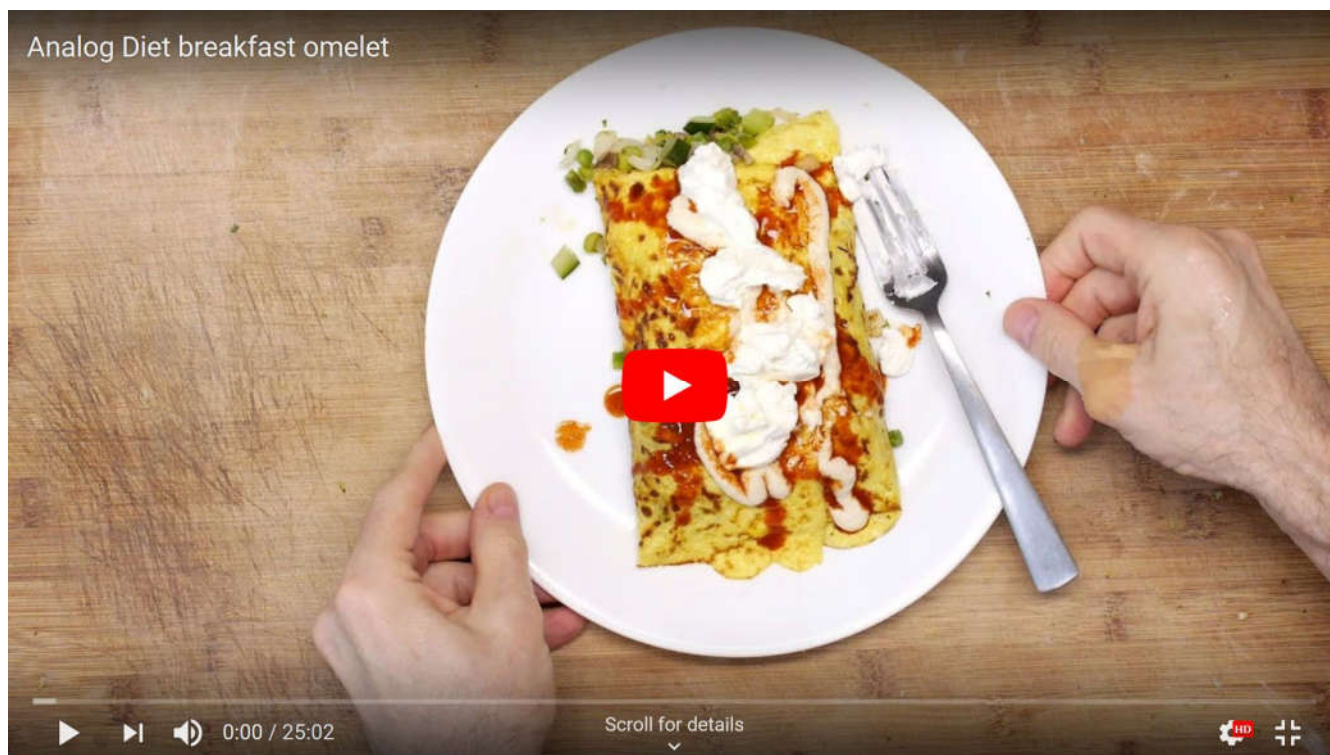




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## Analog Diet, breakfast omelet

**I have a large vegetable omelet every morning. With 450 calories, it keeps me full until 2:00 in the afternoon.**



My shopping list here.

The spreadsheet to calculate calories here.

The progress spreadsheet here.

After replacing my old Scanpan with an OXO pan, I figured it was a good opportunity to show how I make my morning omelet. I make the same one every morning. The only variance is that I use a different hot sauce, and I might substitute cheese for the sour cream topping.

The meal takes about 20 minutes to whip up. With sour cream it has 410 calories, when made with cheese it comes in at 450 calories. I keeps me full all day, until 2:30 PM when I have my main meal of the day.

It's an analog diet since it does not go to digital extremes. It is not all plants, like vegan, it is not all meat, like Atkins. It's not having no carbs like keto diets. It balances carbs, fats, and proteins in equal measure. The carbs are only vegetables, so you don't get an insulin spike from refined carbs, sugars, or alcohol.

The protein comes in the eggs and sour cream. The sour cream or cheese provides the fats that satiate your hunger for much longer than if you just eat carbs or protein alone. With this breakfast and around 600 calories at lunch, I end the day with 150 calories with a large coffee with milk. The total calories are 1100 per day, which lets me lose 3 pounds a week. When I get to 170 I eat nuts with the coffee.



I was 325 pounds back in 2011, and stayed that heavy until three years ago, when my health got really bad. I had diabetes, high blood pressure, back pain, and chronic heartburn. All that is cured now. And I mean *cured*, not managed. My doctor cannot believe the improvement in my blood work. Though I eat cheese, eggs, and dairy, my cholesterol is still low. I credit that to the lack of sugar and refined carbs.



Here I am today, at 173 pounds. I hope to get to 170 in a week or two. I have been there before, I gained 20 pounds during the pandemic, and have gotten most of it off. It only took a year to get rid of 140 pounds, but it is a constant battle to keep that weight from creeping back.

My buddy's Amazon affiliate links:

Endureglass 3.0 L Glass Cookware

Endureglass 1.5 L Glass Cookware

My Weigh KD-8000 Kitchen And Craft Digital Scale + My Weigh AC Adapter

Ginsu Gourmet Chikara Series Forged 420J

Japanese Stainless Steel 8-Inch Chef's Knife

Bonavita 5-Cup One-Touch Coffee Maker

Bonavita Double Walled Carafe

Scanpan Professional Griddle

OXO Good Grips Non-Stick Griddle

3M, large commercial sponge

Scotch-Brite Sponge 6.1 in x 3.6 in x 0.7 in