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← *RAKO STUDIOS* →

A clam, crab, chowder veggie bowl

Part of the Analog Diet is a large vegetable bowl every day. Today's is crabs, clams, and chowder.



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.



I cut up the same 20 or so vegetables in every bowl.



The chowder adds a bit more protein, but also a dollop of fats and salt.



Today, I doctor the veggies with canned clam chowder, crab meat, and baby clams.



Spices have no calories, so I add in a bunch.



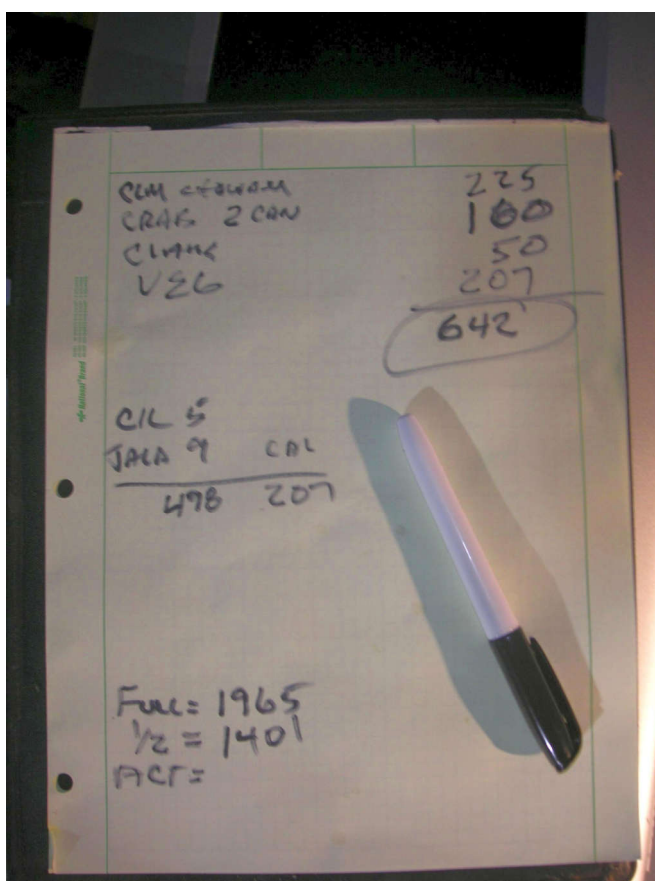
Just the crab and clams makes an impressive mountain of protein on top of the vegetables.



The bowl is looking really exotic now. One big bowl feeds me for two days.



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 5 grams of cilantro and 9 grams of jalapenos, which gave a total of 498 grams to the other vegetables. That works out to 207 calories. I record the weight and calories of the clam chowder and crabs and clams. Total calories per meal is only 642.