## -RAKO STUDIOS-

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## Analog Diet, food planning

Making four bowls for lunch that last two days each, means I go grocery shopping once every eight days.



My shopping list here. The spreadsheet to calculate calories here.

Food planning should eliminate waste, as well as provide for food safety. Spoiled food is both a waste of money and a risk to your well-being. Another safety aspect in the pandemic is having a shopping list that lets you speed through the grocery store in way less than an hour.

The other trick is having a spreadsheet with the calories of the vegetables, as well as the other ingredients of the bowls and the morning omelets I make. I use the spreadsheet to calculate the exact calories for every meal, and keep track of the daily calories. I make four big bowls of vegetables, protein, and fats. Each one lasts two days. So this means I go to the store every eight days. This is about as long as I can go and still have the vegetables be fresh for the last bowl. When I started the Analog Diet 3 years ago, I measured out 22 grams of vegetables. Last year I went up to about 35 grams for most of the 21 different vegetables.

Even in the old days, I would use smaller amounts for the cilantro and jalapeno peppers. They were too strong to have 35 grams. It's easy to accommodate this, you just buy 4 peppers and they divide nicely amongst the four bowls as well as the eight breakfast omelets you make every day.



Before the pandemic, I would be out of the house at least three times a week, so I could stop at the store multiple times a week. Now I only want to go out every eight days. This meant that I had to adjust the quantities of the vegetables in each bowl so I would use them all up after the eight days.

Some vegetables keep better, and come in larger quantities. The carrots and radishes I buy will last 16 days, or eight bowls. I divided out the weight by of the package by eight, so that means I measure out 57 grams of radishes and 42 grams of carrots for each bowl.

One problem is green beans. I can't keep them from getting soggy after 8 days, so I divide the whole package across the 4 bowls. This means 84 grams per bowl. Another problem vegetable is cauliflowers. They too need to be eaten in 8 days, so I divide the whole package into four, yielding 74 grams per bowl.

The other low-calorie vegetables work out to about 35 grams a bowl, and many are used in the morning omelets. There are some high-calorie vegetables like peas, garlic, garbanzos, and olives where I still measure out 22 grams.

The sour cream I put on the omelet is portioned out to last eight breakfasts, plus leaving about 1/4 cup that I can mix with cream of mushroom soup to give a poor-man's Stroganoff sauce. The 1/2-gallon of milk means 8 cups for the 8 coffees I make each period.

70		Breakfast								
71		gram cal			gram cal					
72	celery	0.16	57	9.1				0.0		
73	radish	0.16	57	9.1				0.0		
74	Cucumber	0.16	35	5.6			15	2.4		
75	Kale	0.17	35	6.0				0.0		
76	Squash/Chayote	0.19	35	6.7			15	2.9		
77	asparagus		35	7.0			15	3.0		
78	green pepper	0.20	35	7.0			15	3.0		
79	red pepper	0.20	35	7.0			15	3.0		
80	mushrooms	0.22	35	7.7			15	3.3		
81	Broc sprout	0.23	28	6.4				0.0		
82	Spinach	0.23	35	8.1				0.0		
83	Cilantro	0.23	12	2.8				0.0		
84	cauliflower	0.25	74	18.5				0.0		
85	Jalapeno	0.28	15	4.2			10	2.8		
16	French beans	0.29	84	24.4				0.0		
87:	broccoli	0.30	35	10.5			10	3.0		
88	Artichoke hearts, Vigo	0.31	35	10.9				0.0		
89	onion		35	14.0			16	6.4		
90	carrot	0.41	42	17.2				0.0		
91	Brussels sprouts	0.46	56	25.8				0.0		
92	Peas, English	0.76	22	16.7			10	7.6		
93	Garbanzo beans	0.85	22	18.7			10	8.5		
94	peeled gartic	1.49	22	32.8			10	14.9		
95	Olives, Spanish salad	1.67	22					0.0		
96			898	313		Veggies:	156		← SKRIN	
97					egg		x (2)	188		
98						Subtotal		249		
99					Sour crm		34 cup	120		
00					Horseradish		dash	40		
101						Total		409		
02										

Using that spreadsheet linked to above, I guestimated my breakfasts at 400 calories. When I am doing the Analog Diet diet, trying to lose weight, I keep the lunch bowls to 1000 calories or so, which gives 500 calories a day. Then I have a coffee with a cup of whole milk at night that has another 150 calories. This means an average day has 1050 calories, give or take.

By adjusting the portions so I use up the perishable vegetables very week, I minimize waster and keep the food appetizing. The frozen food and canned vegetables don't need much planning, I can use them in any portion and they won't go bad.

I hope to investigate using frozen vegetables since I could thaw them out as needed, instead of trying to eat the whole bag in eight days. I have done this with peas, when I shopped at a different store that seemed to have older stock on the shelves. What remains to be seen is if the taste of the frozen vegetables will be good enough compared to fresh.

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