What a Metabolic Doctor's Kitchen Actually Looks Like at Dinner Time Transcript

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Intro and Meal Philosophy

Hi, welcome to our kitchen. So, Hi, welcome to our kitchen. So, most people don't really struggle with most people don't really struggle with what foods to eat. They struggle with what foods to eat. They struggle with how to actually build a metabolically how to actually build a metabolically healthy recipe. So, we've been asked healthy recipe. So, we've been asked lots of times, lots of times, you know, what we eat or what would be a you know, what we eat or what would be a good meal. So, we thought we'd bring you good meal. So, we thought we'd bring you into our kitchen right along with us as into our kitchen right along with us as we're cooking meal and we'll kind of we're cooking meal and we'll kind of like talk you through what we're doing.

like talk you through what we're doing. This is my wife Nicole. Hi. And she does This is my wife Nicole. Hi. And she does most of the cooking. She comes up with a most of the cooking. She comes up with a new meal to make like every single day.

new meal to make like every single day. That would totally freak me out and That would totally freak me out and stress me out. But, stress me out. But, so yeah, I mean, really the anchor in so yeah, I mean, really the anchor in the framework of any metabolically the framework of any metabolically healthy meal is protein. So, today what healthy meal is protein. So, today what we have for protein on the menu is lamb.

we have for protein on the menu is lamb.

Choosing Lamb and Taco Bowl Ingredients

And so, And so, this is sort of a lamb taco bowl night. this is sort of a lamb taco bowl night. So, for those in the family that can So, for those in the family that can handle a little bit more carbohydrate, handle a little bit more carbohydrate, we have some tortillas and some chips.

we have some tortillas and some chips. But, for those of us that are a little But, for those of us that are a little more carbohydrate sensitive, then we'll more carbohydrate sensitive, then we'll be mostly focusing on the vegetables and be mostly focusing on the vegetables and the protein. Well, so first of all, I the protein. Well, so first of all, I the reason why we're doing lamb tacos the reason why we're doing lamb tacos tonight cuz we had some guacamole and tonight cuz we had some guacamole and ceviche left over from yesterday for ceviche left over from yesterday for Easter. So, I always try to build off of Easter. So, I always try to build off of what we have left over, but again, what we have left over, but again, always have protein in our fridge. So, always have protein in our fridge. So, I've been getting this lamb at Trader I've been getting this lamb at Trader Joe's.

Joe's. Joe's. And for those of you, it's actually not And for those of you, it's actually not real real real lamby, if you will, or gamey. It lamby, if you will, or gamey. It actually has a really mild taste, but actually has a really mild taste, but it's comes like this and it's shaved.

it's comes like this and it's shaved. So, it's nice because it cooks up really So, it's nice because it cooks up really fast. And then, fast. And then, I'll show you how I prepare it, but I I'll show you how I prepare it, but I usually like cut it in smaller pieces, usually like cut it in smaller pieces, but so, that's what we we use and we use but so, that's what we we use and we use the lamb a lot for we do chimichurri the lamb a lot for we do chimichurri bowls with it or we'll do surf and turf bowls with it or we'll do surf and turf as well. So, but just tonight we're as well. So, but just tonight we're going to do tacos just because again, we going to do tacos just because again, we have the guacamole and ceviche left. So, have the guacamole and ceviche left. So, for those of you interested, though, for those of you interested, though, I did get the guacamole. It's amazing.

I did get the guacamole. It's amazing. It's at It's at a lot of times I'll make it, but this is a lot of times I'll make it, but this is from Jimbo's, which it's fabulous.

from Jimbo's, which it's fabulous.

Shopping Shortcuts and Ingredient Sources

Um, Um, Um, and the ceviche, oh my gosh, it's a and the ceviche, oh my gosh, it's a crowd pleaser. crowd pleaser. It's actually from Steer Brothers. And It's actually from Steer Brothers. And if they don't have it in the deli if they don't have it in the deli section, section, section, the guy will make it for you like fresh.

the guy will make it for you like fresh. So it's served ceviche, so we have some So it's served ceviche, so we have some of that. Yeah, so if you think we're at of that. Yeah, so if you think we're at home like cooking up and making all home like cooking up and making all these little things from scratch, yeah, these little things from scratch, yeah, we're too busy for that. Yeah, but we're we're too busy for that. Yeah, but we're finding really good sources out there finding really good sources out there from from from you know, a bunch of different grocery you know, a bunch of different grocery stores and making it happen. And I think stores and making it happen. And I think one thing too, one thing too, I think you have to give yourself grace.

I think you have to give yourself grace. There's good, better, best and there's There's good, better, best and there's we try to use good oils and things like we try to use good oils and things like that. Obviously gluten-free, that. Obviously gluten-free, but we can't but we can't knock it out of the park every time and knock it out of the park every time and and I'm just too busy too. So but and I'm just too busy too. So but anyway, so here's some pico de gallo anyway, so here's some pico de gallo that I got from Trader's that I got from Trader's again for those of you who could again for those of you who could you know, still have some carbs left to you know, still have some carbs left to What kind of chips are these? These are What kind of chips are these? These are actually they're I do get like avocado actually they're I do get like avocado oil chips. These are Siete Siete brand oil chips. These are Siete Siete brand and we also get Siete the grain-free and we also get Siete the grain-free ones too, but they're not real easy to ones too, but they're not real easy to dip. So they're not as um dip. So they're not as um like strong avocado chi- if you will.

like strong avocado chi- if you will. And then we get these tortillas at the And then we get these tortillas at the Siete tortillas. Again, you can get Siete tortillas. Again, you can get these chips from Sprouts. They have I these chips from Sprouts. They have I think they even have them at Target.

think they even have them at Target. Jimbos. These I get at Jimbos. Jimbos. These I get at Jimbos. By the way, we have no financial By the way, we have no financial relationship with any of these relationship with any of these companies. Just, you know, good stuff.

companies. Just, you know, good stuff. >> And the carb actually though, two >> And the carb actually though, two tortillas is 22 g of carbs. So that's tortillas is 22 g of carbs.

Building the Bowl Base and Sauces

So that's kind of a lot, but I also might get like kind of a lot, but I also might get like the corn tortillas and these are just the corn tortillas and these are just from Trader's. I usually don't get them from Trader's. I usually don't get them there. I I think they're organic.

there. I I think they're organic. So they told me. I usually get one that So they told me. I usually get one that actually say organic on them like 365 actually say organic on them like 365 BR. And then BR. And then I just get this Spanish rice at I just get this Spanish rice at Trader's. It comes in a plastic bag like Trader's. It comes in a plastic bag like this. I don't microwave it in that. I this. I don't microwave it in that. I put it in a bowl put it in a bowl and I just put it in the microwave and I just put it in the microwave again.

again. again. Um Um Um Good, better, best. This is not the Good, better, best. This is not the best. It doesn't have good oils in it, best. It doesn't have good oils in it, but I'm not going to make my own Spanish but I'm not going to make my own Spanish rice.

rice. rice. And then we just have some we make it And then we just have some we make it into bowls, so we just have cabbage or into bowls, so we just have cabbage or lettuce. I do make a sauce of lettuce. I do make a sauce of sriracha and ranch Um, and this is the sriracha and ranch Um, and this is the Primal Kitchen. Um, again, you can get Primal Kitchen. Um, again, you can get it at Sprouts and um, it has like the it at Sprouts and um, it has like the good avocado oil. So, obviously I pick good avocado oil. So, obviously I pick and choose. Um, not pick and choose, but and choose. Um, not pick and choose, but I can't get every I can't get every you know, you know, good oil. I can, but and I'm not going good oil. I can, but and I'm not going to make everything cuz I'm not making to make everything cuz I'm not making everything. Right.

everything. Right. Um, and then we just get goat cheese and Um, and then we just get goat cheese and shred that. Um, we do that, but um, shred that. Um, we do that, but um, yeah, so again, that this is a really yeah, so again, that this is a really easy meal and you can have it for easy meal and you can have it for leftovers tomorrow. So, I'll just kind leftovers tomorrow. So, I'll just kind of show you what we do.

of show you what we do. >> Let's get cooking. >> Let's get cooking.

Cooking and Seasoning the Lamb

So, we have our a big cast iron skillet. So, we have our a big cast iron skillet. We typically make enough food for like a We typically make enough food for like a small army.

small army. It's just like this. It's just like this. >> Oh, our oldest son eats a ton. So, he's >> Oh, our oldest son eats a ton. So, he's actually not coming tonight, but actually not coming tonight, but But so, this lamb comes like in thin But so, this lamb comes like in thin strips, but I just used them shears and strips, but I just used them shears and we cut it because again, we're going to we cut it because again, we're going to have it like taco portions. But it it have it like taco portions. But it it cuts it out like um, I should cook it.

cuts it out like um, I should cook it. You could You could tear it apart, too. But we have really tear it apart, too. But we have really good shears, so I just do it like this.

good shears, so I just do it like this. So, and I just add salt and pepper to So, and I just add salt and pepper to it. Um, it. Um, yeah, again, you can use this lamb as yeah, again, you can use this lamb as anything. We do surf and turf. We anything. We do surf and turf. We do chimichurri bowl.

do chimichurri bowl. A lot of times, we always make rice. I A lot of times, we always make rice. I always have a pot of rice going just for always have a pot of rice going just for our kids. I'm not a big rice person.

our kids. I'm not a big rice person. Chad loves rice, but he eats it Chad loves rice, but he eats it sparingly. sparingly. sparingly. >> I have to limit myself because I can >> I have to limit myself because I can overindulge. And for me, that'd be a overindulge. And for me, that'd be a problem.

problem. problem. So, yeah, I think that's pretty much So, yeah, I think that's pretty much it. We probably um, we had a bunch of it. We probably um, we had a bunch of berries left over from Easter, too. So, berries left over from Easter, too. So, that will be our dessert. Um, that will be our dessert. Um, and and and what else? I think that's pretty much what else? I think that's pretty much I think that's pretty much it. They also I think that's pretty much it. They also have this air fryers, FYI, which I have this air fryers, FYI, which I haven't tried yet. They have um, haven't tried yet.

Metabolic Health and Meal Balance

They have um, the shaved kind of beef there, too. the shaved kind of beef there, too. Um, Um, Um, so, I had yet to try that try that, but so, I had yet to try that try that, but I think it's the same type thing. But if I think it's the same type thing. But if you don't like lamb, you don't like lamb, um, but I would highly encourage you to um, but I would highly encourage you to get this cuz it really I don't think it get this cuz it really I don't think it tastes We in the past I would get tastes We in the past I would get and make Mediterranean bowls and I and make Mediterranean bowls and I

usually get ground lamb.

usually get ground lamb. But I think that tastes gamier than But I think that tastes gamier than this. This is really good. Um, yeah, this. This is really good. Um, yeah, sometimes lamb can be a little hit and sometimes lamb can be a little hit and miss. Sometimes I like lamb, sometimes I miss. Sometimes I like lamb, sometimes I don't. Um, this Shiva lamb has been don't. Um, this Shiva lamb has been consistently really, really good. Just consistently really, really good. Just the way it First of all, it cooks fast, the way it First of all, it cooks fast, which is nice. Um, it's kind of a quick which is nice. Um, it's kind of a quick meal, you'll see. Um, but it's not I meal, you'll see. Um, but it's not I mean, some people don't mind that kind mean, some people don't mind that kind of gaminess to the lamb and and this of gaminess to the lamb and and this really isn't like that. It kind of takes really isn't like that. It kind of takes on whatever flavor you put in it.

on whatever flavor you put in it. It does. And again, it it it cooks up It does. And again, it it it cooks up easy, so it is a quick meal. easy, so it is a quick meal.

You're done. It's so thin, that's why You're done. It's so thin, that's why you don't have to worry about, oh, is it you don't have to worry about, oh, is it done or not? So.

done or not? So. >> So, did you put oil in the pan first? >> So, did you put oil in the pan first? Well, I just did a little bit cuz this Well, I just did a little bit cuz this pan is so dry. You don't need any oil.

pan is so dry. You don't need any oil. It has plenty of fat in it. Um, and It has plenty of fat in it. Um, and that's all good fat, though. Remember, a that's all good fat, though. Remember, a metabolically healthy recipe, like I metabolically healthy recipe, like I said, anchors in awesome protein and get said, anchors in awesome protein and get a good variety of protein. You know, you a good variety of protein. You know, you can get fish and seafood and beef and we can get fish and seafood and beef and we have lamb and poultry's all good. Um, so have lamb and poultry's all good. Um, so that's why we really want to anchor it that's why we really want to anchor it and relative to your own individual and relative to your own individual needs, there can be some type of needs, there can be some type of carbohydrate. Um, this can be in the carbohydrate. Um, this can be in the form of a sweet potato, lots of form of a sweet potato, lots of vegetables. Vegetables are obviously, vegetables. Vegetables are obviously, you know, pretty high in carbohydrate, you know, pretty high in carbohydrate, but they're what we call slow carbs. We but they're what we call slow carbs. We try to stay away from fast carbs when try to stay away from fast carbs when we're trying to really optimize our we're trying to really optimize our metabolic health. But then fat, we can't metabolic health. But then fat, we can't forget about fat. First of all, fat is forget about fat. First of all, fat is satiating. It gives you a kind of a satiating. It gives you a kind of a sense of wellness and well-being. Um, sense of wellness and well-being. Um, typically when I'm working with somebody typically when I'm working with somebody who's really metabolically who's really metabolically dysfunctional, we're pressing down the dysfunctional, we're pressing down the carbohydrates so much, there's only carbohydrates so much, there's only three macronutrients, carbohydrates, three macronutrients, carbohydrates, fats and proteins. And so when we're fats and proteins. And so when we're already pressing down carbs, we have to already pressing down carbs, we have to allow the proteins and the fats to come allow the proteins and the fats to come up a little bit. Remember, we're really up a little bit. Remember, we're really trying to optimize our metabolic health.

trying to optimize our metabolic health. There's little engines in our cells There's little engines in our cells called mitochondria. They pretty much called mitochondria. They pretty much just burn glucose and fat. And if we're just burn glucose and fat. And if we're already minimizing the carbs in the already minimizing the carbs in the diet, we have to be a little bit more diet, we have to be a little bit more generous with fat. And so as you can generous with fat. And so as you can see, there's a lot of fat. Lot of fat in see, there's a lot of fat. Lot of fat in that shaved lamb. But that's the kind of that shaved lamb. But that's the kind of fat that our DNA is expecting. The kind fat that our DNA is expecting. The kind of fat that our DNA is not expecting is of fat that our DNA is not expecting is like these seed oil kind of fats from like these seed oil kind of fats from like soybean oil, corn oil, stuff like like soybean oil, corn oil, stuff like that. So, this kind of fat that we can that. So, this kind of fat that we can handle. And frankly, it's a really good handle. And frankly, it's a really good uh fuel source for our cells. Again, as uh fuel source for our cells. Again, as we're decreasing overall carbohydrates we're decreasing overall carbohydrates and trying to optimize the metabolic and trying to optimize the metabolic flexibility of our mitochondria, we want flexibility of our mitochondria,

we want to be a little bit more generous with to be a little bit more generous with fat. And fat. And as the mitochondria are used to having as the mitochondria are used to having more fat, you know, kind of float around more fat, you know, kind of float around the body as a fuel source, then in the body as a fuel source, then in between meals, then our cells are between meals, then our cells are already kind of primed to burn to burn already kind of primed to burn to burn fat for fuel. And so, we just kind of fat for fuel. And so, we just kind of become fat-burning machines. And that's become fat-burning machines. And that's kind of the whole point. We want that kind of the whole point. We want that metabolic flexibility. Carbs are fine.

metabolic flexibility. Carbs are fine. We have plenty of carbohydrates. Um but We have plenty of carbohydrates.

Assembling the Taco Bowl

Um but we want our cells to be able to we want our cells to be able to seamlessly switch between carbohydrate seamlessly switch between carbohydrate burning and fat burning. So, um burning and fat burning. So, um every protein, uh you know, that I'm every protein, uh you know, that I'm aware of all has some nice fat, aware of all has some nice fat, especially animal protein, has some nice especially animal protein, has some nice fat kind of embedded right in it. And fat kind of embedded right in it. And this is certainly true with this lamb.

this is certainly true with this lamb. Look at that. Good stuff. Um so, Look at that. Good stuff. Um so, the way the tortillas do, I just put the way the tortillas do, I just put them on the cassava ones, the coyotes, them on the cassava ones, the coyotes, you have to do it on the skillet. Uh you have to do it on the skillet. Uh if you don't want to even take the time, if you don't want to even take the time, corn tortillas are quicker. And I just corn tortillas are quicker. And I just wrap them in foil and put them in the wrap them in foil and put them in the oven.

oven. oven. Again, that's how I do it. Again, that's how I do it. Um and there Um and there we're getting we're getting some veggies with some veggies with Again, we make a bowl, so Again, we make a bowl, so um um um we get lettuce and cabbage in there, we get lettuce and cabbage in there, too. So. The whole point of making these too. So. The whole point of making these videos is not to show what professional videos is not to show what professional looks like, is to show what reality looks like, is to show what reality looks like.

looks like. >> Right. And you can only serve so many >> Right. And you can only serve so many masters at the same time. And for most masters at the same time. And for most part, we try to optimize for metabolic part, we try to optimize for metabolic health, general whole foods. And health, general whole foods. And sometimes, it's not going to be perfect.

sometimes, it's not going to be perfect. We're going to buy things in packages. We're going to buy things in packages. Um and we'll we'll show you those Um and we'll we'll show you those things. We'll show you kind of why we things. We'll show you kind of why we made that choice. But again, you know, made that choice. But again, you know, you can only serve so many masters at you can only serve so many masters at the same time, and the same time, and this is what reality looks like because this is what reality looks like because there is lots of, you know, recipes and there is lots of, you know, recipes and different and platforms out there that different and platforms out there that try to make it absolutely perfect, but try to make it absolutely perfect, but in reality, you know, kind of normal in reality, you know, kind of normal regular people are just not going to regular people are just not going to make those kind of meals. So, we want to make those kind of meals. So, we want to kind of bring you in our home to show kind of bring you in our home to show you what we actually make to maintain you what we actually make to maintain our metabolic health.

our metabolic health. >> Well, I mean, that's what's important. >> Well, I mean, that's what's important. Um I think people think and they often Um I think people think and they often ask us, "Oh, you guys must eat like ask us, "Oh, you guys must eat like impeccable and stuff." And again, we do impeccable and stuff." And again, we do our best. We do our best. Um and 90% of our best. We do our best. Um and 90% of the time we Oh, well, we cook at home. I the time we Oh, well, we cook at home.

Why This Meal Works

I mean, I cook probably mean, I cook probably I mean, six to seven nights a week. So, I mean, six to seven nights a week. So, um but again, I've I've found quick easy um but again, I've I've found quick easy things to do and um cuz I don't want to things to do and um cuz I don't want to spend hours in the kitchen, either. So, spend hours in the kitchen, either. So, um but yeah, this is just kind of the um but yeah, this is just kind of the reality and reality and um just, you know, what I don't know.

um just, you know, what I don't know. Like, what what is possible and um Like, what what is possible and um you know, so people who are, you know, you know, so people who are, you know, working on And again, this can all be working on And again, this can all be prepped ahead of time. Everything can be prepped ahead of time. Everything can be prepped ahead of time. And then, just to prepped ahead of time. And then, just to make this takes no time at all. So, make this takes no time at all. So, pretty doable. I would say you're right.

pretty doable. I would say you're right. All right. Okay, we're going to kick it All right. Okay, we're going to kick it up a notch. up a notch. Let's add in some spice. Like I said, Let's add in some spice. Like I said, lab is really tasty and it does kind of lab is really tasty and it does kind of take on what flavors you put in there.

take on what flavors you put in there. So, So, So, we're going to put in a little organic we're going to put in a little organic ground cumin. For all the chefs out ground cumin. For all the chefs out there, this is like there, this is like probably not a super legit way of doing probably not a super legit way of doing it.

it. it. And And And this is how you get the powder all this is how you get the powder all kicked up and stuff in there by shaking kicked up and stuff in there by shaking it right over the top.

it right over the top. I know. I I know. Yeah, this is my area. I know. I I know. Yeah, this is my area. So, she's taking some out to give to our So, she's taking some out to give to our dog. She eats pretty well. All right.

dog. She eats pretty well. All right. Now, we're going to throw in some chili Now, we're going to throw in some chili powder. You suggested that I don't powder. You suggested that I don't overdo that. So, I'm not.

overdo that. So, I'm not. Well, we did the cumin. Well, we did the cumin. We did the chili powder. We did the chili powder. Now, let's put in a little Now, let's put in a little chipotle smoked paprika. You know, super chipotle smoked paprika. You know, super good. Yeah, there we go. All right, good. Yeah, there we go. All right, that's pretty much done. There is my and that's pretty much done. There is my and my my little cleanup crew. Some of this my my little cleanup crew. Some of this is for her. She will take care of it is for her. She will take care of it immediately.

immediately. immediately. Oh, but we're just Oh, but we're just Yeah, right? Yeah, right? And then And then ready some cheese and it's going to be ready some cheese and it's going to be all done.

all done. And that was probably about And that was probably about So, we will assemble it all and then So, we will assemble it all and then take um show you take um show you the final the final the final the final Remember, fat doesn't make you fat. It Remember, fat doesn't make you fat. It makes your meal metabolically complete.

makes your meal metabolically complete. Oh, you can have beans too if you want. Oh, you can have beans too if you want. And so or um sometimes I do it. I feel And so or um sometimes I do it. I feel like it sometimes you don't need to. So, like it sometimes you don't need to. So, um but you can always add beans to it.

um but you can always add beans to it. Um Um Um But again, But again, we have plenty with just this. There's we have plenty with just this. There's then beans and guacamole from then beans and guacamole from Trader's. And again, we've made it from Trader's. And again, we've made it from scratch many times, but sometimes you scratch many times, but sometimes you still have time to make it from scratch.

still have time to make it from scratch. >> Or actually we had it or leftovers, >> Or actually we had it or leftovers, that's why. Sometimes I'll just cut up that's why. Sometimes I'll just cut up an avocado, that's fine too. Trader's an avocado, that's fine too. Trader's also has a really good guacamole salsa also has a really good guacamole salsa that you can get too. This is um that that you can get too. This is um that it's like a Chipotle ranch dressing that it's

like a Chipotle ranch dressing that I make I make sauce that I make.

sauce that I make. Easy peasy. Easy peasy. There you go. There's some There you go. There's some guacamole, Sriracha ranch dressing. guacamole, Sriracha ranch dressing.

I like this, the hot and sweet jalapenos I like this, the hot and sweet jalapenos from Trader's. Chad does not like those, from Trader's. Chad does not like those, but I like them.

but I like them. Um or you can just get regular Um or you can just get regular jalapenos. Even add anything to it. It's jalapenos. Even add anything to it. It's like a Chipotle bowl, whatever you want.

like a Chipotle bowl, whatever you want. Okay, so we have a protein anchor and a Okay, so we have a protein anchor and a fiber base. fiber base. And of course, guacamole is full of full And of course, guacamole is full of full of amazing avocado, which is excellent of amazing avocado, which is excellent source of fat. Also a really good source source of fat. Also a really good source of fiber and fantastic potassium. So, of fiber and fantastic potassium. So, protein anchor, fiber base, protein anchor, fiber base, healthy fats, and optional carbs. This healthy fats, and optional carbs. This is what a metabolically healthy meal is what a metabolically healthy meal looks like. It's looks like. It's consistent, but not perfect. That's the consistent, but not perfect. That's the point. We're not going for perfection, point. We're not going for perfection, we're just going for a metabolically we're just going for a metabolically healthy lifestyle.

healthy lifestyle. I'm going to put this of AJ on top too. I'm going to put this of AJ on top too. Kind of there is pico in it. So, instead Kind of there is pico in it. So, instead of opening the pico, I'm I'm use this.

of opening the pico, I'm I'm use this. Good. And again, I like rice, but I'm Good. And again, I like rice, but I'm going to have chips instead of rice. So, going to have chips instead of rice. So, I'm going to have I'm going to choose to I'm going to have I'm going to choose to forgo the rice and forgo the rice and again, that's pretty much I'm going to again, that's pretty much I'm going to have some jalapenos.

have some jalapenos. About it. Pretty much it. And this is About it. Pretty much it. And this is this will be really, really filling. So, this will be really, really filling. So, there you have it. Pretty easy. So, this there you have it. Pretty easy. So, this is what a metabolically healthy meal is what a metabolically healthy meal looks like.

looks like. Uh it's a protein anchor, Uh it's a protein anchor, fiber-based with some healthy fats. We fiber-based with some healthy fats. We have that guacamole, excellent source of have that guacamole, excellent source of fat and fiber, potassium, and goodies.

fat and fiber, potassium, and goodies. Um and all from carbs. This is what a Um and all from carbs. This is what a metabolic signal should look like. metabolic signal should look like.

Good. Let's eat. Good. Let's eat.