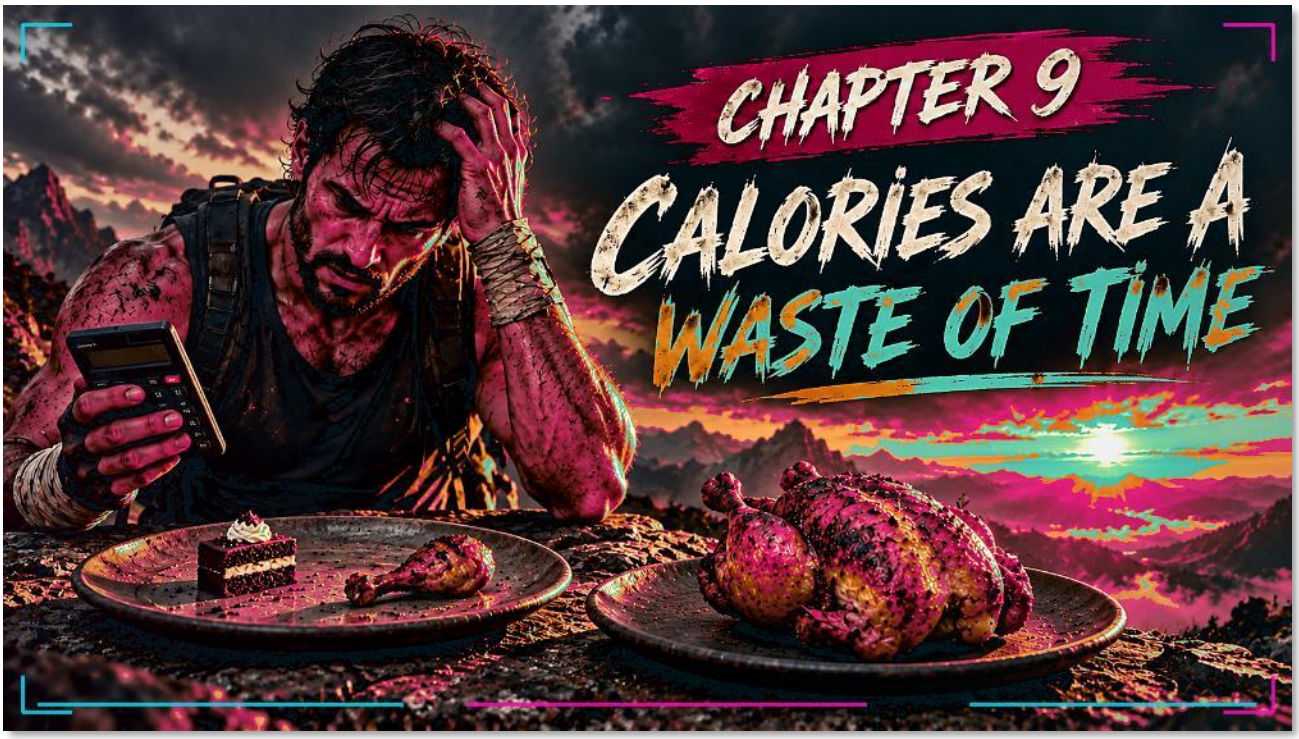
David Goggins calls this "stealing souls".

The goal now is the same: a body that's **ready for anything.** Pull your own weight. Protect a loved one. Chase the dog that just bolted out the door.

Part of what I am doing now is showing that another way of eating is possible—that **a body can still function at a high level when it gets the correct fuel.**

I am not interested in making that fuel complicated.

I keep returning to what was available when everything else was not: **real food**, especially meat.



CHAPTER 9

CALORIES ARE A WASTE OF TIME

Imagine telling an ancestor to stop eating because an abacus (app/calculator) says he has reached his number for the day.

> **It is absurd to me.**

Our ancestors did not weigh portions, log macros, or stand over a meal wondering how many calories were left in the budget.

They ate when they had food.

They ate until satisfied.

Some of them went to serious lengths to get every last bit. About 125,000 years ago at Neumark-Nord in Germany, Neanderthals crushed and boiled the bones of at least 172 animals just to render the grease.

Nobody doing that was worried about fat grams.

In my understanding, when the meal is meat - or meat with a little fruit - the body is capable of regulating that intake without a spreadsheet.

I WOULD RATHER SPEND MY LIFE LIVING THAN AUDITING EVERY MOUTHFUL.

I have eaten **one meal a day** for more than fifteen years.

And I learned something that mattered: **OMAD, by itself, was never a guarantee of the body I wanted.**

There was a period when my one daily meal included organic fruit, salad, cooked vegetables, meat, and raw milk.

I was still gaining weight.

I could eat once a day and still move in the wrong direction for my goals.

The food itself matters.

And the research backs that up. A calorie on a label is not the same as a calorie in your body.

Your body burns about 20 to 30 percent of protein's calories just digesting and processing it. For carbs it's 5 to 10 percent. For fat, 0 to 3 percent (Westerterp, 2004).

A serving of almonds is labeled at about 170 calories. When USDA scientists measured what people actually absorbed, it was about 129 (Novotny et al., American Journal of Clinical Nutrition, 2012). Same label... different number in your body.

Then there's how much you end up eating. In a locked metabolic ward at the NIH, people offered ultra-processed food ate about 500 more calories a day than when they were offered unprocessed food, with

the meals matched for calories, sugar, fat, fiber, and salt. They gained about 2 pounds in two weeks (Hall et al., Cell Metabolism, 2019).

When people were overfed by about 950 calories a day, they gained about the same body fat whether their diet was low, normal, or high in protein (Bray et al., JAMA, 2012).

This doesn't account for though how much the body became acidic from eating ingredients that are not natural to the human body.

Calories aren't equal, and counting them is a weak tool. What the food IS changes how much you burn, how much you keep, and how much you want to eat.

I have the photos of my body and the meals I was eating during these different periods, and I put them in this book because I would rather show you what I live instead of just talking.

The modern fear of crossing an arbitrary number belongs to a modern way of eating.

I think the more important decision happens before the first bite: **what category of "food" are you eating?**

The Inuit, Vikings, cavemen, lions were not counting calories.

They were eating meat... more than anything else.

That was the number that mattered.

Once I settled on **real food**, it didn't matter how much I ate.

I trust the feeling of satisfaction and the results I experienced far after satiety.

The true reason most people count calories is that they are afraid that if they go on a true food diet, they will miss out on all the great foods. They know if they count calories, they can eat "this" or

“that” and still be within the “diet.” If they are willing to starve themselves for lunch, they can eat that piece of cake full of processed nonsense. It’s a way to constantly cheat and at the same time say you are on a diet. The inevitable outcomes of counting calories are fatigue, agitation, pride, a believed “scientific” backing that gives you the feeling you are “doing” something (which is glorified in our Western world), and for those who eat a bunch of processed stuff… sickness. Eating what is designed for us isn’t a punishment; it’s damn rewarding. The only issue is our taste buds and societal traditions with friends, career, and most of all… family.



CHAPTER 10

WHAT THIS MEANS TO ME

If I were starting over, I would give this approach at least thirty days. **Preferably sixty.**

- I would make meat the only thing I eat and eat as much as I needed.
- I would add a little fruit ONLY AFTER I HAD LOST THE AMOUNT OF WEIGHT I wanted to lose and then if I wanted that extra layer of fat, and not the ultra-vascular spandex look.
- I would stop treating vegetables (food for animals) as mandatory, remove grains, and stop consuming packaged products. I'd also stop believing that these things belong in the same category as real food.

I would expect to see more energy, better digestion, and fewer mental struggles.

That is what I associate with this way of eating.

The "fewer mental struggles" part isn't separate from the food. To me it's all one thing.

I've eaten one meal a day for more than fifteen years, and I cook almost every one of them myself. I don't need discipline for that. Once something stops registering as food, there's nothing to fight.

At the store my rule is the same one this book started with: is it recognizable in its original form? Could I eat it without a bunch of preparation? What goes in my cart: all organic meats, good salt, and fruit.

The head works the same way. Happiness isn't found... it's realized. It's already there, under every single moment.

Pain is usually what gets us looking (you don't go looking to lose weight until the doctor tells you).

Once you see that, every goal becomes an experiment you get to have fun with instead of something you NEED.

I also know many people will never try it.

Familiar comfort is easier than questioning the whole system.

That is where change begins.

But what is the alternative?

Keep following the common path even when it is not producing the results you want?

I return to the observation that started this book.

The people who remove everything but meat, or **meat and fruit**, are not the people I see filling waiting rooms.

Most people eat everything else.

The mismatch is right in front of us.

My diet fulcrum is real food.

The question is whether you are willing to look at what you have been calling food and decide for yourself.

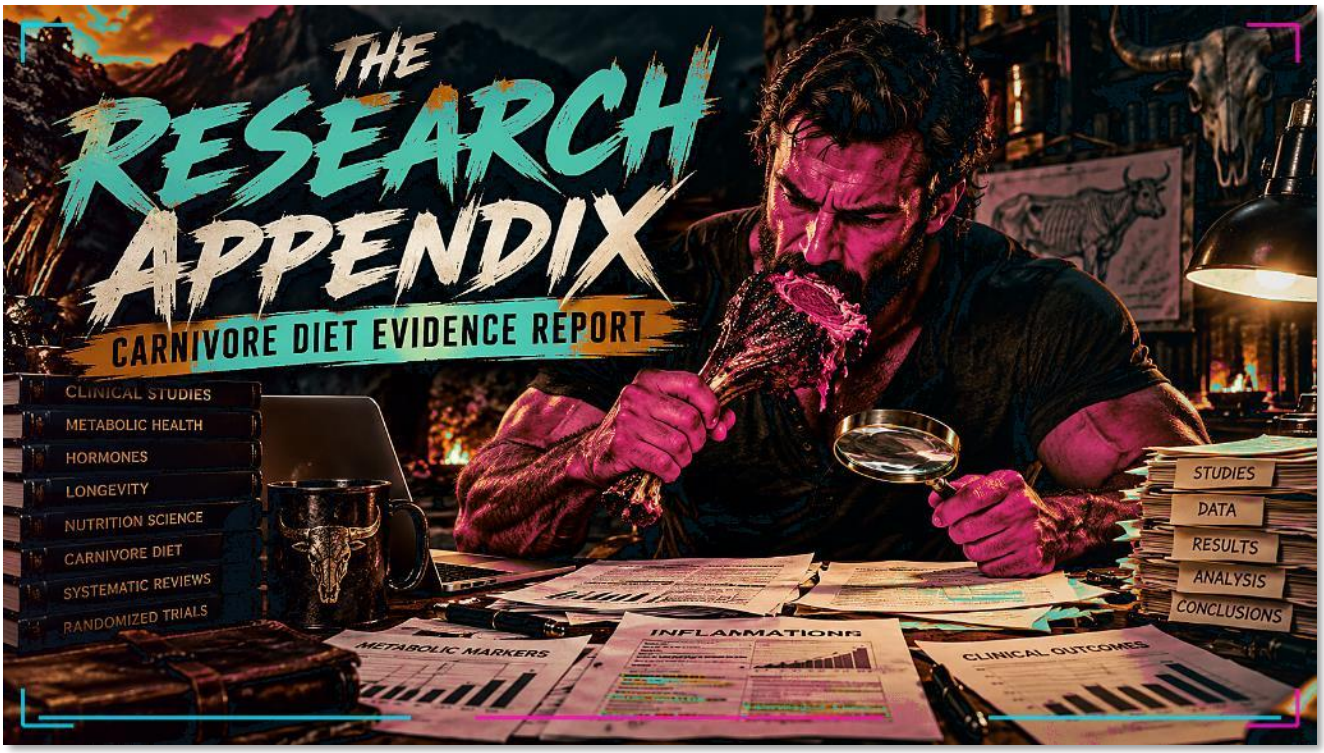
My Routine:

1) I wake up in the morning and have a light small cup of coffee.
2) I don't eat anything until nighttime.
3) If I'm really hungry for some reason I will eat an apple at midday.
4) I exercise after work at night, about 2 hours before my main meal.
5) I cook my dinner and I consume fruit first and then meat.
6) Depending on the workout that I do (the shock drill count) I eat enough fruit to make up for the amount of energy I will need on the next workout.
7) So, if I am doing 5-7 shock drills (very taxing) I will eat about 5-7 fruits (3 apples, 2 bananas, a mango)
8) Then I will eat meat until I'm stuffed.
9) I gorge every meal like this and don't gain weight.
10) I got to sleep 2 hours or so after eating my big meal (In the beginning I would usually go to bed 3-4 hours after eating.)

The photo you see of me shows that even with a very light workout I didn't gain weight while being a carnivorous fruitarian... I didn't gain muscle either (was not the best look).



This photo was before I started up my FULCRUM WORKOUT once again.



THE RESEARCH APPENDIX

CARNIVORE DIET EVIDENCE REPORT

ASSEMBLED 13 OCTOBER 2026

This report brings together the available evidence on meat digestibility, nutrient density, reported outcomes, and open questions. **It is not medical advice.**

BOTTOM LINE

Meat is unquestionably a legitimate primary source of high-quality nutrition. But the step from "nutrient-dense" to "an exclusive lifelong diet is proven safe" has not been tested.

There are no randomized carnivore trials and no studies measuring heart attack, stroke, cancer, or mortality outcomes in exclusive carnivore eaters. But there are countless success stories online that outweigh any other diets success stories.

Check out: https://www.carnivore.diet

Meat is unquestionably a legitimate primary source of high-quality nutrition.

KEY COUNTS

- Meat-protein true ileal digestibility in tracer studies: 90–95 percent.
- Participants in the largest carnivore survey (Lennerz et al., 2021): 2,029.
- Randomized controlled trials of the carnivore diet itself: zero.

WHAT SURVIVES SCRUTINY

Well established: Meat provides complete protein with high true ileal digestibility, plus heme iron, vitamin B12, retinol, zinc, and other bioavailable compounds. The claim that meat rots in the colon is not supported.

Promising but limited: The 2,029-person survey reported improvements in overall health, weight, satisfaction, adverse symptoms, and reduced diabetes medication. Imaging studies of selected ketogenic cohorts have not shown clear plaque increases relative to matched controls.

Known concern: LDL and total cholesterol rise consistently. Long-term hard outcomes—heart attack, stroke, cancer, mortality—have not been measured in exclusive carnivore eaters.

BUT ALL THE PEOPLE THAT HAVE THESE PROBLEMS AND USED AS "THE BENCHMARK" (SADLY) FOR WHAT OUR HEALTH IS COMPARED AGAINST ARE PEOPLE WHO EAT EVERY OTHER WAY.

DIGESTION

Approximately 90–95 percent of meat protein is absorbed before the colon. The only year-long all-meat flora study found fewer bacteria and very few putrefactive anaerobes.

Short high-protein, low-carbohydrate trials raise questions about butyrate and N-nitroso compounds, so "no rot" does not settle every question about the colon. Clinicians working with ostomy patients report seeing **undigested plant matter** rather than recognizable meat.

NUTRITION

Meat supplies complete protein and highly bioavailable nutrients that are difficult to obtain in the same form from plants. Modeled exclusive menus can fall short of standard targets for vitamin C, vitamin D, magnesium, calcium, potassium, iodine, thiamine, and fiber.

Fresh organs and seafood broaden coverage. Whether ketosis changes requirements enough to matter remains speculative. Historical Arctic populations demonstrate that low vitamin C intake has been sustained on animal foods alone.

OUTCOMES AND LIPIDS

In the 2021 Lennerz survey, median BMI fell, satisfaction was high, and adverse symptoms were uncommon. Participants with diabetes reported large reductions in medication use.

LDL rose—for example, from 126 to 172 mg/dL in the subset with laboratory results—while HDL and triglycerides were favorable.

The KETO and Keto-CTA imaging studies, in selected cohorts, did not show clear short-term correlations between elevated LDL and plaque, but they were small, observational, and did not measure clinical events. Some participants still had plaque progression.

CLAIM CHECK

"Meat rots in the colon": not supported; roughly **90–95 percent** of protein is absorbed before the colon.

“Carnivore works better than keto”: unproven; no head-to-head trial exists, and the categories overlap. Carnivore is KETO… Keto is a low carbohydrate diet, Carnivore is technically a ZERO carb diet.

“Meat is a primary source of great nutrition”: strongly supported; that alone does not establish the safety of exclusivity.

And neither does it NOT being alone establish the safety of exclusivity, from what we have seen with the majority of the population.

“Carnivore is nutritionally complete”: not established for exclusive long-term use against standard targets, although historical and practical evidence exists for animal-food patterns.

We made it this far didn’t we. 6000 years, millions of years… you be the judge.

RESEARCHERS AND POPULARIZERS

Primary researchers include Nicholas Norwitz and Adrian Soto-Mota, associated with lean-mass hyper-responder research and imaging studies, and Amber O’Hearn, whose 2020 work addressed nutrient analysis. Georgia Ede's peer-reviewed work focuses mainly on ketogenic approaches for mental health.

Shawn Baker, Ken Berry, Paul Saladino, and Anthony Chaffee have not published primary carnivore research trials; their contributions are clinical observation, books, and public discussion.

WHAT REMAINS UNKNOWN—AND THE PRACTICAL REALITY

Long-term heart attack, stroke, cancer, kidney, bone, and mortality outcomes in exclusive carnivore eaters have not been measured in formal studies.

YET THESE THINGS SEEM TO INCREASE THROUGHOUT THE 1900s AND WE ARE SICKER THAN WE HAVE EVER BEEN FOR CHRONIC ILLNESSES AND OBESITY. Those outcomes remain an epidemic among people following the diets most commonly eaten.

The majority do not eat only meat or meat and fruit. That leaves a practical question: **what does a person have to lose by testing an alternative when the common path is failing?**

Adequately long randomized carnivore trials with active comparison diets and full starter-to-finisher adherence data do not yet exist. Available self-reported results are consistently strong. Readers can explore the success stories collected at.

Whether very high LDL and ApoB in lean hyper-responders is harmless over decades remains unsettled by long-term outcome trials. Current benchmarks were largely derived from populations that are metabolically unhealthy or carrying excess body fat.

Applying those numbers unchanged to lean, metabolically healthy meat-based eaters is, in this report's interpretation, **a category error.**

Detailed micronutrient measurements across strict animal-food patterns are limited. Meat is nutrient-dense by conventional measures of protein quality and bioavailability.

The practical focus here remains on foods that sustained humans for long periods rather than on hypothetical gaps that have not produced widespread deficiency in practice.

A direct head-to-head trial of pure carnivore versus ketogenic diets has not been published. Keto aims to keep carbohydrates as low as possible; carnivore aims for zero carbohydrates. In that sense, the report treats carnivore as full keto.

Many individual comparisons and long-term accounts appear on carnivore.diet and related communities. The categories overlap on the carbohydrate question, and reports of strict meat-based eating are already public.

THE OBVIOUS PATTERN

The number of people living exclusively on meat, or on **meat and fruit**, is tiny compared with the number eating the standard mixed diet.

The majority of Americans are unwell, and the majority eat the broad assortment of foods available rather than an exclusive meat-based diet.

Cases of cancer among sustained meat-only eaters are, in the author's observation, almost unheard of.

The illness burden is concentrated in the much larger mixed-diet population, not the small group removing everything but meat or **meat and fruit**.

The report sees the same pattern in history. In cold climates, plant foods were unavailable for long periods. Our ancestors relied on animal foods, and the Inuit survived on animal-based diets.

Human survival is presented here as evidence of that pattern's endurance.

FROM THE PODCAST RESEARCH (OCT 31, 2026)

Allergy rates (US, convincing IgE food allergy, adults / children, percent): shellfish 2.9 / 1.3; milk 1.9 / 1.9; peanut 1.8 / 2.2; tree nuts 1.2 / 1.2; fin fish 0.9 / 0.6; egg 0.8 / 0.9; wheat 0.8 / 0.5; soy 0.6 / 0.5; sesame 0.2 / 0.2. Alpha-gal (mammalian meat) allergy: at most 0.14 percent of all ages (CDC upper estimate, about 450,000 people, roughly 1 in 700). Summed, the plant allergens total 4.6 percent in adults and 4.6 in children. The animal allergens total 6.5 in adults and 4.7 in children, with shellfish driving the adult figure. Many allergic people react to more than one food, so the sums overstate the number of people affected. The CDC figure uses a different method, so it is an order-of-magnitude comparison. Meat specifically is low-allergy. Animal foods as a group are not.

Plants first, then meat: Early hominin diets were mostly plant-based. Possible butchery marks appear at 3.39 **million** years ago (Dikika; disputed). The clearest early butchery, hippo carcasses processed with stone tools that were also used on plants, dates to about 2.9 million years ago (Nyayanga). Persistent meat-eating is documented by about 2.0 million years ago. Humans evolved as omnivores who became very good at getting meat. Diets varied widely: some Neanderthals ate at a top-carnivore level, and some later foragers relied heavily on plants.

Plants before farming needed work: Plant remains from at least 55 kinds of edible plants appear at Gesher Benot Ya'aqov (~780,000 years ago). Starchy rhizomes were roasted in ashes at Border Cave (~170,000 years ago), and flatbread from wild wheat and tubers was made at Shubayqa 1 (~14,400 years ago), thousands of years before farming and long before pottery.

Natural plant toxins vs. pesticide residues: By weight, about 99.99 percent of the "pesticides" in the American diet are made by the plants themselves: roughly 1.5 g a day of natural compounds versus about 0.09 mg of synthetic residues (Ames). In high-dose rodent tests, about half of the natural ones tested caused cancer, the same rate as synthetic chemicals. Weight is not risk. Most natural toxins matter only at high doses, raw or poorly prepared, or in vulnerable people, and this does not show that residues are harmless. In 2024, more than 99 percent of USDA produce samples were below EPA limits.

Ostomy output: Patient handouts describe corn kernels and vegetable pieces in the pouch as normal. Beef protein is about 90–94 percent absorbed by the end of the small intestine. Caveats: cooked pea protein is absorbed nearly as well (about 89 percent), colon bacteria ferment much plant fiber, tough or poorly chewed meat appears on blockage lists, and no published count of visible food in ostomy output exists.

Sources for this subsection: Gupta et al., JAMA Network Open, 2019 (adults); Gupta et al., Pediatrics, 2018 (children); Thompson et al., CDC MMWR, 2023, and Saunders et al., CDC MMWR, 2026 (alpha-gal); McPherron et al., Nature, 2010 (Dikika); Plummer et al., Science, 2023 (Nyayanga); Ferraro et al., PLoS

ONE, 2013 (Kanjera South); Lüdecke et al., Science, 2025; Jaouen et al., PNAS, 2019; Melamed et al., PNAS, 2016; Wadley et al., Science, 2020; Arranz-Otaegui et al., PNAS, 2018; Ames, Profet & Gold, PNAS, 1990; Gold, Slone & Ames, "Natural and Synthetic Chemicals in the Diet"; USDA Pesticide Data Program, 2024; Oberli et al., Journal of Nutrition, 2015 (beef); Gausserès et al., Journal of Nutrition, 1997 (pea); UOAA, Eating with an Ostomy, 2022; Kaiser Permanente ostomy diet instructions; Kabukcu et al., Antiquity, 2022 (Shanidar); Chai & Liebman, Journal of Agricultural and Food Chemistry, 2005 (oxalate); Cordain et al., American Journal of Clinical Nutrition, 2000 (latitude); Kindler et al., Science Advances, 2025 (Neumark-Nord).

FROM THE NOVEMBER 1, 2026 RESEARCH

Cheese: About 65 percent of people have a reduced ability to digest lactose after infancy (MedlinePlus); aged hard cheese is nearly lactose-free. Habitual milk use dates back about 9,000 years (Evershed et al., 2022). Cheddar contains 403 kcal, 33 g fat, and 653 mg sodium per 100 g (USDA FoodData Central 173414). After cheese or yogurt preloads, people compensated for only about 62 percent of the calories at the next meal (Vien et al., 2021). In a cohort of 120,877 US adults, cheese was not associated with weight change (Mozaffarian et al., 2011). Dairy as a condiment: Dr. Anthony Chaffee and Dr. Ken Berry (practitioner opinion, not trial data).

Calories: Diet-induced thermogenesis is 20–30 percent of energy for protein, 5–10 percent for carbohydrate, and 0–3 percent for fat (Westerterp, 2004). Measured energy from almonds was 129 kcal per 28 g serving versus 168–170 kcal by label factors (Novotny et al., 2012). An ultra-processed diet led to about 508 kcal/day higher intake than an unprocessed diet in a metabolic ward (Hall et al., 2019). Energy balance still governs fat gain (Bray et al., 2012), and a two-week ward study found about 689 kcal/day lower intake on a low-fat plant diet than on an animal-based ketogenic diet (Hall et al., 2021).

Skin tone: No study has compared skin color in carnivore eaters with meat-and-fruit eaters. Higher fruit and vegetable intake raised skin yellowness within 4–6 weeks (Whitehead et al., 2012; Pezdirc et al.,

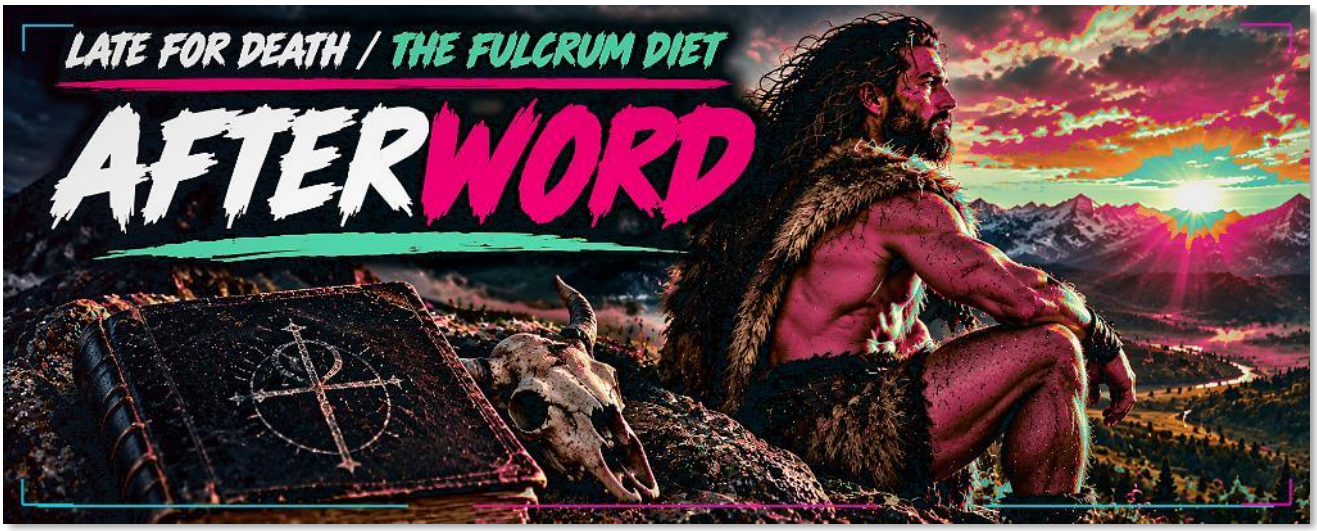
2016). Ground beef contains no beta-carotene (USDA FoodData Central 174032). Vitamin C is required for collagen synthesis (Pullar et al., 2017). Among 690 carnivore-survey respondents with prior skin conditions, 44 percent reported resolution and 48 percent improvement; new or worsened skin symptoms were reported by 0.1–1.9 percent (Lennerz et al., 2021; self-reported).

Shellfish: Bivalves filter the water they live in and can bioaccumulate bacteria, toxins, and other contaminants (FDA). Depuration improves microbiological quality but is often ineffective against viruses and heavy metals (Martinez-Albores et al., 2020). Marine shellfish toxins are not destroyed by cooking, freezing, or canning (CDC Yellow Book). Alpha-gal estimate: up to about 450,000 people in the US (Thompson et al., CDC MMWR, 2023).

Sources for this subsection: MedlinePlus Genetics, Lactose intolerance; Evershed et al., Nature, 2022; USDA FoodData Central; Vien et al., Journal of Nutrition, 2021; Mozaffarian et al., New England Journal of Medicine, 2011; Westerterp, Nutrition & Metabolism, 2004; Novotny et al., American Journal of Clinical Nutrition, 2012; Hall et al., Cell Metabolism, 2019; Bray et al., JAMA, 2012; Hall et al., Nature Medicine, 2021; Whitehead et al., PLoS ONE, 2012; Pezdirc et al., Journal of the Academy of Nutrition and Dietetics, 2016; Pullar et al., Nutrients, 2017; Lennerz et al., Current Developments in Nutrition, 2021; Gupta et al., JAMA Network Open, 2019; Gupta et al., Pediatrics, 2018; Thompson et al., CDC MMWR, 2023; FDA, Seafood (molluscan shellfish); CDC Yellow Book, Food Poisoning from Marine Toxins; NOAA Fisheries, Fun Facts About Luscious Lobsters, and NOAA fishery leaflet “The American Lobster”; Martinez-Albores et al., Foods, 2020; Dr. Anthony Chaffee, How to Carnivore podcast, “Eating Dairy On Carnivore, and What to Watch Out For!”, 2022; Dr. Ken Berry, “Addicted to Cheese? Why Dairy can be Habit-Forming” (YouTube).

SOURCES

Lennerz et al., Current Developments in Nutrition, 2021; Bax et al., PLoS ONE, 2013 (meat digestion); O'Hearn, Current Opinion in Endocrinology, 2020; Budoff et al., KETO Trial, JACC: Advances, 2024; Soto-Mota et al., Keto-CTA, JACC: Advances, 2025; and the broader literature assembled for this report on 13 October 2026.



LATE FOR DEATH / THE FULCRUM DIET

AFTERWORD

This book began as spoken words. It came from trying things, living with the results, and questioning the diet dogmas I was told to accept.

This is my **DOGMA: If I eat real food I will stay healthy and eventually get to a healthy weight—if not already**.

Edible is not the same as food.

I believe the human body STILL thrives on the foods that sustained us through most of our existence.

When the right fuel is provided and the wrong fuel is removed, I believe **the body's potential becomes visible.**

That is what I have found.

This is The FULCRUM Diet.

Live Long. Live Strong! Prove The Dangerously Ignorant… Wrong.

This book started as spoken words… so it only makes sense that it keeps going out as loud as possible.

Thanks for being here.

Be **LATE FOR DEATH**.

—Ryan


LATE FOR DEATH
THE
FULCRUM
RECIPES
BY
RYAN JOHNSON
COPYRIGHT LATE FOR DEATH LLC

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.

01 Beef and Organ Meal Prep Muffins

02 Carnivore Beef Patty Steak

03 Le Guérandais Salt Coated Steak

04 Cloud Egg Bread

05 Whey Protein Bread

06 Pork Rind Honey Buns

07 Banana Bread

08 Pork Rind Pancakes

09 Thick Pork Rind Biscuits

10 Pork Rind Tortillas

11 Meat Crust Pizza

12 Chocolate Balls

13 Fruit Bowl for Five Shock Drills or More

14 Carnivore Stuffing

15 Recipe Video Guide

16 About the Author

17 Keep Going

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

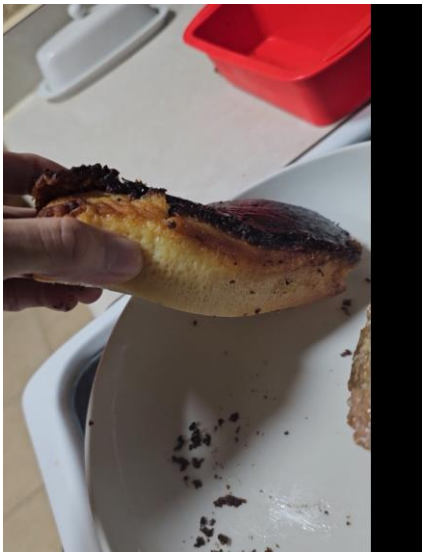
- 4 large eggs, separated
- 1/4 cup plain egg white powder
- Optional pinch of fine salt

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 online 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

Too Busy Livin' (Free Book)
My free book for the mind side of all this... for anyone who wakes up feeling stuck.
latefordeath.com/lfdbook

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

Thanks for being here.

Be LATE FOR DEATH.

—Ryan