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Monday, Sep 10, 2018

← *RAKO STUDIOS* →

A scallops queso veggie bowl

Part of the Analog Diet is a large vegetable bowl every day. Today's is scallops and queso cheese.



Working in Silicon Valley in a series of high-stress jobs so me gain weight until I was over 300 pounds. So I moved to Florida and stopped full-time work. My biggest problems were the health complications from being so fat. I developed diabetes, high blood pressure, heartburn and back pain. My doctor explained that even my ear aches and nail fungus could be attributed to being so obese.

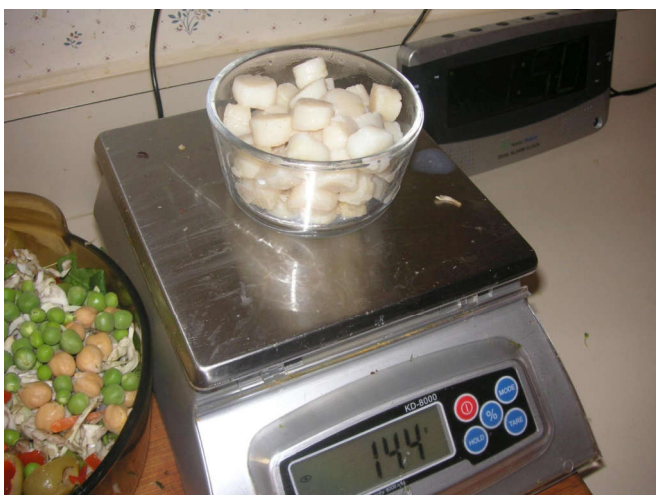
After she raised my Metformin prescription to 1000 mg per day I knew I had to act. I invented the analog diet, a balance of carbs, proteins and fats. By counting calories and eating healthy, I lost 140 pounds. All my health problems disappeared. My diabetes is cured, no back pain, and I haven't eaten a Tums in years. I can spring from the chair and feel light as a feather. It is the best thing ever.



To the dismay of my friends, I cook the frozen scallops in the microwave, 3 or 4 minutes.



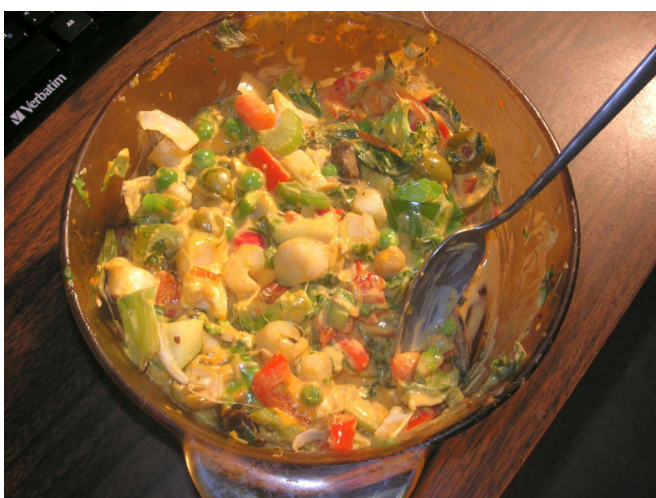
Here is the bowl split in two and heated 4 times in the microwave for 2 minutes each.



I carefully weigh out the scallops to control the calories.



The full bowl is two meals and has 20 different vegetables.



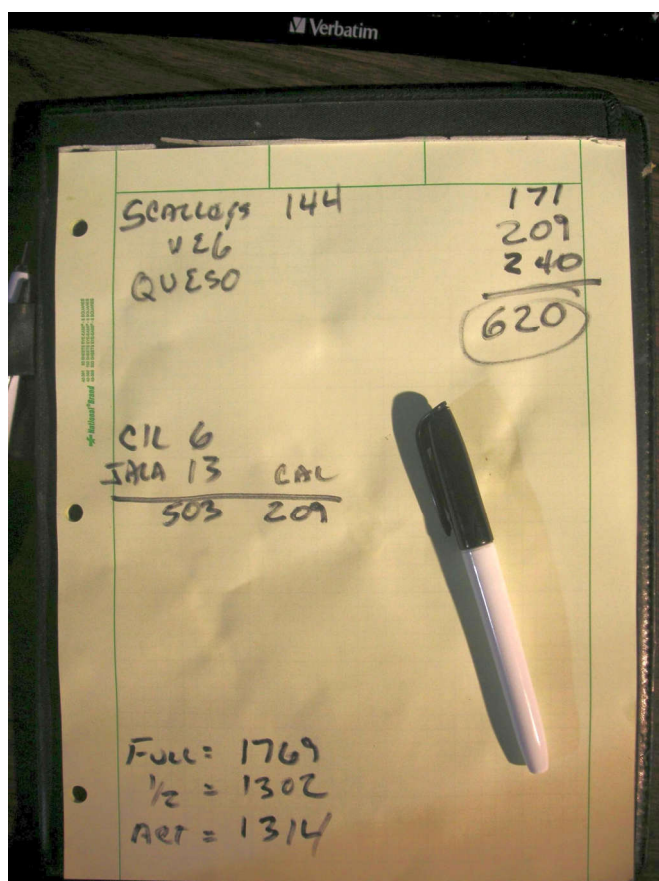
I split the bowl in two so it lasts two days. It fills me up and vegetables give energy.



I can't get Newman's Own brand of queso anymore, I just get the Publix store brand.



Even half the bowl gives a huge meal.



Part of the *Analog Diet* was keeping track of the calories. Here I noted that I had 6 grams of cilantro and 13 grams of jalapenos, which gave a total of 503 grams to the other vegetables. That works out to 209 calories. I record the weight and calories of the scallops and the half-jar of queso. Total calories per meal is only 620.