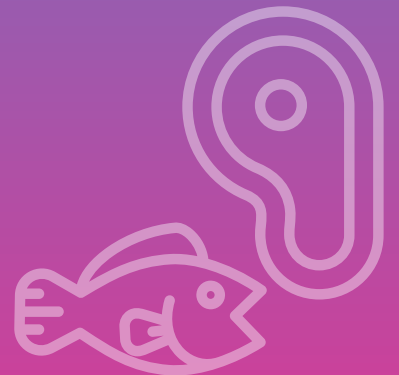




GUIDE TO ONE MEAL A DAY

| LIVINGOOD DAILY |





What Is OMAD and Why It Works

OMAD stands for **One Meal a Day**—and yes, it's exactly what it sounds like. You eat one nutrient-dense meal a day, then give your body 23 hours of fasting to heal, reset, and burn fat like it was built to.

That long fasting window burns through your body's sugar and taps into stored fat, using it as fuel.

Not only that, eating just one meal a day will cause your insulin to drop, your blood sugar to stabilize, and cravings to disappear!

Why OMAD?

Most people try OMAD for three big reasons:

1. Weight Loss That Actually Works

OMAD makes it almost impossible to overeat.

A recent study found OMAD eaters lost over **twice as much weight** as people eating three meals a day—even though both groups ate the same number of calories. ([*Study link*](#))

2. Simplicity

- No more obsessing over what to eat every 3 hours.
- No more constant cleanup.
- No more meal prep marathons.
- You eat once, and you're done. The rest of your day is *yours* again

3. Mental Clarity

This one surprises people—but it's real. When your brain runs on energy from the fat in your body instead of sugar, things get sharper.

- Less brain fog
- More focus
- Stable mental energy throughout the day



How to Build a Complete One-Meal-A-Day Plate

On OMAD, you're packing 100% of your daily calories and nutrients in one meal, which means every bite counts! So, to build a plate that fuels your body and keeps you full for 23 hours, focus on **three essential nutrients**:



1. Protein (The Foundation)

Protein is the most important nutrient to get right on OMAD. It's essential for preserving muscle, supporting your metabolism, and keeping you full for hours after you eat.

Target:

75–110 grams of clean protein each day (“clean” means it’s free from hormones,

Portion:

Aim for protein to make up 20–30% of your meal.

Why?

- Protein helps your body release a hormone called GLP-1, which tells your brain you're full.
- It prevents you from losing muscle as you burn fat.
- You burn more calories digesting protein compared to carbs or fat.
- It keeps your blood sugar steady and prevents energy crashes.

Best sources:

- **Grass-fed beef or lamb** – has more omega-3 fats, a better balance of omega-6 fats, and more vitamins and minerals than grain-fed meat.
- **Wild-caught salmon, sardines, or mackerel** – full of omega-3 fats, selenium, and astaxanthin, which supports eye and heart health.
- **Pasture-raised eggs** – rich in vitamins, minerals, and healthy fats.
- **Organic tofu or tempeh** – great plant-based options.
- **Greek yogurt or cottage cheese** – choose ones without added sugar.
- **Hemp, chia, or pumpkin seeds** – good plant-based protein with healthy fats.

Avoid:

- Protein powders with artificial sweeteners like sucralose or ACE-K, artificial flavors, or cheap oils.
- Meat from animals that were not grass-fed or that were given hormones and antibiotics.



Pro tip: If it's hard to get all your protein in one meal, have a small “protein primer” about 30 minutes before eating — like a hard-boiled egg or a clean protein shake made from grass-fed collagen or whey with no artificial sweeteners.



2. Healthy Fats (The Fuel Tank)

Healthy fats are your body's clean-burning fuel. They give you steady energy, help your brain work at its best, keep your hormones balanced, and make you feel full for hours.

Target:

100–125 grams of healthy fat

Portion:

Aim for fat to make up 60–75% of your meal

Why it matters:

- Builds strong, healthy cell membranes that let nutrients in and push toxins out
- Slows digestion so you feel satisfied longer
- Helps your body absorb fat-soluble vitamins (A, D, E, and K)
- Supports brain function and hormone balance

Best sources:

- **Avocados** – rich in healthy fats you can literally see when you slice them
- **Olive oil** – use unrefined and don't overheat!
- **Coconut oil or coconut butter** – minimally processed, not refined
- **Butter or ghee** – from grass-fed cows
- **Fatty cuts of grass-fed meat** – better nutrient profile than grain-fed
- **Wild-caught fatty fish** – like salmon, sardines, or mackerel
- **Nuts and seeds** – such as macadamias, walnuts, almonds, hemp seeds, chia seeds, and pumpkin seeds, preferably raw
- **Egg yolks** – from pasture-raised eggs

Avoid:

- Industrial seed oils: soybean, canola, cottonseed, corn, safflower, sunflower, rice bran
- Hydrogenated or partially hydrogenated oils (trans fats)
- Margarine and synthetic butter spreads
- Highly refined oils (including refined palm or coconut oils)
- Processed snacks, pastries, fried foods, and cheap supplements made with these oils



Pro tip: The less a fat has been processed, the healthier it is. If the food naturally contains visible oil—like the flesh of an avocado, the inside of an olive, or the meat of a nut—it's a strong sign you're getting a clean, natural fat.



3. Fiber (The Clean Carb)

Forget “low carb.” Focus on **high fiber!** That’s how you keep your gut happy, blood sugar steady, and the nutrients flowing.

Target:

2–3 cups of vegetables + 20–40 grams of fiber

Portion:

Aim for fiber-rich carbohydrates to make up 5–20% of your meal

Why it matters:

- Slows digestion, keeping you full longer and reducing cravings
- Supports healthy gut bacteria and regular digestion
- Helps control blood sugar and insulin levels
- Boosts the GLP-1 hormone, which signals your brain that you’re full
- Packs your body with vitamins, minerals, and antioxidants that fight inflammation

Best sources:

- **Leafy greens** – spinach, arugula, kale (nutrient-dense and low carb)
- **Cruciferous veggies** – broccoli, cauliflower, Brussels sprouts (high in fiber, anti-cancer compounds, and great for hormone balance; steam if you have thyroid concerns)
- **Colorful vegetables** – zucchini, bell peppers, asparagus, cucumbers, beets
- **Berries** – blueberries, raspberries, blackberries (low sugar, high antioxidants, help slow glucose absorption)
- **Other fiber-rich carbs** – sweet potatoes, quinoa, chia seeds, flax seeds, pumpkin seeds

Avoid:

- “White” refined carbs like white bread, white pasta, white rice
- Processed baked goods, pastries, and crackers made with refined flour
- Multi-grain breads that aren’t truly whole grain
- Carbs with added sugars or bad oils



Pro tip: Choose carbs that come from whole foods, not from a factory. If it’s colorful, came from the ground, and still looks like it did when it was harvested, it’s probably a clean carb.

Sample OMAD Meals

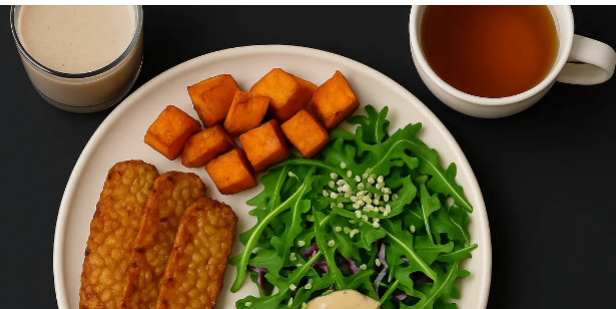
Here are a few real-life meal examples to help you visualize your one meal a day:

Low-Carb Fat-Burning Plate



- 8 oz grass-fed ribeye (~60 g protein)
- 2 pasture-raised eggs (~12 g protein)
- Sautéed spinach and roasted cauliflower
- ½ avocado
- Olive oil drizzle
- Sparkling water with electrolytes

Plant-Based OMAD Plate



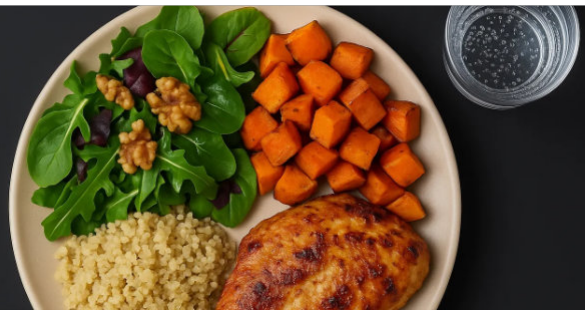
- 1½ cup organic tempeh (pan-seared in coconut oil) (~46 g protein)
- 1 scoop organic, clean plant-based protein powder (e.g., pea/hemp, no artificial sweeteners) blended into unsweetened nut milk to make a shake (~20–25 g protein)
- Arugula + cabbage slaw with hemp seeds (~6–10 g protein)
- Roasted sweet potato (½ cup)
- Tahini-lemon dressing
- Herbal tea

High-Protein, Low-Carb Recovery Plate



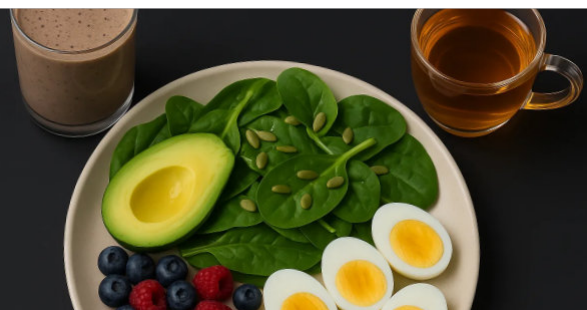
- 3 pasture-raised eggs (~18 g protein)
- 6 oz wild salmon (~38 g protein)
- Steamed broccoli + zucchini (2 cups) (~6 g protein)
- Side of sauerkraut
- Handful of macadamia nuts (~2 g protein)
- Bone broth + 1 scoop unflavored grass-fed collagen protein (~10-15 g protein)

Higher-Carb Active Day Plate



- 9 oz grilled chicken thighs (~63 g protein)
- 2 cups roasted root veggies (carrots, beets, sweet potato) (~6 g protein)
- Mixed greens salad with walnuts and vinaigrette (~4 g protein)
- ½ cup quinoa (~4 g protein)
- Sparkling mineral water

Quick Clean Plate (Minimal Prep)



- Double serving clean protein shake with collagen + chia (~40-50 g protein)
- Big spinach salad with avocado, pumpkin seeds, and olive oil (~8-10 g protein)
- 2 hard-boiled eggs (~12 g protein)
- Handful of berries
- Herbal tea



Tips for Prepping or Eating Out on OMAD

At home:

- Batch-cook proteins (grill 2-3 types of meat at once)
- Keep pre-washed greens, hard-boiled eggs, and healthy fats stocked
- Use a large dinner plate as your visual guide
- Avoid grazing while cooking—stay in the fast until your full meal is on the plate

Eating out:

- Build your meal around the protein—ask for double if needed
- Swap fries or bread for extra veggies or avocado if possible
- Choose olive oil or butter as your fat source
- Skip the soda, dessert, and sauces!



Common Mistakes to Avoid

OMAD works best when you do it the right way. These are the most common mistakes that can slow your progress, mess with your hormones, or leave you feeling worse instead of better. Avoid them and keep your results on track!

✘ 1. Starting Too Fast Without Building Up

Going from 3+ meals a day straight to OMAD is a shock to your system. Your hunger-control hormones need time to adjust, and your body needs practice handling longer fasts. Jump in too fast and you'll likely feel overly hungry, cranky, and ready to quit. Start with a 12:12 or 16:8 fasting schedule, then work up to OMAD over a few weeks.

✘ 2. Eating Too Little or Missing Key Nutrients

OMAD isn't a crash diet. You still need enough clean protein, healthy fats, fiber, vitamins, and minerals to fuel your body for the whole day. If you undereat, you risk low energy, muscle loss, and hormone imbalances. Your one meal should be complete—not just a side salad and a protein bar.

✘ 3. Thinking OMAD Means Every Single Day

OMAD isn't an all-or-nothing rule. Your body's needs can change—on some days, especially after hard workouts or when you're run down, you may need more fuel. It's fine to eat two clean meals occasionally. In fact, mixing up your meal timing can help keep your body flexible and responsive.

✘ 4. Treating OMAD Like a Cheat Meal

Piling your plate with fried food, sugar, and ultra-processed snacks won't help you burn fat or get healthier. OMAD is about nutrient density, not eating as much junk as possible in one sitting. Choose clean, whole foods over processed "comfort" foods.

✘ 5. Not Hydrating Properly

Fasting doesn't mean skipping water. Sip throughout the day, not all at once, and replace lost minerals with a pinch of sea salt or a clean electrolyte powder. Start your morning with water before coffee, and skip sugary drinks that break your fast. Staying hydrated keeps your energy steady and prevents lightheadedness, headaches, and bloating.

✘ 6. Unrealistic Expectations

Doing OMAD once or twice a week won't move the needle. Neither will expecting to lose 10 pounds in 3 days. Your metabolism needs time to adapt. Commit to clean, consistent choices and track how you feel week by week—not just what the scale says.



Remember: The goal isn't perfection. It's consistency with clean choices, every day. When you avoid these common mistakes, OMAD becomes a tool for *healing*, not just weight loss.

Frequently Asked Questions

Let's clear up some of the most common questions about OMAD—so you can move forward with confidence.

Is eating only one meal a day safe?

For most healthy adults, yes—OMAD can be safe and effective when done right.

But it's *not* for everyone. You should avoid OMAD if you're pregnant or breastfeeding, under 18, have diabetes, struggle with an eating disorder, take medications that require food, or have certain heart conditions. ***Always talk to your doctor if you're unsure.***

Won't I be hungry all the time?

At first, probably—but it doesn't last long.

Most people notice hunger fades after 2–4 weeks as their body adapts. Stay hydrated, use electrolytes, keep your mind busy, and plan your meals ahead. If you're new to fasting, start with shorter windows and build up to OMAD.

What's the best time of day to eat my OMAD meal?

Whenever works best for your lifestyle!

Most people find that eating in the late afternoon or early evening (around 4–7 PM) works best—it aligns with your body's natural rhythm, supports better sleep, fits social schedules, and helps you wake up in fat-burning mode.

How do I get enough calories in one meal?

Focus on nutrient-dense, high-fat, high-protein foods.

Add healthy fats like avocado, olive oil, eggs, and fatty fish to boost calories without volume.

What can I drink during my fast?

Stick to zero-calorie, non-insulin-spiking drinks like water, black coffee, herbal tea, and plain electrolytes.

Avoid anything with sugar, cream, sweeteners, or flavorings—those will break your fast and blunt the benefits.

Will OMAD slow down my metabolism?

No—done correctly, OMAD can actually improve metabolic flexibility.

Just make sure you're not undereating or skipping protein.

What if I feel dizzy, tired, or hangry?

It's often dehydration or low electrolytes.

Drink water with a pinch of sea salt, or add a clean electrolyte powder (no sugar or fake sweeteners!).

Can I work out while doing OMAD?

Yes!

Strength training, walking, and cardio are all possible on OMAD—as long as you're fueling properly and listening to your body. Some people thrive on fasted workouts, while others prefer eating first. Find what works best for you.

When should I exercise on OMAD?

The sweet spot is 2-3 hours before your OMAD meal.

This maximizes fat burning, naturally blunts hunger, and lets you refuel right after. Light exercise after eating is fine too—but avoid intense workouts mid-fast unless you're already well-adapted.

Is OMAD safe for women?

Yes—but some women may need to adjust based on cycle, stress, or hormone health. If you're new to fasting, start slow and pay attention to how you feel.

How long does it take to see results?

That depends on your goals.

Many people notice better energy, digestion, and sleep in the first week. Weight loss and metabolic improvements usually build over 2-6 weeks.

Resources

7 INSANE Benefits of Eating One Meal A Day



I walk you through seven powerful benefits of OMAD that most people don't know about—like how it boosts focus, burns fat all day, cuts inflammation, and even saves you time and money. Plus, I'll show you exactly how I eat when I do it. You'll want to see this before your next OMAD day.

[Click here to watch it!](#)

Is One MEAL A Day (OMAD) Healthy for Weight Loss?



A lot of people ask me if OMAD is healthy. In this video, I explain how to do it the right way for weight loss, better hormones, and more energy—without falling into the traps that make people quit. If you're serious about OMAD, you need to watch this.

[Click here to watch it!](#)

15 Intermittent Fasting Drinks with MASSIVE BENEFITS



You can't eat while you're fasting—but you *can* drink. I'll show you my 15 go-to fasting drinks that keep you in fat-burning mode, crush cravings, protect your health, and make fasting so much easier.

[Click here to watch it!](#)



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